

Little Footsteps January 2022 Menu

Monday

03

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

10

Lunch

W Turkey Spaghetti Bolognese
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Red Bean Spaghetti Bolognese

17

Closed

24

Lunch

W Chicken Mole Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Cheese Quesadilla

31

Lunch

W Thai Coconut Curry Chicken & Brown Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Brown Rice & Beans

Tuesday

04

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Cheese Quesadilla

11

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Cheese Quesadilla

18

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Grilled Cheese Sandwich

25

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Grilled Cheese Sandwich

Wednesday

05

Lunch

W Turkey Sausage Roll
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Grilled Cheese Sandwich

12

Lunch

W V Cheese + Bean Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

19

Lunch

W Deep Dish BBQ Chicken & Ricotta Cheese Pizza
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Lentils + Brown Rice

26

Lunch

W V Deep Dish Cheese Pizza
Steamed/Fresh Vegetables
Fresh Fruit
Milk

Thursday

06

Lunch

W V Deep Dish Cheese Pizza
Steamed/Fresh Vegetables
Fresh Fruit
Milk

13

Lunch

W Turkey and Cheese Sandwich on Fresh Focaccia
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Lentils + Brown Rice

20

Lunch

Homemade Turkey Meatloaf
W V Brown Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Brown Rice & Beans

27

Lunch

W Turkey Spaghetti Bolognese
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Red Bean Spaghetti Bolognese

Friday

07

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

14

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

21

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

28

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

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/Supper	
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.
- 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).



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)



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

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