

Footsteps January 2020 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

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

06

Closed

13

Breakfast
W Breakfast Cereal
Whole Fresh Fruit
AM Snack
W Breakfast Cereal
Whole Fresh Fruit
Lunch
W V Toasted Cheese Sandwich on Fresh Focaccia
Steamed Vegetables
Fresh Fruit
PM Snack
W Pineapple + Raisin Mini Empanadas

20

Breakfast
W Breakfast Cereal
Whole Fresh Fruit
AM Snack
W Breakfast Cereal
Whole Fresh Fruit
Lunch
W Natural Chicken Tenders
Steamed Vegetables
Fresh Fruit
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

27

Breakfast
W Breakfast Cereal
Whole Fresh Fruit
AM Snack
W Breakfast Cereal
Whole Fresh Fruit
Lunch
Homemade Turkey Meatloaf
W 3 Grain Roll
Steamed Vegetables
Fresh Fruit

07

Breakfast
W Home Baked Banana Raspberry Breakfast Bread
Whole Fresh Fruit
AM Snack
W Home Baked Banana Raspberry Breakfast Bread
Whole Fresh Fruit
Lunch
W Natural Chicken Tenders
Steamed Vegetables
Fresh Fruit
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

14

Breakfast
NEW W Home Baked Lemon Ricotta Cherry Breakfast Bread
Whole Fresh Fruit
AM Snack
NEW W Home Baked Lemon Ricotta Cherry Breakfast Bread
Whole Fresh Fruit
Lunch
Homemade Roasted Greek Lamb
W WW Pita
Steamed Vegetables
Fresh Fruit
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

21

Breakfast
W Breakfast Cereal
Whole Fresh Fruit
AM Snack
W Breakfast Cereal
Whole Fresh Fruit
Lunch
W Natural Chicken Tenders
Steamed Vegetables
Fresh Fruit
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

28

Breakfast
W Home Baked Honey Pear Breakfast Bread
Whole Fresh Fruit
AM Snack
W Home Baked Honey Pear Breakfast Bread
Whole Fresh Fruit
Lunch
W V Cheesiest Pizza
Steamed Vegetables

01

Closed

08

Breakfast
W Home Baked WG Pumpkin Corn Pancakes
Fresh Strawberry Compote
AM Snack
W Home Baked WG Pumpkin Corn Pancakes
Fresh Strawberry Compote
Lunch
W Chicken Cheese & Chimichurri Burrito
Roasted Sweet Potatoes
Diced Tomato Salad
PM Snack
Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked WG Crackers

15

Breakfast
NEW W Home Baked Oatmeal
Apricot Buttermilk Biscuit
Fresh Strawberry Compote
AM Snack
NEW W Home Baked Oatmeal
Apricot Buttermilk Biscuit
Fresh Strawberry Compote
Lunch
BBQ Chicken
NEW W Cheddar Cheese Pretzel Roll
COLD Summer Beet Salad
Creamy Cabbage Coleslaw
PM Snack
Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked WG Crackers

22

Breakfast
NEW W Whole Grain Lemon Yogurt Waffles
Fresh Strawberry Compote
AM Snack
NEW W Whole Grain Lemon Yogurt Waffles
Fresh Strawberry Compote
Lunch
W V Cheesiest Pizza
Corn, Tomato & Cucumber Salad
Creamy Cabbage Coleslaw
PM Snack
Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked WG Crackers

29

Breakfast
NEW W Home Baked Focaccia French Toast Sticks
Fresh Strawberry Compote
AM Snack
NEW W Home Baked Focaccia French Toast Sticks
Fresh Strawberry Compote
Lunch
Homemade Turkey Meatball Sub
W Mini Hoagie Roll

02

Breakfast
NEW W Home Baked Cranberry Cinn. Sweet Potato Muffin
Whole Fresh Fruit
AM Snack
NEW W Home Baked Cranberry Cinn. Sweet Potato Muffin
Whole Fresh Fruit
Lunch
W V Grilled Cheese "Flat Sammie"
Sandwich
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

09

Breakfast
W Home Baked Potato Cheddar Cheese Muffin
Whole Fresh Fruit
AM Snack
W Home Baked Potato Cheddar Cheese Muffin
Whole Fresh Fruit
Lunch
Homemade Turkey Spinach Meatloaf
W Whole Grain Roll
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
NEW W Home Baked Mini Coco Banana Bite

16

Breakfast
W Home Baked Oat Bran Pumpkin Muffin
Whole Fresh Fruit
AM Snack
W Home Baked Oat Bran Pumpkin Muffin
Whole Fresh Fruit
Lunch
NEW W Beef, Cilantro + Corn Burrito
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

23

Breakfast
W Home Baked Lemon Carrot Muffin
Whole Fresh Fruit
AM Snack
W Home Baked Lemon Carrot Muffin
Whole Fresh Fruit
Lunch
W Chinese Chicken Stir Fry with brown rice
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
NEW W Home Baked Mini Lemon Blueberry Bite

30

Breakfast
NEW W Home Baked Chocolate Chip Oatmeal Muffin
Whole Fresh Fruit
AM Snack
NEW W Home Baked Chocolate Chip Oatmeal Muffin
Whole Fresh Fruit
Lunch
W Mac and Cheese
Steamed Vegetables

03

Breakfast
W Home Baked Tomato Basil Bagel
Whole Fresh Fruit
AM Snack
W Home Baked Tomato Basil Bagel
Whole Fresh Fruit
Lunch
BYO Turkey Tacos
W WW Tortilla
Steamed Vegetables
Fresh Fruit
PM Snack
W Brazilian Cheese and Coconut Stick

10

Breakfast
W Home Baked Asiago Bagel
Whole Fresh Fruit
AM Snack
W Home Baked Asiago Bagel
Whole Fresh Fruit
Lunch
NEW W Tofu Spaghetti Bolognese
Steamed Vegetables
Fresh Fruit
PM Snack
NEW W Cheddar Cheese Pretzel Roll
Whole Fresh Fruit

17

Breakfast
W Home Made Onion Pretzel Bagel
Whole Fresh Fruit
AM Snack
W Home Made Onion Pretzel Bagel
Whole Fresh Fruit
Lunch
W Chicken Fried Brown Rice
Steamed Vegetables
Fresh Fruit
PM Snack
W Cheddar Cheese Melts

24

Breakfast
W Home Baked Mexican Bagel
Whole Fresh Fruit
AM Snack
W Home Baked Mexican Bagel
Whole Fresh Fruit
Lunch
NEW BYO Roasted Pork Tacos
W WW Tortilla
Steamed Vegetables
Fresh Fruit
PM Snack
W WG Yogurt + Honey Bun
Whole Fresh Fruit

31

Breakfast
NEW W Home Baked "Everything" is Possible Bagel
Whole Fresh Fruit
AM Snack
NEW W Home Baked "Everything" is Possible Bagel
Whole Fresh Fruit
Lunch
W Beef and Vegetable Stew with brown rice

PM Snack

W Pear + Raisin Mini Empanadas

Fresh Fruit

PM Snack

W Homemade "POP" Rice
Whole Fresh Fruit

Roasted Sweet Potatoes

Pea Salad

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked WG Crackers

Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

Steamed Vegetables

Fresh Fruit

PM Snack

W Home Baked Vanilla Rolla Roll
Whole Fresh Fruit

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



Just some of the fruits this month Apple, Asian pear, dates, kiwi, pear, persimmon, Cherimoyas, Citrons, Grapefruit, kumquat, lemon, limes, mandarin, oranges, pomelos

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