

True Sunshine December 2018 Menu



Monday

0 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 NEW W Pineapple + Raisin
 Mini Empanadas

1 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 BYO Roasted Chicken Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Raspberry Apple Mini
 Empanadas

1 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Homemade Chicken
 Enchillada Bake
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Dried Plum + Poppy Seed
 Mini Empanadas

2 **Closed**
 4

3 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Homemade Turkey Meatloaf
 W Whole Grain Roll
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Sweet Potato Mini
 Empanadas

Tuesday

0 **AM Snack**
 4 **NEW** W Home Baked Lemon
 Apricot Breakfast Bread
 Whole Fresh Fruit
Lunch
 V Vegetable Egg Frittata
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Cheddar Cheese Melts

1 **AM Snack**
 1 **NEW** W Home Baked Carrot
 Ginger Breakfast Bread
 Whole Fresh Fruit
Lunch
 Spaghetti & Turkey Meatballs
 Steamed Vegetables
 Fresh Fruit
PM Snack
 WOW Butter
 Baby Carrots

1 **AM Snack**
 8 W Home Baked Cinnamon
 Raisin Maple Breakfast Bread
 Whole Fresh Fruit
Lunch
 Turkey Spaghetti Bolognese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Dried Fruit Focaccia Squares
 String Cheese

2 **Closed**
 5

Wednesday

0 **AM Snack**
 5 W Home Baked French Toast
 Sticks
 Fresh Strawberry Compote
Lunch
 BBQ Chicken
 W Home Baked Corn Bread
 Muffin
 Roasted Yukon Gold Potatoes
 Succotash Salad
PM Snack
 W Home Baked Raspberry Roll
 Roll
 Whole Fresh Fruit

1 **AM Snack**
 W Raspberry + Cocoa Waffles
 2 Fresh Strawberry Compote
Lunch
 W Natural Chicken Tenders
 Roasted Sweet Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

1 **AM Snack**
 9 **NEW** W Home Baked Lemon
 Ricotta Pancake
 Fresh Strawberry Compote
Lunch
 NEW W Teriyaki Tofu, Cheese
 + Scallion Burrito
 Roasted Red Potatoes
 Pea Salad
PM Snack
 Chicken Salad
 W Sweet Potato Roll

2 **AM Snack**
 6 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
PM Snack
 String Cheese
 W Home Baked Graham
 Crackers

Thursday

0 **AM Snack**
 6 W Home Baked Red Pepper and
 Cheddar Muffin
 Whole Fresh Fruit
Lunch
 NEW W Stuffed Homemade
 Chicken, Cheese + Scallion Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

1 **AM Snack**
 3 W Home Baked Ginger Bread
 Muffin
 Whole Fresh Fruit
Lunch
 W V Toasted Cheese Sandwich
 on Fresh Focaccia
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

2 **AM Snack**
 0 W Home Baked Carrot Muffin
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

2 **AM Snack**
 7 W Home Baked Blueberry Oat
 Bran Muffin
 Whole Fresh Fruit
Lunch
 BYO Roasted Chicken Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

Friday

0 **AM Snack**
 7 W Home Baked Egg Bagel
 Whole Fresh Fruit
Lunch
 W V Whole Wheat Cheese and
 Bean Baby Burrito
 Steamed Vegetables
 Fresh Fruit
PM Snack
 NEW W Home Baked
 WOW Butter Delimanjoo
 Whole Fresh Fruit

1 **AM Snack**
 4 **NEW** W Home Baked
 Parmesan Cheese Bagel
 Whole Fresh Fruit
Lunch
 W V Egg Fried Brown Rice
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Soft Plain Pretzel Stick
 Whole Fresh Fruit

2 **AM Snack**
 1 W Home Baked Poppy Seed
 Bagel
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Lemon Poppy
 Tea Biscuit
 Whole Fresh Fruit

2 **AM Snack**
 8 **NEW** W Home Baked Cocoa
 Cranberry Bagel
 Whole Fresh Fruit
Lunch
 NEW W Sour Cream and
 Pepper Chicken Stew with
 brown rice
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

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

Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- Lowfat (1%) 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 Artichoke, arugula, Asian green, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, kale, leeks, lettuce, mushroom, okra, parsnip, peppers, radishes, rutabaga, scallions, spinach, winter squash, sunchokes, sweet potato, tomatillo, tomatoes, turnips

Just some of the fruits this month Apples, citron, grapefruit, grapes, guava, kiwi, kumquats, lemons, limes, mandarins, oranges, pomegranates, pomelo, pears, persimmons

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