

# May 2017 Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1 Breakfast**  
Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Italian Turkey Burgers on  
Whole Grain Bun  
Fuji Applesauce  
Steamed Vegetables  
**PM Snack**  
String Cheese  
Home Baked WG Graham  
Crackers

**8 Breakfast**  
Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Tuscan Turkey Pasta Bake  
Fuji Applesauce  
Steamed Vegetables  
**PM Snack**  
Home Made Squash + Maple  
Raisin Bites

**15 Breakfast**  
Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
**NEW** Stuffed Cheese Burger  
on WW Bun  
Fuji Applesauce  
Steamed Vegetables  
**PM Snack**  
Home Made Apple Cinnamon  
+ Cranberry Bites

**22 Breakfast**  
Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Homemade Chicken  
Enchillada Bake  
Fuji Applesauce  
Steamed Vegetables  
**PM Snack**  
String Cheese  
Home Baked WG Graham  
Crackers

**29 Memorial Day  
Centers  
Closed  
Today**

**2 Breakfast**  
Home Baked Banana Breakfast  
Bread  
Whole Fresh Fruit  
**Lunch**  
Cheesiest Pizza  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Home Baked Cheese  
Delimanjoo  
Whole Fresh Fruit

**9 Breakfast**  
Home Baked Ginger Breakfast  
Bread  
Whole Fresh Fruit  
**Lunch**  
**NEW** Homemade Stuffed  
Roasted Chicken Buns  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Lemon Drop Biscuit  
Whole Fresh Fruit

**16 Breakfast**  
Home Baked Cheddar Cheese  
Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
Coconut Curry Chicken with  
Brown Rice  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Ginger Tea Biscuit  
Whole Fresh Fruit

**23 Breakfast**  
Home Baked Marble Swirl  
Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
Vietnamese Mango Turkey  
Meatballs served with brown rice  
Fresh Fruit  
Seasoned Vegetables  
**PM Snack**  
Home Baked Cocoa Cranberry  
Muffin  
Whole Fresh Fruit

**30 Breakfast**  
Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Chicken Chili Con Carne served  
with brown rice  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Home Baked Cheese  
Delimanjoo  
Whole Fresh Fruit

**3 Breakfast**  
Home Baked Whole Grain  
French Toast Sticks  
Fresh Berry Compote  
**Lunch**  
Natural Chicken Tenders  
Confetti Corn Salad  
Roasted Parmesan Sweet  
Potatoes  
**PM Snack**  
Homemade WG "POP"rice  
Whole Fresh Fruit

**10 Breakfast**  
Home Baked Buttermilk  
Cheddar Cheese Biscuit  
Fresh Berry Compote  
**Lunch**  
BYO BBQ Chicken Soft Tacos  
Diced Tomato Salad  
Roasted Red Potatoes  
**PM Snack**  
"Bestest" WG Cookie  
Baby Carrots

**17 Breakfast**  
Home Baked Whole Grain  
Waffles  
Fresh Berry Compote  
**Lunch**  
Homemade Turkey Meatball  
Sub on Mini Hoagie Rolls  
Succotash Salad  
Roasted Yukon Gold Potatoes  
**PM Snack**  
Homemade WG "POP"rice  
Whole Fresh Fruit

**24 Breakfast**  
Home Baked Whole Grain  
Pancakes  
Fresh Berry Compote  
**Lunch**  
**NEW** Homemade Stuffed Beef  
Buns  
Creamy Coleslaw  
Roasted Red Potatoes  
**PM Snack**  
Home Baked Madeleines  
Whole Fresh Fruit

**31 Breakfast**  
**NEW** Home Baked Tomato Basil  
Parmesan Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
Natural Chicken Tenders  
Greek Salad  
Roasted Sweet Potatoes  
**PM Snack**  
Homemade WG "POP"rice  
Whole Fresh Fruit

**4 Breakfast**  
Home Baked KuKu Bread  
Whole Fresh Fruit  
**Lunch**  
Whole Wheat Cheese & Bean  
Baby Burrito  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Yogurt  
Yummy Granola

**11 Breakfast**  
Home Baked Whole Grain  
Toasted Coconut & Meyer  
Lemon Muffins  
Whole Fresh Fruit  
**Lunch**  
Spaghetti + Turkey Meatballs  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Yogurt  
Yummy Granola

**18 Breakfast**  
Home Baked Sundried Tomato  
+ Scallion Scone  
Whole Fresh Fruit  
**Lunch**  
Fiesta Burrito in Home Baked  
Beet Tortilla  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Yogurt  
Yummy Granola

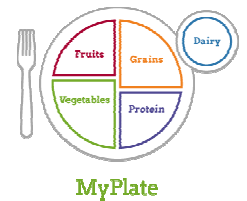
**25 Breakfast**  
Home Baked Schnecken Rolls  
Whole Fresh Fruit  
**Lunch**  
**COLD** WOW Sesame & Soy  
Chicken served with Ginger  
Carrots & Cilantro Noodles  
Fresh Fruit  
**PM Snack**  
Yogurt  
Yummy Granola

**5 Breakfast**  
**NEW** Home Baked Sundried  
Tomato Bagel  
Whole Fresh Fruit  
**Lunch**  
Chicken Fried Rice  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Home Baked Raisin Strada  
Jicama

**12 Breakfast**  
**NEW** Home Baked Jalapeno Bagel  
Whole Fresh Fruit  
**Lunch**  
Turkey Sliders on Whole Grain  
Bun  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
WOWbutter  
Home Baked Rye Crackers

**19 Breakfast**  
**NEW** Home Baked Banana Bagel  
Whole Fresh Fruit  
**Lunch**  
Mac + Cheese  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Home Baked Cinnamon Monkey  
Bread  
Baby Carrots

**26 Breakfast**  
Home Baked Cinnamon Raisin  
Bagel  
Whole Fresh Fruit  
**Lunch**  
Turkey Sloppy Joes on a Parker  
House Roll  
Fresh Fruit  
Steamed Vegetables  
**PM Snack**  
Cheddar Cheese Melts



**Notes:**  
Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.

Please note that Infant / Toddler food should be pulsed, blanched or cut small to be aligned with the developmental stage of the children.

\*\* Milk served at ALL breakfast and lunch meals.  
Whole milk (Infant/Toddlers <2 yrs), lowfat (1%) milk (preschool >2 yrs). All Milk served is rBST-free.



**Just some of the vegetables this month**  
Artichoke, Asparagus, Beets, Bok Choy, Broccoli, Broccoli Rabe, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chard, Collard Greens, Kale, Lettuces, Mushrooms, Onions, Parsnips, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Scallions, Spinach, Sweet Potatoes, Tomatoes, Turnips, Zucchini



**Just some of the fruit this month**  
Apples, Apricots, Blood Oranges, Clementines, Blueberries, Lemons, Limes, Melons, Mandarins, Nectarines, Oranges, Pears, Pineapple, Satsumas, Strawberries, Tangelos

### Serving Sizes Overview 1-2 Year Olds

<b>Breakfast</b>	
Grain	½ sl or svg or ¼ c
Fruit	¼ c
Milk	½ c*
<b>Lunch</b>	
Meat/Alt	1 oz
Grain	½ sl or svg or ¼ c
Veg & Fruit (2 types)	¼ c total
Milk	½ c*
<b>PM Snack (2 items only)</b>	
Veg or Fruit	½ c
Meat/Alt	½ oz
Grain	½ sl or svg, or ¼ c
Milk	½ c*

### Serving Sizes Overview 3-5 Year Olds

<b>Breakfast</b>	
Grain	½ sl or svg, ½ c or ¼ c
Fruit	½ c
Milk	¾ c*
<b>Lunch</b>	
Meat/Alt	1-½ oz
Grain	½ sl or svg, or ¼ c
Veg & Fruit (2 types)	½ c total
Milk	¾ c*
<b>PM Snack (2 items only)</b>	
Veg or Fruit	½ c
Meat/Alt	½ oz
Grain	½ sl or svg, ½ c or ¼ c
Milk	¾ c*