

Little Footsteps January 2024 Menu



Monday 01	Tuesday 02	Wednesday 03	Thursday 04	Friday 05
Closed	A.M. Snack W Breakfast Cereal Whole Fresh Fruit Lunch W Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal	A.M. Snack W Home Baked Cinnamon Swirl Breakfast Bread Whole Fresh Fruit Lunch W Natural Chicken Tenders W Grilled Cheese Sandwich Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers	A.M. Snack W Home Baked French Toast Sticks Whole Fresh Fruit Lunch W Roasted Chicken Alfredo w/Rigatoni pasta W Red Bean Rigatoni Alfredo Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Delimanjoo	A.M. Snack W Cheddar Cheese Topped Bagel Whole Fresh Fruit Lunch W BBQ Chicken & Brown Rice W Cheese Quesadilla Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal
A.M. Snack W Breakfast Cereal of the Day Whole Fresh Fruit Lunch W Turkey, Cheese, Quinoa + Cabbage Burrito W Brown Rice & Beans Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade Soft Pizza Pretzel Stick Whole Fresh Fruit	A.M. Snack W Home Baked Cheddar Corn Bread Muffin Whole Fresh Fruit Lunch W Natural Chicken Tenders W Grilled Cheese Sandwich Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Maple Roasted Sunflower and Pumpkin Seeds Whole Fresh Fruit	A.M. Snack W Home Baked Carrot Ginger Breakfast Bread Whole Fresh Fruit Lunch W Turkey Spaghetti Bolognese W Red Bean Spaghetti Bolognese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Home Baked Delimanjoo Whole Fresh Fruit	A.M. Snack W Home Baked Cheese Twist Whole Fresh Fruit Lunch W Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Fresh Veggies	A.M. Snack W [WGR]Coco Chip Mandelbrot Whole Fresh Fruit Lunch W Chicken Fajita Burrito W Cheese Quesadilla Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal
Closed	A.M. Snack W Breakfast Cereal of the Day Whole Fresh Fruit Lunch W Greek Lamb & Brown Rice W Brown Rice & Beans Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Homemade "POP" Rice	A.M. Snack W [WGR]Banana Cocoa Breakfast Bread Whole Fresh Fruit Lunch W Natural Chicken Tenders W Grilled Cheese Sandwich Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers	A.M. Snack W Mozzarella Cheese Toasted Sesame Seeds Bagel Whole Fresh Fruit Lunch Steamed/Fresh Vegetables W Home Baked Corn Bread Muffin Fresh Fruit Milk P.M. Snack Fresh Veggies	A.M. Snack W Hodge Podge (Rice Porridge) Whole Fresh Fruit Lunch W Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack A2 Organic Vanilla Yogurt W Home Baked Mini Muffin
A.M. Snack W Breakfast Cereal of the Day Whole Fresh Fruit Lunch W Turkey Dumplings with Tomato Sauce W Brown Rice & Beans Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade "POP" Rice Whole Fresh Fruit	A.M. Snack W Home Baked Mini Panettone Muffin Whole Fresh Fruit Lunch W Natural Chicken Tenders W Grilled Cheese Sandwich Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers	A.M. Snack W Home Baked UBE + Pandan Twist Whole Fresh Fruit Lunch W Orecchiette & Turkey Pasta in a Tomato Cream W Cheese Quesadilla Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick	A.M. Snack W Home Baked French Toast Sticks Whole Fresh Fruit Lunch W Deep Dish Cheese Pizza Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Home Baked Breakfast Bread of the Day Whole Fresh Fruit	A.M. Snack W [WGR]Cocoa Chip Breakfast Squares Whole Fresh Fruit Lunch W Chicken Chow Mein W Red Bean Chow Mein Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal

29	30	31	Serving Sizes Overview 3-5 Year Olds
A.M. Snack W Breakfast Cereal of the Day Whole Fresh Fruit Lunch W Chefables Sub Sandwich W Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Home Baked Muffin of the day Whole Fresh Fruit	A.M. Snack W Home Baked Schnecken Muffin Whole Fresh Fruit Lunch W Natural Chicken Tenders W Grilled Cheese Sandwich Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers	A.M. Snack W Home Baked Cinnamon Swirl Breakfast Bread Whole Fresh Fruit Lunch W Turkey Spaghetti Bolognese W Red Bean Spaghetti Bolognese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Home Baked Delimanjoo Whole Fresh Fruit	Breakfast WGR Grain 1/2 sl/svg, 1/3c or 1/4 c Fruit/Veg 1/2 c Milk 6 oz Lunch/Supper Meat/Alt 1-1/2 oz WGR Grain 1/2 sl or svgr 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 svgr or 1/4 c Milk 4 oz

Notes

- One Grain serving per day must be WGR, M/Ma may be substituted for a breakfast grain (3X/week max).
- Unflavored 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.
- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.

Just some of the vegetables this month: Artichoke arugula Asian green beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens kale leeks lettuce mushroom okra parsnip peppers radishes rutabaga scallions spinach winter squash sunchokes sweet potato tomatillo tomatoes turnips zucchini ginger root lettuces mushrooms mustard onion parsnips potatoes radicchio rutabagas shallots (winter) Seasonal Vegetables

Just some of the fruits this month: Apples citron grapefruit grapes guava kiwi kumquats lemons limes mandarins oranges pomegranates pomelo pears persimmons pineapple Apple Asian pear dates persimmon Cherimoyas Citrons Grapefruit kumquat lemon mandarin pomelos Seasonal Fruits

