

**STONE RIDGE MONTESSORI** **JANUARY 2019** **LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>JANUARY 1</b> <b>**HAPPY NEW YEAR**</b></p>	<p><b>JANUARY 2</b> WHOLE GRAIN CHICKEN BITES W/ NO HFC KETCHUP, 3 EA 100% WHOLE GRAIN BREAD, 1/2 SL STEAMED GREEN BEANS, 1/4 C MANDARIN ORANGES, 3/8 C</p>	<p><b>JANUARY 3</b> CHEESEBURGER MEATLOAF, 1 EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p><b>JANUARY 4</b> GRILLED CHICKEN BREAST FILET, NAE, 1 EA WHEAT HAMBURGER ROLL, 1 EA NO HFC KETCHUP SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C</p>
<p><b>JANUARY 7</b> CHICKEN SLIDER ON A BUN, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ W/ NO HFC KETCHUP STEAMED GREEN BEANS, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C</p>	<p><b>JANUARY 8</b> CHICKEN TENDERS, GLUTEN FREE, 3 EA W/ NO HFC KETCHUP WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p><b>JANUARY 9</b> SALISBURY STEAK W/ GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C WHEAT DINNER ROLL, 1 EA DICED PEACHES IN JUICE, 3/8 C</p>	<p><b>JANUARY 10</b> WHL GRAIN SPAGHETTI W/ BEEF &amp; TURKEY MEAT MARINARA, 1/2 C PARMESAN CHEESE, 1/2 OZ SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p><b>JANUARY 11</b> CHICKEN BREAST CHUNK BONELESS WING DING, 3 EA W/ NO HFC KETCHUP WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/4 C MANDARIN ORANGES, 3/8 C</p>
<p><b>JANUARY 14</b> OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C APPLE SAUCE, 3/8 C</p>	<p><b>JANUARY 15</b> CREAMY MACARONI &amp; CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL 3-WAY HOT MIXED VEGGIE , 1/4 C FRESH BANANA, 1/2 EA</p>	<p><b>JANUARY 16</b> MEXICAN BEEF NACHO FIESTA, 1/4 C W/ SHRED CHEDDAR CHEESE, 1/2 OZ WHEAT DINNER ROLL, 1 EA CARROT COINS, 1/4 C DICED PEARS IN JUICE, 3/8 C</p>	<p><b>JANUARY 17</b> ITALIAN BEEF MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p><b>JANUARY 18</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA WG BUTTERMILK PANCAKES W/ NO HFC SYRUP, 1 EA CHICKEN SAUSAGE PATTY, 1 EA MANDARIN ORANGES, 1/2 C</p>
<p><b>JANUARY 21</b>  <b>MARTIN LUTHER</b>  <b>KING HOLIDAY</b></p>	<p><b>JANUARY 22</b> LEAN BEEF HAMBURGER PATTY, 2 OZ WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP GREEN BEANS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p><b>JANUARY 23</b> TURKEY CORN DOG NUGGETS, 4 EA W/ NO HFC KETCHUP SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C</p>	<p><b>JANUARY 24</b> CHICKEN FAJITAS , 1/3 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA GREEN BEANS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p><b>JANUARY 25</b> <b>**BAKED ZITI**</b> MEATLESS CONTAINS SOY ITALIAN RED SAUCE W/ THREE CHEESES, 1/2 C 5- WAY HOT MIXED VEGETABLES , 1/4 C ITALIAN BREAD, 1 SL DICED PEACHES IN JUICE, 3/8 C</p>
<p><b>JANUARY 28</b> BEEF MEATBALLS &amp; GRAVY, 3 EA WHOLE GRAIN RICE, 1/4 C SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p><b>JANUARY 29</b> PIZZA PASTA BAKE BEEF CRUMBLES, CHICKEN &amp; BEEF PEPPERONI, TOMATO SAUCE, PASTA, 1/2 C SHREDDED MOZZARELLA CHEESE, 1/2 OZ CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p><b>JANUARY 30</b> WHOLE GRAIN CHICKEN BITES W/ NO HFC KETCHUP, 3 EA 100% WHOLE GRAIN BREAD, 1/2 SL STEAMED GREEN BEANS, 1/4 C MANDARIN ORANGES, 3/8 C</p>	<p><b>JANUARY 31</b> CHEESEBURGER MEATLOAF, 1 EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.  
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6 oz milk required with each meal

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	<b>JANUARY 1</b> <b>**HAPPY NEW YEAR**</b>	<b>JANUARY 2</b> VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL GREEN BEANS, 1/4 C MANDARIN ORANGES, 3/8 C	<b>JANUARY 3</b> VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1/2 SL SWEET YELLOW CORN, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>JANUARY 4</b> CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C
<b>JANUARY 7</b> VEGETARIAN SAUSAGE SLIDER ON A ROLL W/ NO HFC KETCHUP, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ STEAMED GREEN BEANS, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C	<b>JANUARY 8</b> REFRIED BEANS, 1/2 C SHRED CHEDDAR ON THE SIDE, 1/2 OZ WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>JANUARY 9</b> VEGETARIAN BURGER MORNING STAR W/ VEG GRAVY, 1 EA WHEAT DINNER ROLL, 1 EA SAVORY MASHED POTATOES, 1/4 C DICED PEACHES IN JUICE, 3/8 C	<b>JANUARY 10</b> MINI CHEESE RAVIOLI W/ MARINARA, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1/2 OZ SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	<b>JANUARY 11</b> VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA 5- WAY HOT MIXED VEGETABLES , 1/4 C MANDARIN ORANGES, 3/8 C
<b>JANUARY 14</b> VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>JANUARY 15</b> CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL 3-WAY HOT MIXED VEGGIE , 1/4 C FRESH BANANA, 1/2 EA	<b>JANUARY 16</b> VEGGIE NACHO MEAL, 1 OZ W/ SHRED CHEDDAR CHEESE, 1 OZ WHEAT DINNER ROLL, 1/2 EA CARROT COINS, 1/4 C DICED PEARS IN JUICE, 3/8 C	<b>JANUARY 17</b> ITALIAN VEGETARIAN MEATBALL SUB, 2 EA LO-FAT SHREDDED MOZZARELLA, 1/2 OZ SUB ROLL, 1/2 EA GREEN BEANS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>JANUARY 18</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA VEGGIE SAUSAGE PATTY, 1 EA MANDARIN ORANGES, 1/2 C
<b>JANUARY 21</b>  <b>MARTIN LUTHER</b>  <b>KING HOLIDAY</b>	<b>JANUARY 22</b> VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP GREEN BEANS, 1/4 C FRESH BANANA, 1/2 EA	<b>JANUARY 23</b> VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP SWEET TENDER PEAS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL MANDARIN ORANGES, 3/8 C	<b>JANUARY 24</b> FAJITAS CHICKENLESS STRIPS CHEDDAR CHEESE, 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>JANUARY 25</b> <b>**BAKED ZITI** MEATLESS CONTAINS            SOY</b> ITALIAN RED SAUCE W/ THREE CHEESES, 1/2 C 5- WAY HOT MIXED VEGETABLES , 1/4 C ITALIAN BREAD, 1 SL DICED PEACHES IN JUICE, 3/8 C
<b>JANUARY 28</b> VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>JANUARY 29</b> PIZZA PASTA BAKE "MEATLESS" VEGETARIAN PIZZA CRUMBLES, TOMATO SAUCE, PASTA, MOZZARELLA, 1/2 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	<b>JANUARY 30</b> VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL GREEN BEANS, 1/4 C MANDARIN ORANGES, 3/8 C	<b>JANUARY 31</b> VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1/2 SL SWEET YELLOW CORN, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	

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