

Footsteps April 2021 Menu



Monday

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

P.M. 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

05

A.M. Snack

W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

12

A.M. Snack

W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

19

A.M. Snack

W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

26

A.M. Snack

W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

Tuesday

06

A.M. Snack

W Home Baked Cheddar Brioche

Muffin

Whole Fresh Fruit

Lunch

W Chicken Verde + Cheese Burrito

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

W Homemade Brazilian Cheese and

Coconut Stick

13

A.M. Snack

W Home Baked Blueberry Muffin

Whole Fresh Fruit

Lunch

W Thai Green Chili Curry Chicken

& Brown Rice

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

20

A.M. Snack

W Home Baked Schneck Muffin

Whole Fresh Fruit

Lunch

W Chicken Fajita Burrito

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

W Homemade Brazilian Cheese and

Coconut Stick

27

A.M. Snack

W Home Baked Lemon Breakfast

Roll

Whole Fresh Fruit

Lunch

W Three Cheese Burrito

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

W Homemade Brazilian Cheese and

Coconut Stick

Wednesday

07

A.M. Snack

W Home Baked 3-Seeded Molasses

Breakfast Bread

Whole Fresh Fruit

Lunch

W Cheesiest Pizza

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Homemade Mini Sweet Potato

Empanadas

14

A.M. Snack

W Home Baked Banana Cocoa

Breakfast Bread

Whole Fresh Fruit

Lunch

W Cold Buffalo Chicken Salad

W Home Made Corn Bread

Fresh Fruit

Milk

P.M. Snack

W Home Baked KuKu Squares

Whole Fresh Fruit

21

A.M. Snack

W Home Baked Whole Grain Lemon

Waffles

Whole Fresh Fruit

Lunch

W Mac and Cheese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Homemade Mini Sweet Potato

Empanadas

28

A.M. Snack

W Home Baked Zucchini Feta

Breakfast Bread

Whole Fresh Fruit

Lunch

W Turkey Sausage Roll

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Homemade Mini Sweet Potato

Empanadas

Thursday

01

A.M. Snack

W Home Baked Whole Grain 50/50

Waffles

Whole Fresh Fruit

Lunch

W Turkey Spaghetti Bolognese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Homemade Mini Empanadas

08

A.M. Snack

W Home Baked French Toast Sticks

Whole Fresh Fruit

Lunch

W Egg Fried Rice

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

15

A.M. Snack

W Home Baked Whole Grain

Waffles

Whole Fresh Fruit

Lunch

W Mac and Cheese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

22

A.M. Snack

W Home Baked Breakfast Bread

Whole Fresh Fruit

Lunch

W Chicken + Vegetable Stir Fry

W Brown Rice

Fresh Fruit

Milk

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

29

A.M. Snack

W Home Baked French Toast Sticks

Whole Fresh Fruit

Lunch

W BBQ Chicken & Brown Rice

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

Friday

02

A.M. Snack

W Home Baked KuKu Squares

Whole Fresh Fruit

Lunch

W Beef + Vegetable Stew

W Home Made Poblano Chile

Corn Bread

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Soft Rolled Oat

Biscuit

09

A.M. Snack

W Home Baked Blueberry Breakfast

Squares

Whole Fresh Fruit

Lunch

W Mac and Cheese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Soft Rolled Oat

Biscuit

16

A.M. Snack

W Home Baked Black + White

Breakfast Squares

Whole Fresh Fruit

Lunch

W Turkey Burger

W WW Bun / Roll

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Soft Rolled Oat

Biscuit

23

A.M. Snack

W Home Baked Blueberry Breakfast

Squares

Whole Fresh Fruit

Lunch

W Turkey Spaghetti Bolognese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home B