

# 2014/15 Product Offerings

# TABATCHNICK



## *Pasta Items:*

- WG Ravioli - 2 M/MA & 2 Grains
- WG Small Ravioli - 2 M/MA & 1 Grain
- WG Lasagna - 2 M/MA & 2 Grains
- WG Tortellini - 1 M/MA & 2 Grains
- WG Manicotti - 2 M/MA & 2 Grains
- WG Mini Stuffed Shell - 2 M/MA & 1 Grain
- WG Macaroni and Cheese - 2 M/MA & 1 Grain



WG Lasagna - 2 M/MA & 2 Grains

## *Cheese Sauces:*

- Cheddar Cheese Sauce - 1 M/MA
- Nacho Cheese Sauce - 1 M/MA
- Alfredo Sauce - 1 M/MA



WG Macaroni and Cheese  
2 M/MA & 1 Grain

## *Sauces:*

- Marinara Sauce - 1/2 Veg
- Apple Sauce - 1/2 Fruit
- Cinnamon Apple Sauce - 1/2 Fruit



Marinara Sauce - 1/2 Veg

## *Fruit Items:*

- Cherry Fruit Smoothie - 3/4 cup Fruit
- Tropical Peach Fruit Smoothie - 3/4 cup Fruit
- Blackberry Fruit Smoothie - 3/4 cup Fruit
- Cherry Fruit Topper - 1/2 Fruit
- Southern Peach Fruit Topper - 1/2 Fruit
- Very Berry Fruit Topper - 1/2 Fruit



Breakfast Blintz - 1 M/MA & 1 Grain  
w/  
Very Berry Fruit Topper - 1/2 Fruit

## *Breakfast Items:*

- Apple Cinnamon Oatmeal - 1 Grain & 1/2 cup Fruit
- Maple Brown Sugar Oatmeal - 1 Grain & 1/2 cup Fruit
- Mixed Berry Oatmeal - 1 Grain & 1/2 cup Fruit
- Peach Cobbler Oatmeal - 1 Grain & 1/2 cup Fruit
- Hartford's Own Old Fashioned Oatmeal - 1 Grain
- WG Old Fashioned Grits - 1 Grain
- WG Cheezy Grits - 1 M/MA & 1 Grain
- Breakfast Blintz - 1 M/MA & 1 Grain



Blackberry Fruit Smoothie - 3/4 cup Fruit

## *Soup:*

- Vegetarian Chili - 2 M/MA & 1/4 cup Veg
- Vegetable - 1/2 cup Veg
- Minestrone - 1/2 cup Veg
- Black Bean - 2 M/MA & 1/4 cup Veg
- Chicken Noodle w/Vegetables - N/A
- Creamy Tomato - 1/2 cup Veg
- Pasta Fagioli - 2 M/MA & 1/4 cup Veg
- Creamed Spinach - 1/4 cup Veg



Apple Cinnamon Oatmeal  
1 Grain & 1/2 cup Fruit

## *Be Sure:*

- Asian Pear
- Mixed Berry

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