

July 2017 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

3 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
Homemade Turkey Meatball
Sub on Mini Hoagie Rolls
Fuji Applesauce
Steamed Vegetables
PM Snack
String Cheese
Home Baked WG Graham Crackers

10 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
Tuscan Turkey Pasta Bake
Fuji Applesauce
Steamed Vegetables
PM Snack
Home Made Apple Cinnamon + Cranberry Bites

17 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
Homemade Chicken
Enchillada Bake
Fuji Applesauce
Steamed Vegetables
PM Snack
String Cheese
Home Baked WG Graham Crackers

24 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
Turkey Sliders on Whole Grain Bun
Fuji Applesauce
Steamed Vegetables
PM Snack
Home Made Apple Cinnamon + Cranberry Bites

31 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
Stuffed Cheese Burger on WW Bun
Fuji Applesauce
Steamed Vegetables
PM Snack
String Cheese
Home Baked WG Graham Crackers

4 No Classes Today
Happy July 4th !!!

11 Breakfast
Home Baked KuKu Bread
Whole Fresh Fruit
Lunch
COLD WOW Sesame & Soy
Chicken served with Ginger Carrots & Cilantro Noodles
Fresh Fruit
PM Snack
Home Baked Cheese Delimanjoo
Whole Fresh Fruit

18 Breakfast
Home Baked Lemon Poppy
Breakfast Bread
Whole Fresh Fruit
Lunch
Coconut Curry Chicken with Brown Rice
Fresh Fruit
Seasoned Vegetables
PM Snack
Ginger Tea Biscuit
Whole Fresh Fruit

25 Breakfast
Home Baked Schnecken Rolls
Whole Fresh Fruit
Lunch
Cheesiest Pizza
Fresh Fruit
Steamed Vegetables
PM Snack
NEW Orange Tea Biscuit
Whole Fresh Fruit

5 Breakfast
Home Baked Orange
Cranberry Breakfast Bread
Whole Fresh Fruit
Lunch
Homemade Stuffed BBQ Beef Buns
Creamy Coleslaw
Roasted Yukon Gold Potatoes
PM Snack
"Bestest" WG Cookie
Baby Carrots

12 Breakfast
Home Baked Whole Grain Pancakes
Fresh Berry Compote
Lunch
Homemade Stuffed Roasted Jerk Chicken Buns
Succotash Salad
Roasted Parmesan Sweet Potatoes
PM Snack
Homemade WG "POP"rice
Whole Fresh Fruit

19 Breakfast
Home Baked Buttermilk Cheddar Cheese Biscuit
Fresh Berry Compote
Lunch
NEW Homemade Durango
Turkey Pupusa
Diced Tomato Salad
Roasted Red Potatoes
PM Snack
Home Baked Madeleines
Whole Fresh Fruit

26 Breakfast
Home Baked Whole Grain Waffles
Fresh Berry Compote
Lunch
Natural Chicken Tenders
Greek Salad
Roasted Parmesan Sweet Potatoes
PM Snack
Homemade WG "POP"rice
Whole Fresh Fruit

6 Breakfast
Home Baked Whole Grain
French Toast Sticks
Fresh Berry Compote
Lunch
NEW "Chorizo" Chicken & Cheese Pizza
Fresh Fruit
Steamed Vegetables
PM Snack
Yogurt
Yummy Granola

13 Breakfast
Home Baked Onion Bagel
Whole Fresh Fruit
Lunch
Fiesta Burrito in Home Baked Beet Tortilla
Fresh Fruit
Steamed Vegetables
PM Snack
Yogurt
Yummy Granola

20 Breakfast
Home Baked Sundried Tomato Bagel
Whole Fresh Fruit
Lunch
Spaghetti + Turkey Meatballs
Fresh Fruit
Seasoned Vegetables
PM Snack
Yogurt
Yummy Granola

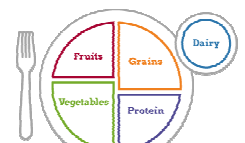
27 Breakfast
Home Baked Cinnamon Raisin Bagel
Whole Fresh Fruit
Lunch
Tres Queso & Corn Burrito
Fresh Fruit
Steamed Vegetables
PM Snack
Yogurt
Yummy Granola

7 Breakfast
Home Baked Pumpernickel Bagel
Whole Fresh Fruit
Lunch
Chicken Fried Rice
Fresh Fruit
Steamed Vegetables
PM Snack
Cheddar Cheese Melts

14 Breakfast
Home Baked Ginger Breakfast Bread
Whole Fresh Fruit
Lunch
Mac + Cheese
Fresh Fruit
Steamed Vegetables
PM Snack
Home Baked Raisin Strada
Baby Carrots

21 Breakfast
NEW Home Baked Blackberry Muffins
Whole Fresh Fruit
Lunch
BYO BBQ Chicken Sandwich on WW Bun
Fresh Fruit
Steamed Vegetables
PM Snack
WOWbutter
Baby Carrots

28 Breakfast
Home Baked Banana Breakfast Bread
Whole Fresh Fruit
Lunch
Turkey Sloppy Joes on a Parker House Roll
Fresh Fruit
Steamed Vegetables
PM Snack
Home Baked Cinnamon Monkey Bread
Whole Fresh Fruit



MyPlate

Notes:

Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.

Please note that Infant / Toddler food should be pulsed, blanched or cut small to be aligned with the developmental stage of the children.

** Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers <2 yrs), lowfat (1% milk (preschool >2 yrs). All Milk served is rBST-free.



Just some of the vegetables this month

Asian Greens, Asparagus, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Collard Greens, Corn, Cucumber, Green Beans, Kale, Lettuces, Mushrooms, Onions, Peppers, Peas, Potatoes, Radishes, Rhubarb, Scallions, Shallots, Spinach, Summer Squash, Tomatillo, Tomatoes



Just some of the fruit this month

Apples, Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Figs, Lemons, Melons, Mulberries, Nectarines, Oranges, Peaches, Pears, Pineapple, Plums, Raspberries, Strawberries

Serving Sizes Overview

1-2 Year Olds

Breakfast	
Grain	½ sl or svq or ¼ c
Fruit	¼ c
Milk	½ c*
Lunch	
Meat/Alt	1 oz
Grain	½ sl or svq or ¼ c
Veg & Fruit (2 types)	¼ c total
Milk	½ c*
PM Snack (2 items only)	
Veg or Fruit	½ c
Meat/Alt	½ oz
Grain	½ sl or svq, or ¼ c
Milk	½ c*

Serving Sizes Overview

3-5 Year Olds

Breakfast	
Grain	½ sl or svq, ½ c or ¼ c
Fruit	½ c
Milk	¾ c*
Lunch	
Meat/Alt	1-½ oz
Grain	½ sl or svq, or ¼ c
Veg & Fruit (2 types)	½ c total
Milk	¾ c*
PM Snack (2 items only)	
Veg or Fruit	½ c
Meat/Alt	½ oz
Grain	½ sl or svq, ½ c or ¼ c
Milk	¾ c*