

Footsteps February 2019 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

04 **AM Snack**

W Breakfast Cereal
Whole Fresh Fruit
Lunch
W V Stuffed Homemade
Tofu + Scallion Bun
Steamed Vegetables
Fresh Fruit
PM Snack
W Sweet Potato Mini
Empanadas

11 **AM Snack**

W Breakfast Cereal
Whole Fresh Fruit
Lunch
W Turkey "Pepperoni" and
Cheese Pizza
Steamed Vegetables
Fresh Fruit
PM Snack
W Raspberry Apple Mini
Empanadas

18 **Closed**

25 **AM Snack**

W Breakfast Cereal
Whole Fresh Fruit
Lunch
BYO BBQ Chicken Tacos
W WW Tortilla
Steamed Vegetables
Fresh Fruit
PM Snack
W Apple + Raisin Mini
Empanadas

05 **AM Snack**

NEW W Home Baked
Butternut Squash and Raisin
Breakfast Bread
Whole Fresh Fruit
Lunch
W Natural Chicken Tenders
Steamed Vegetables
Fresh Fruit
PM Snack
WOW Butter
W Home Baked Graham
Crackers

12 **AM Snack**

W Home Baked Raspberry
Cocoa Breakfast Bread
Whole Fresh Fruit
Lunch
W Homemade Chicken
Enchillada Bake
Steamed Vegetables
Fresh Fruit
PM Snack
W Home Baked Lemon Tea
Biscuit
Whole Fresh Fruit

19 **AM Snack**

W Breakfast Cereal
Whole Fresh Fruit
Lunch
BYO Roasted Chicken Tacos
W WW Tortilla
Steamed Vegetables
Fresh Fruit
PM Snack
String Cheese
W Home Baked Graham
Crackers

26 **AM Snack**

W Home Baked Ginger
Breakfast Bread
Whole Fresh Fruit
Lunch
NEW Turkey Sloppy Joe
Stuffed Bun
Steamed Vegetables
Fresh Fruit
PM Snack
NEW W Home Baked
WOWbutter "Drop" Biscuits
Whole Fresh Fruit

06 **AM Snack**

W Home Baked All Oat
Pancake
Fresh Strawberry Compote
Lunch
W V Grilled Cheese "Flat
Sammie" Sandwich
Roasted Sweet Potatoes
Creamy Cabbage Coleslaw
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

13 **AM Snack**

NEW W Whole Grain
Quinoa Orange Waffles
Fresh Strawberry Compote
Lunch
Turkey Sloppy Joes
W Whole Grain Bun
Roasted Red Potatoes
Pea Salad
PM Snack
String Cheese
W Home Baked Graham
Crackers

20 **AM Snack**

W Home Baked Oatmeal
Buttermilk Biscuit
Fresh Strawberry Compote
Lunch
Homemade Turkey Meatball
Sub
W Mini Hoagie Roll
Roasted Sweet Potatoes
Creamy Cabbage Coleslaw
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

27 **AM Snack**

W Home Baked French Toast
Sticks
Fresh Strawberry Compote
Lunch
W V Whole Wheat Cheese
and Bean Baby Burrito
Roasted Red Potatoes
Pea Salad
PM Snack
Chicken Salad
W Greek Style Yogurt Roll

07 **AM Snack**

W Home Baked Cheddar
Cheese Muffin
Whole Fresh Fruit
Lunch
W Beef and Vegetable Stew
with brown rice
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

14 **AM Snack**

NEW W Home Baked Wild
Berry Muffin
Whole Fresh Fruit
Lunch
V Mac and Cheese
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

21 **AM Snack**

W Home Baked Zucchini
Muffin
Whole Fresh Fruit
Lunch
W Beef + Cheese Burrito
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

28 **AM Snack**

NEW W Home Baked
Quinoa Carrot Muffin
Whole Fresh Fruit
Lunch
V Mac and Cheese
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

01 **AM Snack**

NEW W Home Baked Poppy
Lemon Twist Bagel
Whole Fresh Fruit
Lunch
W Chicken Fried Brown Rice
Steamed Vegetables
Fresh Fruit
PM Snack
W Home Baked Cinnamon
Monkey Bread
Whole Fresh Fruit

08 **AM Snack**

W Home Baked Pumpernickel
Bagel
Whole Fresh Fruit
Lunch
NEW W Chicken, Rice & Sour
Cream Burrito
Steamed Vegetables
Fresh Fruit
PM Snack
W Home Baked Raisin "Drop"
Biscuits
Whole Fresh Fruit

15 **AM Snack**

W Home Baked Cinnamon
Raisin Bagel
Whole Fresh Fruit
Lunch
W Fiesta Chicken Burrito
Steamed Vegetables
Fresh Fruit
PM Snack
NEW W Mozzarella Filled
Pretzel Roll

22 **AM Snack**

NEW W Home Baked
Raspberry Bagel
Whole Fresh Fruit
Lunch
Turkey Spaghetti Bolognese
Steamed Vegetables
Fresh Fruit
PM Snack
W Home Baked Vanilla Rolla
Roll
Whole Fresh Fruit

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

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 Arugula, Asian greens, asparagus, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, kale, leeks, lettuce, mushrooms, mustard greens, onion, parsnips, potatoes, radicchio, radishes, rutabagas, scallions, spinach, sprouts, sunchokes, squash (winter), sweet potato, turnips.



Just some of the fruits this month Apple, Asian pear, cherimoyas, Grapefruit, dates, kiwi, kumquat, lemon, limes, mandarin, oranges, pomelos, pear, persimmons.

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

Footsteps Menú de Febrero 2019



Lunes

Martes

Miércoles

Jueves

Viernes

04 **AM Snack**

W Cereal
Fruta fresca entera
Almuerzo
W V Bollo relleno de Tofu + Cebolleta
Verduras al vapor
Fruta Fresca
Merienda
W Empanaditas de Camote

11 **AM Snack**

W Cereal
Fruta fresca entera
Almuerzo
W Pizza de queso y pepperoni de pavo
Verduras al vapor
Fruta Fresca
Merienda
W Empanaditas de frambuesa

18 **Closed**

25 **AM Snack**

W Cereal
Fruta fresca entera
Almuerzo
BYO Tacos de pollo con salsa BBQ
W Tortillas integrales
Verduras al vapor
Fruta Fresca
Merienda
W Empanaditas de manzana y pasas

05 **AM Snack**

NEW W Pan de desayuno Calabaza Butternut Y Pasas
Fruta fresca entera
Almuerzo
W Deditos de pollo
Verduras al vapor
Fruta Fresca
Merienda
Mantequilla wow
W Galletas Graham

12 **AM Snack**

W Pan de desayuno Casero con Cacao de frambuesa
Fruta fresca entera
Almuerzo
W Enchiladas horneadas con Pollo
Verduras al vapor
Fruta Fresca
Merienda
W Galleta de té de limón
Fruta fresca entera

19 **AM Snack**

W Cereal
Fruta fresca entera
Almuerzo
Tacos de Pollo con
W Tortillas integrales
Verduras al vapor
Fruta Fresca
Merienda
Queso Mozzarella
W Galletas Graham

26 **AM Snack**

W Pan casero con jengibre
Fruta fresca entera
Almuerzo
NEW W Bollo relleno de Turquía Sloppy Joes
Verduras al vapor
Fruta Fresca
Merienda
NEW W WOWbutter "Drop" galletas
Fruta fresca entera

06 **AM Snack**

W Panqueques de avena
Compota de Bayas Frescas
Almuerzo
W V Sandwich de "Flat Sammie" con queso
Camote rostizado
Ensalada cremosa de repollo
Merienda
W Arroz "POP" Casero de grano entero
Fruta fresca entera

13 **AM Snack**

NEW W Waffles integral con Quinua Naranja
Compota de Bayas Frescas
Almuerzo
W Turquía Sloppy Joes
W Bollo integral
Papas rojas rostizadas
Ensalada de guisantes
Merienda
Queso Mozzarella
W Galletas Graham

20 **AM Snack**

W Bollo Casera de leche agria y avena
Compota de Bayas Frescas
Almuerzo
Sandwich de alondigas de pavo
W Mini Pan Hoagie integral
Camote rostizado
Ensalada cremosa de repollo
Merienda
W Arroz "POP" Casero de grano entero
Fruta fresca entera

27 **AM Snack**

W Palillos de Pan Frances
Compota de Bayas Frescas
Almuerzo
W V Burrito Integral de Queso + Frijoles
Papas rojas rostizadas
Ensalada de guisantes
Merienda
Ensalada de pollo
W Rollo De Yogur

07 **AM Snack**

W Muffin de queso cheddar
Fruta fresca entera
Almuerzo
W Guisado de carne y verdura con arroz integral
Fruta Fresca
Merienda
Yogur
W Granola Delicioso

14 **AM Snack**

NEW W Muffin de Baya silvestre
Fruta fresca entera
Almuerzo
V Macaroni y queso
Verduras al vapor
Fruta Fresca
Merienda
Yogur
W Granola Delicioso

21 **AM Snack**

W Muffin de calabacin
Fruta fresca entera
Almuerzo
W Burrito de ternera y queso
Verduras al vapor
Fruta Fresca
Merienda
Yogur
W Granola Delicioso

28 **AM Snack**

NEW W Muffin de zanahoria y quinoa
Fruta fresca entera
Almuerzo
V Macaroni y queso
Verduras al vapor
Fruta Fresca
Merienda
Yogur
W Granola Delicioso

01 **AM Snack**

NEW W Panecillo casero de Torcedura del limón de la amapola
Fruta fresca entera
Almuerzo
W Pollo frito arroz integral
Verduras al vapor
Fruta Fresca
Merienda
W Pan de mono con canela
Fruta fresca entera

08 **AM Snack**

W Panecillo Pumpnickel casero al horno
Fruta fresca entera
Almuerzo
NEW W Burrito de Pollo, arroz y crema agria
Verduras al vapor
Fruta Fresca
Merienda
W Pasa "Drop" galletas
Fruta fresca entera

15 **AM Snack**

W Bagel de pasas de canela horneada casera
Fruta fresca entera
Almuerzo
W Burrito de "Fiesta" con Pollo
Verduras al vapor
Fruta Fresca
Merienda
NEW W Rollo De Pretzel Relleno De Mozzarella

22 **AM Snack**

NEW W Bagel horneado casero del Frambuesa
Fruta fresca entera
Almuerzo
Espagueti de Bolognesi con pavo
Verduras al vapor
Fruta Fresca
Merienda
W Rollo de Vainilla
Fruta fresca entera

Detalles de la porción de 3-5 Años de edad

Desayuno
Grano de WGR 1/2 sl/svg, 1/3c or 1/4 c
Fruta/Veg 1/2 c
Leche 6 oz
Almuerzo
Carne/Alt 1-1/2 oz
Grano de WGR 1/2 sl or svg, or 1/4 c
Veg 1/4 c
Fruta (o 2nd Veg) 1/4 c
Leche 6 oz
Merienda (solo 2 artículos)
Veg 1/2 c
Fruta 1/2 c
Carne/Alt 1/2 oz, 1/4 c
Grano de WGR 1/2 sl or svg or 1/4 c
Leche 4 oz

Notas

- Chefables se reserva el derecho de sustituir los elementos del menú indicados si no están disponibles en el mercado o debido a circunstancias imprevistas.
- Leche baja en grasa servida en TODAS las comidas de desayuno y almuerzo. Toda la leche servida está libre de rBST.
- Una porción de grano por día debe ser WGR, M / MA puede sustituirse por un grano de desayuno (3 veces por semana como máximo.)



Algunas verduras este mes Rúcula, verdes asiáticos, espárragos, aguacate, remolacha, bok choy, brócoli, brócoli rabe, coles de Bruselas, repollo, zanahorias, coliflor, apio, acelgas, berza, coles, puerros, lechugas, setas, mostazas, cebolla, parsnips Patatas, radicchio, rábanos, colesillas, cebolletas, espinacas, brotes, sunchokes, calabaza (invierno), batata, nabos.



Algunas de las frutas de este mes Manzana, pera asiática, chirimoyas, pomelo, dátiles, kiwi, kumquat, limón, limas, mandarina, naranjas, pomelos, pera, caquis.

NEW = Nueva Oferta de Menús **W** = Rico en Granos Enteros **V** = Opción de Menú Vegetariana