

# December 2017 Menu



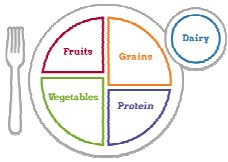
Monday

Tuesday

Wednesday

Thursday

Friday



MyPlate

- 4 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 ● Tofu & Veggie Brown Fried Rice  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Homemade "PBJ" Mini Empanadas (made w/WOWButter + Cranberry)

- 11 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 ● Turkey Burger on WW Bun  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 String Cheese  
 ● Home Baked Graham Crackers

- 18 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 ● Thai Coconut Curry Chicken  
 Fried Brown Rice  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Homemade "PBJ" Mini Empanadas (made w/WOWButter + Cranberry)

**25 HAPPY Holidays**

**Centers Closed Today**

- 5 Breakfast**  
 ● Home Baked Lemon Poppy Seed  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● Turkey "Pepperoni"& Cheese  
 Pizza  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Brazilian Cheese and Coconut  
 Stick  
 (Enrolandinho de Queijo)

- 12 Breakfast**  
 ● Home Baked Ginger Breakfast  
 Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● Homemade Chicken Enchillada  
 Bake  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 WOWButter  
 Baby Carrots

- 19 Breakfast**  
 ● Home Baked Blueberry  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● Cheesiest Pizza  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Homemade WG "POP"rice  
 Whole Fresh Fruit

- 26 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 Natural Chicken Tenders  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 String Cheese  
 ● Home Baked Graham  
 Crackers

- 6 Breakfast**  
 ● Home Baked WG Pancakes  
 Fresh Berry Compote  
**Lunch**  
 Natural Chicken Tenders  
**Creamy Coleslaw**  
 Roasted Sweet Potatoes  
**PM Snack**  
 ● Home Baked Orange Tea  
 Biscuit  
 Whole Fresh Fruit

- 13 Breakfast**  
 ● Home Baked WG Waffles  
 Fresh Berry Compote  
**Lunch**  
 ● Stuffed Homemade Teriyaki  
 TOFU Scallion Bun  
 Succotash Salad  
 Roasted Yukon Gold Potatoes  
**PM Snack**  
 ● Homemade WG "POP"rice  
 Whole Fresh Fruit

- 20 Breakfast**  
 ● Home Baked WG Corn  
 Pancakes  
 Fresh Berry Compote  
**Lunch**  
 ● Stuffed Homemade BBQ  
 Chicken Bun  
 Corn Cilantro Salad  
 Roasted Red Bliss Potatoes  
**PM Snack**  
 ● Home Baked Lemon Tea  
 Biscuit  
 Whole Fresh

- 27 Breakfast**  
 ● Home Baked WG Pancakes  
 Fresh Berry Compote  
**Lunch**  
 ● Stuffed Homemade Red Bean  
 and Cheese Buns  
 Creamy Coleslaw  
 Roasted Sweet Potatoes  
**PM Snack**  
 ● Homemade WG "POP"rice  
 Whole Fresh Fruit

- 7 Breakfast**  
 ● Home Baked Kuku Carrot  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 Italian Turkey Meatball Sub on  
**Parmesan** mini Hoagie Roll  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 Yogurt  
 ● Yummy Granola

- 14 Breakfast**  
 ● Home Baked Denver (Turkey)  
 Omelette Muffin  
 Whole Fresh Fruit  
**Lunch**  
 ● Whole Wheat Cheese + Bean  
 Baby Burrito  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 Yogurt  
 ● Yummy Granola

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

- 28 Breakfast**  
 ● Home Baked Cheddar  
 Cheese Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
**NEW** Chicken & Corn Tamales  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 Yogurt  
 ● Yummy Granola

- 1 Breakfast**  
 ● Chefables Very Own Home  
 Baked Downtowner Muffin  
 Whole Fresh Fruit  
**Lunch**  
 ● Sundried Tomato Turkey Burrito  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 WOWButter  
 Baby Carrots

- 8 Breakfast**  
 ● Home Baked Rye Twist Bagel  
 Whole Fresh Fruit  
**Lunch**  
 Mac & Cheese  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Home Baked Vanilla Rolla Roll  
 Whole Fresh Fruit

- 15 Breakfast**  
 ● Home Baked Pretzel Bagel  
 Whole Fresh Fruit  
**Lunch**  
 ● Turkey Sloppy Joes served with  
 3-grain Roll  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Three Cheddar Cheese Melts

- 22 Breakfast**  
 ● Home Baked Carrot Bagel  
 Whole Fresh Fruit  
**Lunch**  
 ● BYO Soft Chicken Tacos  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Home Baked Ginger Rolla  
 Roll  
 Whole Fresh Fruit

- 29 Breakfast**  
 ● Home Baked Asiago Bagel  
 Whole Fresh Fruit  
**Lunch**  
 Mac & Cheese  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Home Baked Cinnamon  
 Monkey Bread  
 Whole Fresh

**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**

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



**Just some of the fruit this month**

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

**Serving Sizes Overview**

**1-2 Year Olds**

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

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