

HERNDON MONTESSORI		NOVEMBER 2010			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
NOVEMBER 1 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	NOVEMBER 2 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	NOVEMBER 3 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	NOVEMBER 4 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	NOVEMBER 5 SCHOOL PIZZA DAY	
NOVEMBER 8 TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 9 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C	NOVEMBER 10 MACARONI & CHEESE, 1/2 C GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	NOVEMBER 11 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	NOVEMBER 12 SCHOOL PIZZA DAY	
NOVEMBER 15 LEAN BEEF HAMBURGER PATTY, 1 EA ON A ROLL W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	NOVEMBER 16 HAWAIIAN TURKEY MEATBALLS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	NOVEMBER 17 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	NOVEMBER 18 **THANKSGIVING** OVEN ROASTED TURKEY BREAST W/ GRAVY, 1SL MASHED POTATOES, 1/4C TOSS SALAD W/ RANCH, 1/4C CRANBERRY SAUCE, 1OZ DINNER ROLL W/BUTTER, 1EA FR: BAKED CHOC CHIP COOKIE	NOVEMBER 19 SCHOOL PIZZA DAY	
NOVEMBER 22 CHICKEN ALFREDO, 1/2 C PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREST OF CHICKEN CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 23	NOVEMBER 24 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	NOVEMBER 25 HAPPY THANKSGIVING !!	NOVEMBER 26 HAPPY THANKSGIVING !!	
NOVEMBER 29 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	NOVEMBER 30 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA				

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