

# True Sunshine September 2018 Menu



## Monday

- 0 **Closed**
- 3
- 1 **AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Homemade Turkey Meatloaf  
W Whole Grain Potato Roll  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Blackberry + Apple  
Mini Empanadas
- 1 **AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
V Mac and Cheese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
String Cheese  
W Home Baked Graham  
Crackers
- 2 **AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
BBQ Chicken  
W Home Baked Corn Bread  
Muffin  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
NEW W Raspberry Apple  
Mini Empanadas

## Tuesday

- 0 **AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
W Natural Chicken Tenders  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
String Cheese  
W Home Baked Graham  
Crackers
- 1 **AM Snack**  
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**  
NEW 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**  
W Home Baked Carrot Raisin  
Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
Turkey Spaghetti Bolognese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Yogurt  
W Yummy Granola

## Wednesday

- 0 **AM Snack**  
W Home Baked French Toast  
Sticks  
Fresh Strawberry Compote  
**Lunch**  
NEW W Beef, Cilantro & Corn  
Burrito  
Roasted Sweet Potatoes  
Diced Tomatoes  
**PM Snack**  
Yogurt  
W Yummy Granola
- 1 **AM Snack**  
NEW W Home Baked All Oat  
Pancake  
Fresh Strawberry Compote  
**Lunch**  
Chicken Chili  
W WW Tortilla  
Roasted Yukon Gold Potatoes  
Pea Salad  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit
- 1 **AM Snack**  
W Home Baked Oatmeal  
Buttermilk Biscuit  
Fresh Strawberry Compote  
**Lunch**  
W Fiesta Chicken Burrito  
Roasted Red Potatoes  
Succotash Salad  
**PM Snack**  
W Home Baked Raspberry Rolla  
Roll  
Whole Fresh Fruit
- 2 **AM Snack**  
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

## Thursday

- 0 **AM Snack**  
NEW W Home Baked Red  
Pepper and Corn Muffin  
Whole Fresh Fruit  
**Lunch**  
W Cold Asian Chicken Pasta  
Salad  
Fresh Fruit  
**PM Snack**  
W Soft Plain Pretzel Stick  
Whole Fresh Fruit
- 1 **AM Snack**  
W Home Baked Lemon Poppy  
Muffin  
Whole Fresh Fruit  
**Lunch**  
W Chicken Fried Brown Rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Home Baked Lemon Tea  
Biscuit  
Whole Fresh Fruit
- 2 **AM Snack**  
W Home Baked Sweet Potato  
Muffin  
Whole Fresh Fruit  
**Lunch**  
Turkey Sloppy Joes  
W Whole Grain Bun  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Brazilian Cheese and  
Coconut Stick
- 2 **AM Snack**  
NEW W Home Baked Cocoa  
Cranberry Orange Muffin  
Whole Fresh Fruit  
**Lunch**  
W Turkey Teriyaki Meatballs  
served with brown rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Cheddar Cheese Melts

## Friday

- 0 **AM Snack**  
W Home Baked Bagel  
Whole Fresh Fruit  
**Lunch**  
V Mac and Cheese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Home Baked Cinnamon  
Monkey Bread  
Whole Fresh Fruit
- 1 **AM Snack**  
NEW W Home Baked Orange  
Poppy Seed Bagel  
Whole Fresh Fruit  
**Lunch**  
W V Cheesiest Pizza  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chicken Salad  
W Home Baked WG Crackers
- 2 **AM Snack**  
NEW W Home Baked Mexican  
Bagel  
Whole Fresh Fruit  
**Lunch**  
BYO Roasted Chicken Tacos  
W WW Tortilla  
Diced Tomatoes  
Fresh Fruit  
**PM Snack**  
W Home Baked Cheese Strada  
Whole Fresh Fruit
- 2 **AM Snack**  
W Home Baked Raisin Bagel  
Whole Fresh Fruit  
**Lunch**  
W Chicken Cheese & Sundried  
Tomato Burrito  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W WOW Butter Filled Stick

### 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 Artichokes, arugula, Asian greens, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, green bean, cabbage, carrots, cauliflower, chard, celery, corn, cucumber, collard greens, cress, eggplant, endive, kale, leeks, lettuces, mushrooms, mustard greens, okra, olives, onion, peas, peppers, potato, radicchio, radishes, scallions, spinach, sprouts, summer squash, sunchokes, sweet potato, tomatillo, tomato, turnips



Just some of the fruits this month Apple, avocado, Asian pear, blackberry, cactus pear, dates, figs, grapes, jujube, kiwi, lemon, melon, nectarine, oranges, peaches, pear, plums, pluots, quince, raspberries, strawberry

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