

January 2018 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

1 **HAPPY New Year!!**

Centers Closed Today

8 **Breakfast**

- Breakfast Cereal
- Whole Fresh Fruit

Lunch

- **NEW** ● Teriyaki Chicken Fried

Brown Rice
Fresh Fruit
Steamed Vegetables

PM Snack

- Homemade "PBJ" Mini Empanadas (made w/WOWButter + Cranberry)

15 **Breakfast**

- Breakfast Cereal
- Whole Fresh Fruit

Lunch

- Cheesiest Pizza
- Fresh Fruit
- Steamed Vegetables

PM Snack

- String Cheese
- Home Baked Graham Crackers

22 **Breakfast**

- Breakfast Cereal
- Whole Fresh Fruit

Lunch

- Tofu & Veggie Fried Brown Rice
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Homemade Maple Squash Mini Empanadas

29 **Breakfast**

- Breakfast Cereal
- Whole Fresh Fruit

Lunch

- Turkey Burger on WW Bun

Fresh Fruit
Steamed Vegetables

PM Snack

- String Cheese
- Home Baked Graham Crackers

30 **Breakfast**

- Breakfast Cereal
- Whole Fresh Fruit

Lunch

- Turkey "Pepperoni" & Cheese Pizza

Fresh Fruit
Steamed Vegetables

PM Snack

- Brazilian Cheese and Coconut Stick (Enrolandinho de Queijo)
- Baby Carrots

2 **Breakfast**

- Breakfast Cereal
- Whole Fresh Fruit

Lunch

- Cheesiest Pizza
- Fresh Fruit
- Steamed Vegetables

PM Snack

- String Cheese
- Home Baked Graham Crackers

9 **Breakfast**

- Home Baked Tomato Basil Breakfast Bread
- Whole Fresh Fruit

Lunch

- Natural Chicken Tenders
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Brazilian Cheese and Coconut Stick (Enrolandinho de Queijo)

16 **Breakfast**

- Home Baked Toasted Coconut Breakfast Bread
- Whole Fresh Fruit

Lunch

- Homemade Chicken Enchillada Bake
- Fresh Fruit
- Steamed Vegetables

PM Snack

- WOWButter
- Baby Carrots

23 **Breakfast**

- Home Baked Zucchini Feta Breakfast Bread
- Whole Fresh Fruit

Lunch

- Turkey "Pepperoni" & Cheese Pizza
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Brazilian Cheese and Coconut Stick (Enrolandinho de Queijo)

31 **Breakfast**

- Home Baked WG French Toast Sticks
- Fresh Berry Compote

Lunch

- **NEW** Stuffed Homemade Lemongrass Turkey Buns
- Corn Cilantro Salad
- Roasted Yukon Gold Potatoes

PM Snack

- Homemade WG "POP"rice
- Whole Fresh Fruit

3 **Breakfast**

- Home Baked WG Corn Pancakes
- Fresh Berry Compote

Lunch

- **NEW** ● Stuffed Homemade BBQ TOFU Buns

PM Snack

- Creamy Coleslaw
- Roasted Sweet Potatoes
- Homemade WG "POP"rice
- Whole Fresh Fruit

10 **Breakfast**

- Home Baked WG Pancakes
- Fresh Berry Compote

Lunch

- Stuffed Homemade Red Bean and Cheese Buns
- Corn Cilantro Salad
- Roasted Yukon Gold Potatoes

PM Snack

- Home Baked Orange Tea Biscuit
- Whole Fresh Fruit

17 **Breakfast**

- Home Baked WG Waffles
- Fresh Berry Compote

Lunch

- BBQ Chicken + Corn Bread Muffin
- Creamy Coleslaw
- Roasted Red Bliss Potatoes

PM Snack

- Homemade WG "POP"rice
- Whole Fresh Fruit

24 **Breakfast**

- Home Baked WW Buttermilk Biscuit
- Fresh Berry Compote

Lunch

- Natural Chicken Tenders
- Succotash Salad
- Roasted Parmesan Sweet Potatoes

PM Snack

- Home Baked Lemon Tea Biscuit
- Whole Fresh

4 **Breakfast**

- Chefables Very Own Home Baked Downtowner Muffin
- Whole Fresh Fruit

Lunch

- Spaghetti & Turkey Meatballs
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Yogurt
- Yummy Granola

11 **Breakfast**

- Home Baked Cranberry Orange Muffin
- Whole Fresh Fruit

Lunch

- Mexican Meatballs w/Chili Tomato Sauce served with Brown Rice

PM Snack

- Fresh Fruit
- Steamed Vegetables
- Yogurt
- Yummy Granola

18 **Breakfast**

- Home Baked Denver (Turkey) Omelette Muffin
- Whole Fresh Fruit

Lunch

- Sundried Tomato & Turkey Burrito
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Yogurt
- Yummy Granola

25 **Breakfast**

- Home Baked Coconut & Meyer Lemon Muffin
- Whole Fresh Fruit

Lunch

- Italian Turkey Meatball Sub on Parmesan mini Hoagie Roll
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Yogurt
- Yummy Granola

5 **Breakfast**

- Home Baked Cinnamon Raisin Bagel
- Whole Fresh Fruit

Lunch

- BYO Soft Chicken Tacos
- Fresh Fruit
- Steamed Vegetables

PM Snack

- **NEW** ● Home Baked Orange Rolla Roll
- Whole Fresh Fruit

12 **Breakfast**

- Home Baked Egg Bagel
- Whole Fresh Fruit

Lunch

- Mac & Cheese
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Home Baked Cinnamon Monkey Bread
- Whole Fresh Fruit

19 **Breakfast**

- Home Baked Pumpernickel Bagel
- Whole Fresh Fruit

Lunch

- Turkey Sloppy Joes served with 3-grain Roll
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Three Cheddar Cheese Melts

26 **Breakfast**

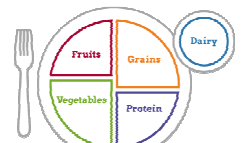
- Home Baked Sundried Tomato Bagel
- Whole Fresh Fruit

Lunch

- Mac & Cheese
- Fresh Fruit
- Steamed Vegetables

PM Snack

- Home Baked Vanilla Rolla Roll
- 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.

**One Grain serving per day must be WGR, M/MA may be substituted for a breakfast grain (3X/week max)

● DENOTES Whole Grain Rich



Just some of the vegetables this month

Asian Greens, Beets, Bok Choy, Broccoli, Broccoli Rabe, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Kale, Lettuces, Mushrooms, Onions, Parsnips, Peppers, Peas, Potatoes, Radishes, Rutabaga, Scallions, Spinach, Sweet Potato, Winter Squash, Tomatoes, Turnips, Zucchini



Just some of the fruit this month

Apples, Citron, Grapefruit, Lemons, Limes, Mandarins, Oranges, Peaches, Pears, Pineapple, Persimmons, Plums, Pomelo, Strawberries

Serving Sizes Overview

1-2 Year Olds

Breakfast	½ sl or svlg or ¼ c
WGR Grain**	¼ c
Fruit/Veg	4oz*
Milk	4oz*
Lunch	1 oz
Meat/Alt	½ sl or svlg or ¼ c
WGR Grain**	¼ c
Veg	1/8 c
Fruit (or 2 nd Veg)	1/8 c
Milk	4oz*
PM Snack (2 items only)	½ c
Veg	½ c
Fruit	½ c
Meat/Alt	½ oz, ¼ c
WGR Grain**	½ sl or svlg, or ¼ c
Milk	4oz*

Serving Sizes Overview

3-5 Year Olds

Breakfast	½ sl or svlg or ¼ c
WGR Grain**	½ c
Fruit/Veg	½ c
Milk	6oz*
Lunch	1-½ oz
Meat/Alt	½ sl or svlg, or ¼ c
WGR Grain**	¼ c
Veg	¼ c
Fruit (or 2 nd Veg)	¼ c
Milk	6oz*
PM Snack (2 items only)	½ c
Veg	½ c
Fruit	½ c
Meat/Alt	½ oz, ¼ c
WGR Grain**	½ sl or svlg, ½ c or ¼ c
Milk	6oz*