

September 2017 Menu



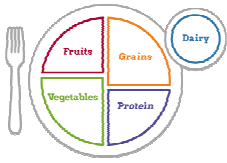
Monday

Tuesday

Wednesday

Thursday

Friday



MyPlate

4 Labor Day Centers Closed

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

18 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
Chimichurri Chicken Burrito
Fuji Applesauce
Steamed Vegetables
PM Snack
String Cheese
NEW Home Baked WG "Pizza"
Crackers

25 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
Stuffed Cheese Burger on WW
Tomato Bun
Fuji Applesauce
Steamed Vegetables
PM Snack
Home Made Apple Maple
Cranberry Bites

5 Breakfast
Breakfast Cereal
Whole Fresh Fruit
Lunch
NEW Thai Coconut Curry
Chicken Fried Rice
Steamed Vegetables
Fresh Fruit
Steamed Vegetables
PM Snack
String Cheese
Home Baked WG Graham
Crackers

12 Breakfast
Home Baked Banana Breakfast
Bread
Whole Fresh Fruit
Lunch
BYO BBQ Chicken Sandwich on
WW Bun
Fresh Fruit
Steamed Vegetables
PM Snack
NEW Brazilian Cheese and
Coconut Stick
(Enrolandinho de Queijo)

19 Breakfast
NEW Home Baked Toasted
Coconut Lemon
Breakfast Bread
Whole Fresh Fruit
Lunch
Stuffed Homemade Roasted Jerk
Chicken Buns
Fresh Fruit
Steamed Vegetables
PM Snack
Home Baked Cheese Delimanjoo
Whole Fresh Fruit

26 Breakfast
Home Baked Carrot Breakfast
Bread
Whole Fresh Fruit
Lunch
Turkey Pasta Paprikash
Fresh Fruit
Steamed Vegetables
PM Snack
Home Baked Cocoa Cranberry
Muffin
Whole Fresh Fruit

6 Breakfast
Home Baked Whole Grain
French Toast Sticks
Fresh Berry Compote
Lunch
NEW Stuffed Homemade Turkey
Pepperoni Pizza Buns
Greek Salad
Roasted Yukon Gold Potatoes
PM Snack
Homemade WG "POP"rice
Whole Fresh Fruit

13 Breakfast
Home Baked WG Pancakes
Fresh Berry Compote
Lunch
NEW Stuffed Homemade Red
Bean and Cheese Buns
Succotash Salad (no pasta)
Roasted Parmesan Sweet Potatoes
PM Snack
"Bestest" WG Cookie
Whole Fresh Fruit

20 Breakfast
Home Baked Buttermilk Biscuit
Fresh Berry Compote
Lunch
Natural Chicken Tenders
Creamy Coleslaw
Roasted Red Potatoes
PM Snack
Homemade WG "POP"rice
Whole Fresh Fruit

27 Breakfast
Home Baked Corncakes (corn
pancakes)
Fresh Berry Compote
Lunch
Whole Wheat Cheese & Bean
Baby Burrito
Diced Tomato Salad
Roasted Yukon Gold Potatoes
PM Snack
"Bestest" WG Cookie
Whole Fresh Fruit

7 Breakfast
Home Baked
Denver Omelette Muffin
Whole Fresh Fruit
Lunch
BYO Soft Chicken Tacos
Fresh Fruit
Diced Tomato Salad
PM Snack
Yogurt
Yummy Granola

14 Breakfast
Home Baked Cheddar Cheese
Scone
Whole Fresh Fruit
Lunch
Fiesta Burrito (Corn, Peppers,
Chicken, & Cheese) on Home
Baked Beet Tortilla
Fresh Fruit
Steamed Vegetables
PM Snack
Yogurt
Yummy Granola

21 Breakfast
Chefables Very Own
Home Baked
Downtown Muffin
Whole Fresh Fruit
Lunch
Spaghetti & Turkey Meatballs
Fresh Fruit
Steamed Vegetables
PM Snack
Yogurt
Yummy Granola

28 Breakfast
Home Baked KuKu Bread
Whole Fresh Fruit
Lunch
COLD Asian Chicken Salad
served with a Scallion Roll
Fresh Fruit
PM Snack
Yogurt
Yummy Granola

1 Breakfast
NEW Home Baked Onion Poppy
Seed Bagel
Whole Fresh Fruit
Lunch
Natural Chicken Tenders
Fresh Fruit
Steamed Vegetables
PM Snack
"Bestest" WG Cookie
Whole Fresh Fruit

8 Breakfast
NEW Home Baked Pretzel Bagel
Whole Fresh Fruit
Lunch
Mac & Cheese
Fresh Fruit
Steamed Vegetables
PM Snack
Home Baked Raisin Strada
Baby Carrots

15 Breakfast
NEW Home Baked
Carrot Bagel
Whole Fresh Fruit
Lunch
Cheesiest Pizza
Whole Fresh Fruit
Steamed Vegetables
PM Snack
Home Baked Orange Tea Biscuit
Whole Fresh Fruit

22 Breakfast
Home Baked Egg Bagel
Whole Fresh Fruit
Lunch
Homemade Chicken Enchillada
Bake
Fresh Fruit
Steamed Vegetables
PM Snack
WOWButter
Baby Carrots

29 Breakfast
NEW Home Baked Raisin Bagel
Whole Fresh Fruit
Lunch
Turkey Meatball Sub on mini
Hoagie Rolls
Fresh Fruit
Steamed Vegetables
PM Snack
Cheddar Cheese Melts

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

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



Just some of the fruit this month

Apples, Apricots, Blackberries, Kiwi, Blueberries, Grapefruit, 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 svg or ¼ c
Fruit	¼ c
Milk	½ c*
Lunch	
Meat/Alt	1 oz
Grain	½ sl or svg 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 svg, or ¼ c
Milk	½ c*

Serving Sizes Overview

3-5 Year Olds

Breakfast	
Grain	½ sl or svg, ½ c or ¼ c
Fruit	½ c
Milk	¾ c*
Lunch	
Meat/Alt	1-½ oz
Grain	½ sl or svg, 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 svg, ½ c or ¼ c
Milk	¾ c*