

HERNDON MONTESSORI		JULY 2010			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			JULY 1 SUMMER VACATION NO FOOD SERVED THIS MONTH	JULY 2 SCHOOL PIZZA DAY	
JULY 5 CHICKEN ALFREDO, 1/2 C PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	JULY 6 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 1 EA WHOLE WHEAT BREAD, 1/2 SL CARROT COINS, 1/4 C APPLE SAUCE	JULY 7 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA BRN WHL GRAIN RICE, 1/4 C SWEET TENDER PEAS, 1/4 C PINEAPPLE TIDBITS, 3/8 C	JULY 8 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 1/2 C TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA	JULY 9 SCHOOL PIZZA DAY	
JULY 12 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA POTATO CHIPS, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	JULY 13 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	JULY 14 ITALIAN TURKEY MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	JULY 15 NACHO MEAT, 1 OZ (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1/2 OZ TORTILLA CHIPS, 1/4 C CARROT COINS, 1/4 C APPLE SAUCE, 3/8 C	JULY 16 SCHOOL PIZZA DAY	
JULY 19 TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	JULY 20 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C	JULY 21 MACARONI & CHEESE, 1/2 C GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	JULY 22 TURKEY CORN DOG NUGGETS, 4 EA W/ CATSUP TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS SWEET TENDER PEAS	JULY 23 SCHOOL PIZZA DAY	
JULY 26 LEAN BEEF HAMBURGER PATTY, 1 EA ON A ROLL W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	JULY 27 HAWAIIAN TURKEY MEATBALLS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	JULY 28 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA MULTI GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	JULY 29 TURKEY MEATBALLS & GRAVY, 3 EA SWEET TENDER PEAS, 1/4 C FRESH ORANGE WEDGES, 2 PCS	JULY 30 SCHOOL PIZZA DAY	

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.
 Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
 6 oz milk required with each meal