

MONTESSORI CHILDRENS CENTER

APRIL 2012

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>APRIL 2 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C</p>	<p>APRIL 3 RICE & BEANS, 1/2 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>APRIL 4 WHOLE WHEAT PENNE PASTA W/ STEWED TOMATOES, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C</p>	<p>APRIL 5 VEGGIE NUGGETS, 4 EA W/ KETCHUP WHOLE WHEAT BREAD, 1/2 SL 3-WAY HOT MIXED VEGGIE , 1/4 C CHILLED MIXED FRUIT, 3/8 C</p>	<p>APRIL 6 VEGETARIAN ORZO, 1/2 C GREEN BEANS, 1/4 C DINNER ROLL, 1 EA CHILLED DICED PEACHES, 3/8 C</p>
<p>APRIL 9 PASTA ALFREDO PENNE PASTA W/ CREAMY ALFREDO SAUCE, 1/2 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>APRIL 10 VEGGIE NUGGETS, 4 EA GREEN BEANS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED APPLESAUCE, 0 C</p>	<p>APRIL 11 VEGETARIAN BLACK BEAN CHILI 5-WAY HOT MIXED VEGETABLE, 1/4 C DINNER ROLL, 1 EA CHILLED DICED PEACHES, 3/8 C</p>	<p>APRIL 12 WHL GRAIN VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>APRIL 13 CHEESE SANDWICH ON WHEAT BREAD ON WHEAT BREAD, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>
<p>APRIL 16 VEGGIE NUGGETS, 4 EA W/ KETCHUP SWEET TENDER PEAS, 1/4 C BREAD STICKS, 1 EA CHILLED APPLESAUCE, 3/8 C</p>	<p>APRIL 17 MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C WHOLE GRAIN BREAD, 1/2 SL 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>APRIL 18 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL, 1 EA W/ KETCHUP GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>	<p>APRIL 19 VEGGIE NACHO MEAL, 1 OZ W/ SHRED CHEDDAR CHEESE, 1 OZ DINNER ROLL, 1/2 EA CARROT COINS, 1/4 C CHILLED APPLESAUCE, 1/4 C</p>	<p>APRIL 20 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 3/8 C</p>
<p>APRIL 23 WHL GRAIN VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>APRIL 24 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL W/ KETCHUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C</p>	<p>APRIL 25 BLACK BEANS LO-FAT SHREDDED CHEDDAR , 1/2 OZ ULTRA GRAIN 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C</p>	<p>APRIL 26 VEGGIE REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ SWEET TENDER PEAS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C</p>	<p>APRIL 27 **BAKED ZITI** NO MEAT HAS SOY IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C STEAMED VEG MEDLEY, 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C</p>
<p>APRIL 30 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C</p>				

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