

# Footsteps May 2019 Menu



## Monday

### Serving Sizes Overview

#### 3-5 Year Olds

<b>Breakfast</b>	
WGR Grain 1/2 sl/svg, 1/3c or 1/4 c	
Fruit/Veg	1/2 c
Milk	6 oz
<b>Lunch</b>	
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
<b>PM Snack (2 items only)</b>	
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 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 Raspberry Apple Mini Empanadas

### 13 Breakfast

W Breakfast Cereal  
Whole Fresh Fruit  
**AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
BYO Roasted Chicken Tacos  
W WW Tortilla  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Dried Plum + Poppy Seed Mini Empanadas

### 20 Breakfast

W Breakfast Cereal  
Whole Fresh Fruit  
**AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
W Chinese Chicken Stir Fry with brown rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Maple Butternut Squash Mini Empanadas

### 27 Closed

## Tuesday

### 07 Breakfast

W Home Baked Lemon Apricot Breakfast Bread  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Lemon Apricot Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
W Stuffed Homemade Chicken, Cheese + Scallion Bun  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

### 14 Breakfast

W Home Baked Toasted Coconut Breakfast Bread  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Toasted Coconut Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
Turkey + Red Bean Chili  
W Home Baked Corn Bread Muffin  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

### 21 Breakfast

W Home Baked Carrot Ginger Breakfast Bread  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Carrot Ginger Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
W Mac and Cheese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
WOW Butter  
Baby Carrots

### 28 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**  
String Cheese  
W Home Baked Graham Crackers

## Wednesday

### 01 Breakfast

W Home Baked French Toast Sticks  
Fresh Strawberry Compote  
**AM Snack**  
W Home Baked French Toast Sticks  
Fresh Strawberry Compote  
**Lunch**  
W Cheesiest Pizza  
Roasted Yukon Gold Potatoes  
Creamy Cabbage Coleslaw  
**PM Snack**  
Chicken Salad  
W Home Baked WG Crackers

### 08 Breakfast

**NEW** W Home Baked WG Cinnamon Maple Pancakes  
Fresh Strawberry Compote  
**AM Snack**  
**NEW** W Home Baked WG Cinnamon Maple Pancakes  
Fresh Strawberry Compote  
**Lunch**  
W Three Cheese Burrito  
Roasted Sweet Potatoes  
Pea Salad  
**PM Snack**  
W Home Baked Raspberry Rolla Roll  
Whole Fresh Fruit

### 15 Breakfast

W Home Baked Buttermilk Lemon Biscuit  
Fresh Strawberry Compote  
**AM Snack**  
W Home Baked Buttermilk Lemon Biscuit  
Fresh Strawberry Compote  
**Lunch**  
W Whole Wheat Cheese and Bean Baby Burrito  
Roasted Yukon Gold Potatoes  
Creamy Cabbage Coleslaw  
**PM Snack**  
String Cheese  
W Home Baked Graham Crackers

### 22 Breakfast

W Whole Grain Lemon Waffles  
Fresh Strawberry Compote  
**AM Snack**  
W Whole Grain Lemon Waffles  
Fresh Strawberry Compote  
**Lunch**  
Turkey Sloppy Joe Stuffed Bun  
Roasted Red Potatoes  
Pea Salad  
**PM Snack**  
W Soft Cheese Filled Pretzel Stick

### 29 Breakfast

W Home Baked WG Corn Pancakes  
Fresh Strawberry Compote  
**AM Snack**  
W Home Baked WG Corn Pancakes  
Fresh Strawberry Compote  
**Lunch**  
Homemade Turkey Meatloaf  
W Whole Grain Roll  
Roasted Sweet Potatoes  
Creamy Cabbage Coleslaw  
**PM Snack**  
W Cheddar Cheese Melts

## Thursday

### 02 Breakfast

W Home Baked Confetti Muffin  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Confetti Muffin  
Whole Fresh Fruit  
**Lunch**  
Spaghetti & Turkey Meatballs  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

### 09 Breakfast

W Home Baked Banana Muffin  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Banana Muffin  
Whole Fresh Fruit  
**Lunch**  
W Egg Fried Brown Rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

### 16 Breakfast

W Home Baked Ginger Bread Muffin  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Ginger Bread Muffin  
Whole Fresh Fruit  
**Lunch**  
W Grilled Cheese "Flat Sammie" Sandwich  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

### 23 Breakfast

**NEW** W Home Baked Raspberry Filled Muffin  
Whole Fresh Fruit  
**AM Snack**  
**NEW** W Home Baked Raspberry Filled Muffin  
Whole Fresh Fruit  
**Lunch**  
W Sour Cream and Pepper Chicken Stew with brown rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

### 30 Breakfast

W Home Baked Carrot Muffin  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Carrot Muffin  
Whole Fresh Fruit  
**Lunch**  
**NEW** W Stuffed Homemade Three Cheese + Sundried Tomato Bun  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

## Friday

### 03 Breakfast

W Home Baked BBQ Ranch Bagel  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked BBQ Ranch Bagel  
Whole Fresh Fruit  
**Lunch**  
W Mac and Cheese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

### 10 Breakfast

W Home Baked Egg Bagel  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Egg Bagel  
Whole Fresh Fruit  
**Lunch**  
Turkey Sloppy Joes  
W Whole Grain Roll  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Brazilian Cheese and Coconut Stick

### 17 Breakfast

W Home Baked Cheddar Cheese Bagel  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Cheddar Cheese Bagel  
Whole Fresh Fruit  
**Lunch**  
W Homemade Chicken Enchilada Bake  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
**NEW** W Home Baked Blueberry Delimanjoo

### 24 Breakfast

W Home Baked Raspberry Bagel  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Raspberry Bagel  
Whole Fresh Fruit  
**Lunch**  
W Turkey "Pepperoni" and Cheese Pizza  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

### 31 Breakfast

W Home Baked Sesame Seed + Scallion  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Sesame Seed + Scallion  
Whole Fresh Fruit  
**Lunch**  
W Beef, Cilantro & Corn Burrito  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Home Baked Raisin "Drop" Biscuits  
Whole Fresh Fruit

- 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** Artichoke, arugula, Asian greens, asparagus, avocado, beets, Bell pepper, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, cucumber, green beans, kale, leeks, lettuces, mushrooms, mustard greens, onion, peas, pepper (chile), potatoes, radicchio, radishes, scallions, shallots, spinach, sprouts, tomato, turnips



**Just some of the fruits this month** Apples, apricot, blackberry, blueberry, cherimoyas, cherries, dates, kiwi, lemon, loquats, mandarins, nectarines, oranges, peaches, pears, plums, pluots, raspberries, rhubarb, strawberry

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

# Footsteps Menú de mayo 2019



## Lunes

### Detalles de la porción de 3-5 Años de edad

**Desayuno**  
 Grano de WGR 1/2 sl/svg, 1/3c or 1/4 c  
**Fruta/Veg** 1/2 c  
**Leche** 6 oz  
**Almuerzo**  
 Carne/Alt 1-1/2 oz  
 Grano de WGR 1/2 sl or svg, or 1/4 c  
 Veg 1/4 c  
**Fruta (o 2nd Veg)** 1/4 c  
**Leche** 6 oz  
**Merienda (Solo 2 artículos)**  
 Veg 1/2 c  
 Fruta 1/2 c  
 Carne/Alt 1/2 oz, 1/4 c  
 Grano de WGR 1/2 sl or svg or 1/4 c  
 Leche 4 oz

## Martes

## Miércoles

## Jueves

## Viernes

### 06 Desayuno

**W** Cereal  
 Fruta fresca entera  
**AM matutino**  
**W** Cereal  
 Fruta fresca entera  
**Almuerzo**  
**W** Deditos de pollo  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Empanaditas de frambuesa

### 13 Desayuno

**W** Cereal  
 Fruta fresca entera  
**AM matutino**  
**W** Cereal  
 Fruta fresca entera  
**Almuerzo**  
 Tacos de Pollo con  
**W** Tortillas integrales  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Empanaditas de Ciruela seca y semilla de amapola

### 20 Desayuno

**W** Cereal  
 Fruta fresca entera  
**AM matutino**  
**W** Cereal  
 Fruta fresca entera  
**Almuerzo**  
**W** Pollo chino Salteado con arroz integral  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Empanaditas de Calabaza  
 Butternut y arce

### 27 Closed

### 07 Desayuno

**W** Pan de desayuno con limón y Albaricoque  
 Fruta fresca entera  
**AM matutino**  
**W** Pan de desayuno con limón y Albaricoque  
 Fruta fresca entera  
**Almuerzo**  
**W** Bollo relleno de Pollo, Queso + Cebolleta  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Arroz "POP" Casero de grano entero  
 Fruta fresca entera

### 14 Desayuno

**W** Pan de desayuno de coco tostado  
 Fruta fresca entera  
**AM matutino**  
**W** Pan de desayuno de coco tostado  
 Fruta fresca entera  
**Almuerzo**  
 Pavo y chile frijol rojo  
**W** Muffin de elote  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Arroz "POP" Casero de grano entero  
 Fruta fresca entera

### 21 Desayuno

**W** Pan casero con jengibre y zanahoria  
 Fruta fresca entera  
**AM matutino**  
**W** Pan casero con jengibre y zanahoria  
 Fruta fresca entera  
**Almuerzo**  
**W** Macaroni y queso  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
 Mantequilla wow  
 Mini Zanahorias

### 28 Desayuno

**W** Cereal  
 Fruta fresca entera  
**AM matutino**  
**W** Cereal  
 Fruta fresca entera  
**Almuerzo**  
**W** Deditos de pollo  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
 Queso Mozzarella  
**W** Galletas Graham

### 01 Desayuno

**W** Palillos de Pan Frances  
 Compota de Bayas Frescas  
**AM matutino**  
**W** Palillos de Pan Frances  
 Compota de Bayas Frescas  
**Almuerzo**  
**W** Pizza de queso  
 Papas Dorados Rostizados  
 Ensalada cremosa de repollo  
**Merienda**  
 Ensalada de pollo  
**W** Galletas de grano integral

### 08 Desayuno

**NEW** **W** Panqueques caseros De Arce Con Canela  
 Compota de Bayas Frescas  
**AM matutino**  
**NEW** **W** Panqueques caseros De Arce Con Canela  
 Compota de Bayas Frescas  
**Almuerzo**  
**W** Burrito De Tres Quesos  
 Camote rostizado  
 Ensalada de guisantes  
**Merienda**  
**W** Rollo de frambuesa  
 Fruta fresca entera

### 15 Desayuno

**W** Biscocho casero de leche agria con limón  
 Compota de Bayas Frescas  
**AM matutino**  
**W** Biscocho casero de leche agria con limón  
 Compota de Bayas Frescas  
**Almuerzo**  
**W** Burrito Integral de Queso + Frijoles  
 Papas Dorados Rostizados  
 Ensalada cremosa de repollo  
**Merienda**  
 Queso Mozzarella  
**W** Galletas Graham

### 22 Desayuno

**W** Waffles integral con limon  
 Compota de Bayas Frescas  
**AM matutino**  
**W** Waffles integral con limon  
 Compota de Bayas Frescas  
**Almuerzo**  
 Bollo relleno de Turquía Sloppy Joes  
 Papas rojas rostizados  
 Ensalada de guisantes  
**Merienda**  
**W** Palitos de Pretzel Relleno de Queso

### 29 Desayuno

**W** Panqueques de maíz caseros  
 Compota de Bayas Frescas  
**AM matutino**  
**W** Panqueques de maíz caseros  
 Compota de Bayas Frescas  
**Almuerzo**  
 Pastel de carne de pavo casero  
**W** Rollo Integral  
 Camote rostizado  
 Ensalada cremosa de repollo  
**Merienda**  
**W** Galletas de queso fundido

### 02 Desayuno

**W** Muffin de "Confetti"  
 Fruta fresca entera  
**AM matutino**  
**W** Muffin de "Confetti"  
 Fruta fresca entera  
**Almuerzo**  
 Espaguetis con albóndigas de pavo  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
 Yogur  
**W** Granola Delicioso

### 09 Desayuno

**W** Muffin de Plátano  
 Fruta fresca entera  
**AM matutino**  
**W** Muffin de Plátano  
 Fruta fresca entera  
**Almuerzo**  
**W** Arroz integral frito con huevo  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
 Yogur  
**W** Granola Delicioso

### 16 Desayuno

**W** Bollo de pan de jengibre  
 Fruta fresca entera  
**AM matutino**  
**W** Bollo de pan de jengibre  
 Fruta fresca entera  
**Almuerzo**  
**W** Sandwich de "Flat Sammie" con queso  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
 Yogur  
**W** Granola Delicioso

### 23 Desayuno

**NEW** **W** Muffin Relleno De Frambuesa  
 Fruta fresca entera  
**AM matutino**  
**NEW** **W** Muffin Relleno De Frambuesa  
 Fruta fresca entera  
**Almuerzo**  
**W** Guisado de pollo y Crema Agria Y Pimienta con arroz integral  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
 Yogur  
**W** Granola Delicioso

### 30 Desayuno

**W** Muffin de zanahoria  
 Fruta fresca entera  
**AM matutino**  
**W** Muffin de zanahoria  
 Fruta fresca entera  
**Almuerzo**  
**NEW** **W** Bollo relleno de Tres Queso y Tomate secado al sol  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
 Yogur  
**W** Granola Delicioso

### 03 Desayuno

**W** Casero asado a la barbacoa  
 Ranch Bagel  
 Fruta fresca entera  
**AM matutino**  
**W** Casero asado a la barbacoa  
 Ranch Bagel  
 Fruta fresca entera  
**Almuerzo**  
**W** Macaroni y queso  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Arroz "POP" Casero de grano entero  
 Fruta fresca entera

### 10 Desayuno

**W** Bagel casero del huevo cocido al horno  
 Fruta fresca entera  
**AM matutino**  
**W** Bagel casero del huevo cocido al horno  
 Fruta fresca entera  
**Almuerzo**  
 Turquía Sloppy Joes  
**W** Rollo Integral  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Pan brasileño con queso y coco

### 17 Desayuno

**W** Bagel de queso  
 Fruta fresca entera  
**AM matutino**  
**W** Bagel de queso  
 Fruta fresca entera  
**Almuerzo**  
**W** Enchiladas horneadas con Pollo  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**NEW** **W** Pan Arándano  
 Delimanjoo

### 24 Desayuno

**W** Bagel horneado casero del Frambuesa  
 Fruta fresca entera  
**AM matutino**  
**W** Bagel horneado casero del Frambuesa  
 Fruta fresca entera  
**Almuerzo**  
**W** Pizza de queso y pepperoni de pavo  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Arroz "POP" Casero de grano entero  
 Fruta fresca entera

### 31 Desayuno

**W** Bagel de semilla de sésamo y scallion  
 Fruta fresca entera  
**AM matutino**  
**W** Bagel de semilla de sésamo y scallion  
 Fruta fresca entera  
**Almuerzo**  
**W** Burrito de ternera, cilantro y maíz  
 Verduras al vapor  
 Fruta Fresca  
**Merienda**  
**W** Pasa "Drop" galletas  
 Fruta fresca entera

### Notas

- Chefables se reserva el derecho de sustituir los elementos del menú indicados si no están disponibles en el mercado o debido a circunstancias imprevistas.
- Leche baja en grasa servida en TODAS las comidas de desayuno y almuerzo. Toda la leche servida está libre de rBST.
- Una porción de grano por día debe ser WGR, M / MA puede sustituirse por un grano de desayuno (3 veces por semana como máximo.)



Algunas verduras este mes Alcachofa, rúcula, verduras de Asia, espárragos, aguacate, remolacha, pimiento, bok choy, brócoli, brócoli rabe, coles de Bruselas, col, zanahorias, coliflor, pepino, judías verdes, col rizada, puerros, lechugas, champiñones, hojas de mostaza, cebolla, guisantes, pimiento (chile), papas, radichio, rábanos, cebolletas, chalotes, espinacas, brotes, tomate, nabos



Algunas de las frutas de este mes *Manzanas, albaricoque, mora, arándano, chirimoyas, cerezas, dátiles, kiwi, limón, loquats, mandarinas, nectarinas, naranjas, melocotones, peras, ciruelas, pluots, frambuesas, ruibarbo, fresa*

**NEW** = Nueva Oferta de Menús **W** = Rico en Granos Enteros **V** = Opción de Menú Vegetariana