

# True Sunshine November 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**  
5 W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
W V Cheesiest Pizza  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Apple + Raisin Mini  
Empanadas

1 **Closed**  
2

1 **AM Snack**  
9 W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
V Mac and Cheese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Dried Plum + Poppy  
Seed Mini Empanadas

2 **AM Snack**  
6 W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
W Natural Chicken Tenders  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Sweet Potato Mini  
Empanadas

## Tuesday

0 **AM Snack**  
6 W Home Baked Raspberry and  
Vanilla Yogurt Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
NEW W Chicken and  
Vegetable Stew with brown rice  
Fresh Fruit  
**PM Snack**  
W Home Baked Orange Tea  
Biscuit  
Whole Fresh Fruit

1 **AM Snack**  
3 W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Spaghetti & Turkey Meatballs  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Cheddar Cheese Melts

2 **AM Snack**  
0 W Home Baked Zucchini Feta  
Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
Homemade Turkey Meatball  
Sub  
W Mini Hoagie Roll  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Home Baked Basil  
Focaccia Crackers  
String Cheese

2 **AM Snack**  
7 W Home Baked Lemon Poppy  
Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
W Hungarian Turkey Goulash  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Dried Fruit Focaccia  
Squares  
String Cheese

## Wednesday

0 **AM Snack**  
7 W Home Baked WG Pancakes  
Fresh Strawberry Compote  
**Lunch**  
Homemade Turkey Meatloaf  
W Whole Grain Roll  
Roasted Yukon Gold Potatoes  
Succotash Salad  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

1 **AM Snack**  
4 W Home Baked Oatmeal  
Buttermilk Biscuit  
Fresh Strawberry Compote  
**Lunch**  
W V Whole Wheat Cheese and  
Bean Baby Burrito  
Roasted Sweet Potatoes  
Creamy Cabbage Coleslaw  
**PM Snack**  
NEW W Home Baked Lemon  
Poppy Tea Biscuit  
Whole Fresh Fruit

2 **AM Snack**  
1 W Home Baked WG Pumpkin  
Corn Pancakes  
Fresh Strawberry Compote  
**Lunch**  
BBQ Chicken  
W Home Baked Corn Bread  
Muffin  
Roasted Sweet Potatoes  
Pea Salad  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

2 **AM Snack**  
8 NEW W Raspberry + Cocoa  
Waffles  
Fresh Strawberry Compote  
**Lunch**  
NEW W Yogurt Chicken Curry  
with brown rice  
Roasted Red Potatoes  
Pea Salad  
**PM Snack**  
W Home Baked Raspberry Roll  
Whole Fresh Fruit

## Thursday

0 **AM Snack**  
1 NEW W Home Baked  
Raspberry Yogurt Muffin  
Whole Fresh Fruit  
**Lunch**  
V Vegetable Egg Frittata  
W WW Tortilla  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Soft Cheese Filled Pretzel  
Stick

0 **AM Snack**  
8 W Home Baked Confetti Muffin  
Whole Fresh Fruit  
**Lunch**  
W Fiesta Chicken Burrito  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Chefables Vanilla Yogurt  
W Yummy Granola

1 **AM Snack**  
5 W Home Baked Blueberry Oat  
Bran Muffin  
Whole Fresh Fruit  
**Lunch**  
W V Toasted Cheese Sandwich  
on Fresh Focaccia  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Chefables Vanilla Yogurt  
W Yummy Granola

2 **Closed**  
2

2 **AM Snack**  
9 W Home Baked Ginger Bread  
Muffin  
Whole Fresh Fruit  
**Lunch**  
W Cold Asian Chicken Pasta  
Salad with brown rice  
Fresh Fruit  
**PM Snack**  
NEW W Chefables Vanilla Yogurt  
W Yummy Granola

## Friday

0 **AM Snack**  
2 W Home Baked Bagel  
Whole Fresh Fruit  
**Lunch**  
NEW W Stuffed Homemade  
Beef, Cheese + Scallion Bun  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Home Baked Delimanjoo  
Whole Fresh Fruit

0 **AM Snack**  
9 W Home Baked Onion Poppy  
Seed Bagel  
Whole Fresh Fruit  
**Lunch**  
W Natural Chicken Tenders  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W WOWButter Filled Stick

1 **AM Snack**  
6 W Home Baked Cranberry  
Orange Bagel  
Whole Fresh Fruit  
**Lunch**  
BYO Roasted Chicken Tacos  
on Fresh Focaccia  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Home Baked  
Cinnamon Raisin Monkey Bread  
Whole Fresh Fruit

2 **Closed**  
3

3 **AM Snack**  
0 W Home Baked French Toast  
Bagel  
Whole Fresh Fruit  
**Lunch**  
NEW W BYO Beef, Cilantro +  
Corn Tacos  
W WW Tortilla  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chicken Salad  
W Sweet Potato Roll

### 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, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots cauliflower, celery, chard, collard greens, cucumber, kale, leeks, lettuce, mushroom, okra, onion, parsnip, peas, peppers, potato, radishes, rhubarb, rutabaga, scallions, spinach, winter squash, sunchoke, sweet potato, tomatillo, tomatoes, turnips



**Just some of the fruits this month** Apples, Asian pear, cactus pear, dates, grapes, guava, kiwi, kumquats, lemons, limes, mandarins, oranges, pear, persimmons, plums, pomegranates, pomelo, quince, strawberries

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