

Footsteps April 2018 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

02 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Chicken Fried Brown Rice
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "PBJ" Mini empanadas (made w/WOWButter + Cranberry)

09 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Stuffed Homemade BBQ Chicken Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Maple Squash Mini Empanadas

16 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Homemade Chicken Enchillada Bake
 Steamed Vegetables
 Fresh Fruit
PM Snack
 String Cheese
 W Home Baked Crackers

23 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Spaghetti & Turkey Meatballs
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "PBJ" Mini empanadas (made w/WOWButter + Cranberry)

30 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 String Cheese
 W Home Baked Crackers

03 **AM Snack**
 NEW W Home Baked Lemon and Blackberry Breakfast Bread
 Whole Fresh Fruit
Lunch
 Turkey Burger
 NEW W Home Baked Pretzel Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Yogurt
 W Yummy Granola

10 **AM Snack**
 W Home Baked Banana Raspberry Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Fiesta Turkey Burrito
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Yogurt
 W Yummy Granola

17 **AM Snack**
 NEW W Home Baked Cinnamon Raisin Maple Breakfast Bread
 Whole Fresh Fruit
Lunch
 BBQ Chicken
 W Home Baked Corn Bread Muffin
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Yogurt
 W Yummy Granola

24 **AM Snack**
 W Home Baked Ginger Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Chicken Cheese & Sundried Tomato Burrito
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Yogurt
 W Yummy Granola

04 **AM Snack**
 W Home Baked French Toast Sticks
 Fresh Strawberry Compote
Lunch
 W Natural Chicken Tenders
 Roasted Sweet Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 NEW W Home Baked Raspberry Rolla Roll
 Whole Fresh Fruit

11 **AM Snack**
 W Home Baked WG Pancakes
 Fresh Strawberry Compote
Lunch
 W V Cheesiest Pizza
 Roasted Yukon Gold Potatoes
 Cilantro Corn Salad
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

18 **AM Snack**
 W Whole Grain Waffles
 Fresh Strawberry Compote
Lunch
 W Turkey "Pepperoni" and Cheese Pizza
 Roasted Red Potatoes
 NEW Pea Salad
PM Snack
 W Soft Cheese Filled Pretzel Stick

25 **AM Snack**
 NEW W Home Baked Buttermilk Lemon Biscuit
 Fresh Strawberry Compote
Lunch
 W Natural Chicken Tenders
 Roasted Sweet Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 W Home Baked Delimanjoo
 Whole Fresh Fruit

05 **AM Snack**
 W Home Baked Blueberry Oat Bran Muffin
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 WOW Butter
 Baby Carrots

12 **AM Snack**
 W Home Baked Lemon Poppy Muffin
 Whole Fresh Fruit
Lunch
 NEW W Tofu Spaghetti Bolognese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Brazilian Cheese and Coconut Stick

19 **AM Snack**
 W Home Baked Blueberry Oat Bran Muffin
 Whole Fresh Fruit
Lunch
 Homemade Turkey Meatball Sub
 W Mini Hoagie Roll
 Steamed Vegetables
 Fresh Fruit
PM Snack
 WOW Butter
 Baby Carrots

26 **AM Snack**
 W Home Baked Blackberry Muffin
 Whole Fresh Fruit
Lunch
 W V Egg Fried Brown Rice
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Brazilian Cheese and Coconut Stick

06 **AM Snack**
 W Home Baked Pumpkin Bagel
 Whole Fresh Fruit
Lunch
 W Turkey + Cheese Pupusas
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Soft Cheese Filled Pretzel Stick

13 **AM Snack**
 W Home Baked Pumpernickel Bagel
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Cinnamon Monkey Bread
 Whole Fresh Fruit

20 **AM Snack**
 W Home Baked Cranberry Orange Bagel
 Whole Fresh Fruit
Lunch
 BYO Roasted Chicken Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Cheddar Cheese Melts

27 **AM Snack**
 W Home Baked Cinnamon Oatmeal Raisin Bagel
 Whole Fresh Fruit
Lunch
 NEW W V Grilled Cheese "Flat Sammie" Sandwich
 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 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 Arichoke, arugula, Asian greens, asparagus, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, chard, celery, collard greens, Cucumber, chile pepper, kale, kohlrabi, leeks, lettuces, mushrooms, mustard greens, onion, parsnips, peas, potatoes, radicchio, radishes, rutabagas, scallions, shallots, spinach, sprouts, squash (winter), sunchokes, tomato, turnips



Just some of the fruits this month Apple, Asian pear, Avocado, Cherimoyas, Cherries, Dates, Grapefruit, Kumquat, Lemon, Limes, Mandarin, Oranges, Pears, Pomelos, Strawberry

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