

# October 2017 Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

- 2 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 ● Egg + Veggie Fried Brown Rice  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 String Cheese  
 ● Home Baked Graham Crackers

- 3 Breakfast**  
 ● Home Baked Ginger  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● Turkey "Pepperoni"&  
 Cheese Pizza  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 WOWButter  
 Baby Carrots

- 4 Breakfast**  
 ● Home Baked Corn pancakes  
 Fresh Berry Compote  
**Lunch**  
 ● Whole Wheat Cheese + Bean  
 Baby Burrito  
 Creamy Coleslaw  
 Roasted Red Bliss Potatoes  
**PM Snack**  
 ● Homemade WG "POP"rice  
 Whole Fresh Fruit

- 5 Breakfast**  
 ● Home Baked Sundried  
 Tomato & Scallion Muffin  
 Whole Fresh Fruit  
**Lunch**  
 Italian Turkey Meatball Sub on  
 mini Hoagie Roll  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 Yogurt  
 ● Yummy Granola

- 6 Breakfast**  
 ● Home Baked Carrot Bagel  
 Whole Fresh Fruit  
**Lunch**  
 Natural Chicken Tenders  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● NEW ● Home Baked Lemon Rolla  
 Roll  
 Baby Carrots

- 9 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 Mac & Cheese  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● NEW ● Homemade Maple  
 Squash Mini Empanadas

- 10 Breakfast**  
 ● Home Baked Cheddar Cheese  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● Thai Coconut Curry Chicken  
 Fried Brown Rice  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Home Baked Lemon Tea Biscuit  
 Whole Fresh Fruit

- 11 Breakfast**  
 ● Home Baked WG French Toast  
 Sticks  
 Fresh Berry Compote  
**Lunch**  
 Natural Chicken Tenders  
 Teriyaki TOFU Scallion Bun  
 ● NEW ● Corn Cilantro Salad  
 Roasted Yukon Gold Potatoes  
**PM Snack**  
 ● Home Baked Cinnamon  
 Monkey Bread  
 Whole Fresh Fruit

- 12 Breakfast**  
 ● Home Baked Denver (Turkey)  
 Omelette Muffin  
 Whole Fresh Fruit  
**Lunch**  
 ● BYO Soft Chicken Tacos  
 Fresh Fruit  
 ● NEW ● Shredded Cold Cabbage  
 Slaw  
**PM Snack**  
 Yogurt  
 ● Yummy Granola

- 13 Breakfast**  
 ● Home Baked Pretzel Bagel  
 Whole Fresh Fruit  
**Lunch**  
 ● Chimichurri Turkey Burrito  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Cheddar Cheese Melts

- 16 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 ● BYO BBQ Chicken Sandwich  
 on WW Bun  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 String Cheese  
 ● Home Baked Pizza Crackers

- 17 Breakfast**  
 ● NEW ● Home Baked Banana  
 Blueberry Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● Turkey Sloppy Joes served with  
 3-grain Roll  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Brazilian Cheese and Coconut  
 Stick  
 (Enrolandinho de Queijo)

- 18 Breakfast**  
 ● Home Baked WG Pancakes  
 Fresh Berry Compote  
**Lunch**  
 ● NEW ● Stuffed Homemade  
 Teriyaki TOFU Scallion Bun  
 Succotash Salad  
 Roasted Parmesan Sweet  
 Potatoes  
**PM Snack**  
 ● Homemade WG "POP"rice  
 Whole Fresh Fruit

- 19 Breakfast**  
 ● NEW ● Home Baked Kuku Carrot  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 ● Fiesta Burrito (Corn, Peppers,  
 Chicken, & Cheese) on Home  
 Baked Beet Tortilla  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 Yogurt  
 ● Yummy Granola

- 20 Breakfast**  
 ● Home Baked Asiago Bagel  
 Whole Fresh Fruit  
**Lunch**  
 ● Cheesiest Pizza  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● Home Baked Ginger Tea Biscuit  
 Baby Carrots

- 23 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 ● Chimichurri Chicken Burrito  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● NEW ● Homemade "PBJ" Mini  
 Empanadas (made w/WOWButter)

- 24 Breakfast**  
 ● Home Baked Lemon Poppy  
 Seed Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● Stuffed Homemade Red Bean  
 and Cheese Buns  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● NEW ● Home Baked Ginger Rolla  
 Roll  
 Whole Fresh Fruit

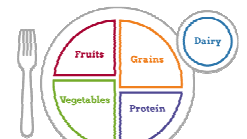
- 25 Breakfast**  
 ● Home Baked WG Waffle  
 Fresh Berry Compote  
**Lunch**  
 Natural Chicken Tenders  
 Creamy Coleslaw  
 Roasted Red Potatoes  
**PM Snack**  
 ● Home Baked Orange Tea  
 Biscuit  
 Whole Fresh Fruit

- 26 Breakfast**  
 ● Chefables Very Own Home  
 Baked Downtowner Muffin  
 Whole Fresh Fruit  
**Lunch**  
 Spaghetti & Turkey Meatballs  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 Yogurt  
 ● Yummy Granola

- 27 Breakfast**  
 ● NEW ● Home Baked Cranberry  
 Bagel  
 Whole Fresh Fruit  
**Lunch**  
 ● Homemade Chicken Enchillada  
 Bake  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 ● NEW ● Home Baked Cheese Strada  
 Baby Carrots

- 30 Breakfast**  
 ● Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 ● Turkey Burger on WW Bun  
 Fresh Fruit  
 Steamed Vegetables  
**PM Snack**  
 String Cheese  
 ● Home Baked Graham  
 Crackers

- 31 Breakfast**  
 ● Home Baked Cinnamon  
 Ricotta Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 ● COLD Asian Chicken Salad  
 served with a Scallion Roll  
 Fresh Fruit  
**PM Snack**  
 ● Home Baked WG Blackberry  
 Muffin  
 Whole Fresh Fruit



MyPlate

### 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.

\*\*One Grain serving per day must be WGR, M/MA may be substituted for a breakfast grain (3X/week max)  
 ● DENOTES Whole Grain Rich



### Just some of the vegetables this month

Artichokes, Asian Greens, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Brussels Sprouts, Collard Greens, Corn, Cucumber, Green Beans, Kale, Lettuces, Mushrooms, Onions, Parsnips, Peppers, Peas, Potatoes, Radishes, Rhubarb, Scallions, Spinach, Squash, Sweet Potato, Tomatillo, Tomatoes, Turnips



### Just some of the fruit this month

Apples, Asian Pears, Blackberries, Dates, Blueberries, Figs, Kiwi, Lemons, Limes, Melons, Nectarines, Oranges, Peaches, Pears, Pineapple, Persimmons, Plums, Strawberries

### Serving Sizes Overview

#### 1-2 Year Olds

<b>Breakfast</b>	
WGR Grain**	½ sl or svg or ¼ c
Fruit/Veg	¼ c
Milk	4oz*
<b>Lunch</b>	
Meat/Alt	1 oz
WGR Grain**	½ sl or svg or ¼ c
Veg	1/8 c
Fruit (or 2 <sup>nd</sup> Veg)	1/8 c
Milk	4oz*
<b>PM Snack (2 items only)</b>	
Veg	½ c
Fruit	½ c
Meat/Alt	½ oz, ¼ c
WGR Grain**	½ sl or svg, or ¼ c
Milk	4oz*

### Serving Sizes Overview

#### 3-5 Year Olds

<b>Breakfast</b>	
WGR Grain**	½ sl or svg or ¼ c
Fruit/Veg	½ c
Milk	6oz*
<b>Lunch</b>	
Meat/Alt	1-½ oz
WGR Grain**	½ sl or svg, or ¼ c
Veg	¼ c
Fruit (or 2 <sup>nd</sup> Veg)	¼ c
Milk	6oz*
<b>PM Snack (2 items only)</b>	
Veg	½ c
Fruit	½ c
Meat/Alt	½ oz, ¼ c
WGR Grain**	½ sl or svg, ½ c or ¼ c
Milk	6oz*