

True Sunshine August 2018 Menu



Monday

Serving Sizes Overview

3-5 Year Olds

Breakfast

WGR Grain 1/2 sl/svg, 1/3c or 1/4 c

Fruit/Veg 1/2 c

Milk 6 oz

Lunch

Meat/Alt 1-1/2 oz

WGR Grain 1/2 sl or svg, or 1/4 c

Veg 1/4 c

Fruit (or 2nd Veg) 1/4 c

Milk 6 oz

PM Snack (2 items only)

Veg 1/2 c

Fruit 1/2 c

Meat/Alt 1/2 oz, 1/4 c

WGR Grain 1/2 sl or svg or 1/4 c

Milk 4 oz

0 AM Snack

6 W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Cilantro Turkey Teriyaki

Meatballs served with brown rice

Steamed Vegetables

Fresh Fruit

PM Snack

String Cheese

W Home Baked Graham Crackers

1 AM Snack

3 W Breakfast Cereal

Whole Fresh Fruit

Lunch

V Mac and Cheese

Steamed Vegetables

Fresh Fruit

PM Snack

W Homemade "PBJ" Mini empanadas (made w/WOWButter + Cranberry)

2 AM Snack

0 W Breakfast Cereal

Whole Fresh Fruit

Lunch

BBQ Chicken

W Home Baked Corn Bread Muffin

Steamed Vegetables

Fresh Fruit

PM Snack

W Raspberry Apple Mini Empanadas

2 AM Snack

7 W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Stuffed Homemade BBQ Chicken Bun

Steamed Vegetables

Fresh Fruit

PM Snack

String Cheese

W Home Baked Graham Crackers

Tuesday

0 AM Snack

7 W Home Baked Ginger Breakfast Bread

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Steamed Vegetables

Fresh Fruit

PM Snack

Yogurt

W Yummy Granola

1 AM Snack

4 NEW W Home Baked Blueberry Orange Breakfast Bread

Whole Fresh Fruit

Lunch

Homemade Turkey Meatball Sub

W Mini Hoagie Roll

Steamed Vegetables

Fresh Fruit

PM Snack

Yogurt

W Yummy Granola

2 AM Snack

1 W Home Baked Raspberry and Vanilla Yogurt Breakfast Bread

Whole Fresh Fruit

Lunch

Turkey Spaghetti Bolognese

Steamed Vegetables

Fresh Fruit

PM Snack

Yogurt

W Yummy Granola

2 AM Snack

8 NEW W Home Baked Carrot Raisin Breakfast Bread

Whole Fresh Fruit

Lunch

W Chicken Fried Brown Rice

Steamed Vegetables

Fresh Fruit

PM Snack

Yogurt

W Yummy Granola

Wednesday

0 AM Snack

1 W Home Baked WG Pancakes

Fresh Strawberry Compote

Lunch

W V Whole Wheat Cheese and Bean Baby Burrito

Roasted Yukon Gold Potatoes

Diced Tomatoes

PM Snack

NEW W Home Baked Vanilla Delimanjoo

Whole Fresh Fruit

0 AM Snack

8 W Home Baked French Toast Sticks

Fresh Strawberry Compote

Lunch

W Fiesta Turkey Burrito

Roasted Red Potatoes

Succotash Salad

PM Snack

W Homemade "POP" Rice

Whole Fresh Fruit

1 AM Snack

5 W Home Baked Oatmeal

Buttermilk Biscuit

Fresh Strawberry Compote

Lunch

NEW W Chorizo Turkey and Cheese Pizza

Roasted Sweet Potatoes

Pea Salad

PM Snack

W Home Baked Raspberry Rolla Roll

Whole Fresh Fruit

2 AM Snack

2 W Home Baked WG Pancakes

Fresh Strawberry Compote

Lunch

W Natural Chicken Tenders

Roasted Sweet Potatoes

Creamy Cabbage Coleslaw

PM Snack

W Homemade "POP" Rice

Whole Fresh Fruit

2 AM Snack

9 W Whole Grain Waffles

Fresh Strawberry Compote

Lunch

Turkey Burger

W Whole Grain Bun

Roasted Red Potatoes

Pea Salad

PM Snack

W Home Baked Orange "Drop" Biscuits

Whole Fresh Fruit

Thursday

0 AM Snack

2 W Home Baked Red Pepper and Cheddar Muffin

Whole Fresh Fruit

Lunch

W Cold Asian Chicken Pasta Salad

Fresh Fruit

PM Snack

W Soft Cheese Filled Pretzel Stick

0 AM Snack

9 W Home Baked Lemon Poppy Muffin

Whole Fresh Fruit

Lunch

W V Toasted Cheese Sandwich on Fresh Focaccia

Steamed Vegetables

Fresh Fruit

PM Snack

Chicken Salad

W Home Baked WG Crackers

1 AM Snack

6 NEW W Home Baked Sweet Potato Muffin

Whole Fresh Fruit

Lunch

V Tofu Sloppy Joes

W Whole Grain Bun

Steamed Vegetables

Fresh Fruit

PM Snack

W Brazilian Cheese and Coconut Stick

2 AM Snack

3 NEW W Home Baked Orange Muffin

Whole Fresh Fruit

Lunch

NEW W Tofu Chili

W Whole Grain Roll

Steamed Vegetables

Fresh Fruit

PM Snack

W Cheddar Cheese Melts

3 AM Snack

0 W Home Baked Blueberry Oat Bran Muffin

Whole Fresh Fruit

Lunch

W V Cheesiest Pizza

Steamed Vegetables

Fresh Fruit

PM Snack

WOW Butter

Baby Carrots

Friday

0 AM Snack

3 W Home Baked Whole Wheat Bagel

Whole Fresh Fruit

Lunch

V Mac and Cheese

Steamed Vegetables

Fresh Fruit

PM Snack

W Home Baked Lemon Tea Biscuit

Whole Fresh Fruit

1 AM Snack

0 NEW W Home Made Onion Pretzel Bagel

Whole Fresh Fruit

Lunch

W Chicken Fried Brown Rice

Steamed Vegetables

Fresh Fruit

PM Snack

W Cheddar Cheese Melts

1 AM Snack

7 W Home Baked Asiago Bagel

Whole Fresh Fruit

Lunch

BYO Roasted Chicken Tacos

W WW Tortilla

Diced Tomatoes

Fresh Fruit

PM Snack

W Home Baked Cinnamon Monkey Bread

Whole Fresh Fruit

2 AM Snack

4 W Home Baked Cranberry Orange Bagel

Whole Fresh Fruit

Lunch

W Chicken Cheese & Sundried Tomato Burrito

Steamed Vegetables

Fresh Fruit

PM Snack

NEW W WOWButter Filled Stick

3 AM Snack

1 W Home Baked Cinnamon Raisin Bagel

Whole Fresh Fruit

Lunch

Spaghetti & Turkey Meatballs

Steamed Vegetables

Fresh Fruit

PM Snack

W Home Baked Cheese Strada

Whole Fresh Fruit

Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- Lowfat milk served at ALL breakfast and lunch meals. 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).



Just some of the vegetables this month Arugula, Asian greens, avocado, beets, bok choy, broccoli, bean (green), cabbage, carrots, cauliflower, chard, celery, corn, cucumber, collard greens, eggplant, kale, leeks, lettuces, mushrooms, mustard greens, okra, onion, peas, pepper (chile), potato, radicchio, radishes, scallions, spinach, sprouts, squash (summer), tomatillo, tomato, turnips



Just some of the fruits this month Apple, avocado, blackberry, blueberry, cactus pear, grapes, lemon, melon, mulberries, nectarine, oranges, peaches, pear, plums, pluots, raspberries, strawberry

NEW = New menu offering W = Whole Grain Rich V = Vegetarian Menu Option