

# True Sunshine October 2018 Menu



## Monday

0 **AM Snack**  
 1 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Homemade WOW Butter  
 Mini empanadas

0 **Closed**  
 8

1 **AM Snack**  
 5 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 V Mac and Cheese  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Mixed Berry +  
 Banana Mini Empanadas

2 **AM Snack**  
 2 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 BBQ Chicken  
 W Home Baked Corn Bread  
 Muffin  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Cheese  
 Strada  
 W Home Baked Graham  
 Crackers

2 **AM Snack**  
 9 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 V Mac and Cheese  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Sweet Potato Mini  
 Empanadas

## Tuesday

0 **AM Snack**  
 2 NEW W Home Baked Garnet  
 Yam + Red Bean Breakfast  
 Bread  
 Whole Fresh Fruit  
**Lunch**  
 W Beef, Cilantro & Corn Burrito  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Yogurt  
 W Yummy Granola

0 **AM Snack**  
 9 W Home Baked Raspberry and  
 Vanilla Yogurt Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W V Toasted Cheese Sandwich  
 on Fresh Focaccia  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Yogurt  
 W Yummy Granola

1 **AM Snack**  
 6 W Home Baked Orange  
 Cranberry 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**  
 3 W Home Baked Carrot Raisin  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 Turkey Spaghetti Bolognese  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Yogurt  
 W Yummy Granola

3 **AM Snack**  
 0 NEW W Home Baked  
 Raspberry Cocoa Breakfast  
 Bread  
 Whole Fresh Fruit  
**Lunch**  
 NEW Turkey + Red Bean Chili  
 W Whole Grain Roll  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Yogurt  
 W Yummy Granola

## Wednesday

0 **Closed**  
 3

1 **AM Snack**  
 0 W Home Baked WG Pancakes  
 Fresh Strawberry Compote  
**Lunch**  
 W Beef and Vegetable Stew with  
 brown rice  
 Roasted Yukon Gold Potatoes  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

1 **AM Snack**  
 7 W Home Baked Oatmeal  
 Buttermilk Biscuit  
 Fresh Strawberry Compote  
**Lunch**  
 W Fiesta Chicken Burrito  
 Roasted Red Potatoes  
 Succotash Salad  
**PM Snack**  
 NEW W Home Baked Lemon  
 Poppy Tea Biscuit  
 Whole Fresh Fruit

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

3 **AM Snack**  
 1 W Home Baked WG Pumpkin  
 Corn Pancakes  
 Fresh Strawberry Compote  
**Lunch**  
 W Homemade Chicken  
 Enchillada Bake  
 Roasted Red Potatoes  
 Pea Salad  
**PM Snack**  
 W Home Baked Raspberry Rolla  
 Roll  
 Whole Fresh Fruit

## Thursday

0 **AM Snack**  
 4 W Home Baked Carrot Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W Cold Asian Chicken Pasta  
 Salad  
 Fresh Fruit  
**PM Snack**  
 W Brazilian Cheese and  
 Coconut Stick

1 **AM Snack**  
 1 NEW W Home Baked Lemon  
 Blueberry Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W V Egg Fried Brown Rice  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Orange Tea  
 Biscuit  
 Whole Fresh Fruit

1 **AM Snack**  
 8 NEW W Home Baked Confetti  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 BYO Roasted Chicken Tacos  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Cheddar Cheese Melts

2 **AM Snack**  
 5 W Home Baked Red Pepper and  
 Corn Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W Cilantro Turkey Teriyaki  
 Meatballs served with brown rice  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Soft Plain Pretzel Stick  
 Whole Fresh Fruit

## Friday

0 **AM Snack**  
 5 W Home Baked Raisin Bagel  
 Whole Fresh Fruit  
**Lunch**  
 NEW V Vegetable Egg Frittata  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Vanilla Rolla  
 Roll  
 Whole Fresh Fruit

1 **AM Snack**  
 2 W Home Baked Mexican Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W WOW Butter Filled Stick

1 **AM Snack**  
 9 W Home Baked Egg Bagel  
 Whole Fresh Fruit  
**Lunch**  
 NEW W Hungarian Turkey  
 Goulash  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Cinnamon  
 Monkey Bread  
 Whole Fresh Fruit

2 **AM Snack**  
 6 W Home Baked Cheddar  
 Cheese Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W V Whole Wheat Cheese and  
 Bean Baby Burrito  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chicken Salad  
 W Home Baked WG Crackers

### Serving Sizes Overview 3-5 Year Olds

<b>Breakfast</b>	
WGR Grain 1/2 sl/svg, 1/3c or 1/4 c	
Fruit/Veg	1/2 c
Milk	6 oz
<b>Lunch</b>	
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
<b>PM Snack (2 items only)</b>	
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 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, corn, cucumber, eggplant, green beans, kale, leeks, lettuce, mushroom, okra, onion, parsnip, peas, peppers, potato, radishes, rhubarb, rutabaga, scallions, spinach, summer/winter squash, sunchokes, sweet potato, tomatillo, tomatoes, turnips



Just some of the fruits this month Apples, Asian pear, blackberries, cactus pear, dates, figs, grapes, jujubes, kiwi, kumquats, lemons, limes, melon, nectarines, oranges, peaches, pear, persimmons, plums, pomegranates, quince, strawberries

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