

Footsteps October 2020 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

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

05

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed Vegetables
Whole Fresh Fruit

PM Snack

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

12

Closed

19

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed Vegetables
Whole Fresh Fruit

PM Snack

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

26

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed Vegetables
Whole Fresh Fruit

PM Snack

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

Tuesday

06

Breakfast

W Home Baked Mini Panettone
Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Mini Panettone
Muffin
Whole Fresh Fruit

Lunch

W Toasted Cheese Sandwich on
Fresh Focaccia
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

13

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Mac and Cheese
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

20

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W Chicken, Cheese & Brown
Rice
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

27

Breakfast

W Fresh Dried Fruit Focaccia
Whole Fresh Fruit

AM Snack

W Fresh Dried Fruit Focaccia
Whole Fresh Fruit

Lunch

W BBQ Chicken + Brown Rice
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

Wednesday

07

Breakfast

W Home Baked French Toast Sticks
Muffin
Fruit Cups

AM Snack

W Home Baked French Toast Sticks
Fruit Cups

Lunch

W Fiesta Chicken Burrito
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Chefables Trail Mix

14

Breakfast

W Whole Grain Waffles
Fruit Cups

AM Snack

W Whole Grain Waffles
Fruit Cups

Lunch

W Fall Stew, White Bean + Veg
W Brown Rice
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Chefables Trail Mix

21

Breakfast

W Home Baked French Toast Sticks
Fruit Cups

AM Snack

W Home Baked French Toast Sticks
Fruit Cups

Lunch

W Chicken, Rice & Sour Cream
Burrito
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Chefables Trail Mix

28

Breakfast

W Whole Grain Waffles
Fruit Cups

AM Snack

W Whole Grain Waffles
Fruit Cups

Lunch

Homemade Turkey Meatloaf
W Brown Rice
W Tater Tots
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)

Thursday

01

Breakfast

W Home Baked Cheddar Cheese
Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Cheddar Cheese
Muffin
Whole Fresh Fruit

Lunch

W Olive, Peppers & Cheese Pizza
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

08

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W Mac and Cheese
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

15

Breakfast

W Home Baked Corn Grits +
Cheddar Cheese Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Corn Grits +
Cheddar Cheese Muffin
Whole Fresh Fruit

Lunch

W Cheesiest Pizza
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

22

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

W Cheesiest Pizza
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

29

Breakfast

W Home Baked Honey Carrot
Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Honey Carrot
Breakfast Bread
Whole Fresh Fruit

Lunch

W Toasted Cheese Sandwich on
Fresh Focaccia
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

Friday

02

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W Three Cheese Burrito
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked Soft Granola Stick

09

Breakfast

W Home Baked Cinnamon Maple
Raisin Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Cinnamon Maple
Raisin Muffin
Whole Fresh Fruit

Lunch

W Chicken Pesto Angel Hair Pasta
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked Soft Granola Stick

16

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W Homemade Roasted Greek Lamb
+ Brown Rice
W Tater Tots
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked Soft Granola Stick

23

Breakfast

W Home Baked Toasted Coconut
Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Toasted Coconut
Breakfast Bread
Whole Fresh Fruit

Lunch

W Mac and Cheese
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked Soft Granola Stick

30

Breakfast

W Home Baked Pumpkin Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Pumpkin Muffin
Whole Fresh Fruit

Lunch

W Mac and Cheese
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks
(Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked Soft Granola Stick

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 Artichoke, arugula, Asian green, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots cauliflower, celery, chard, collard greens, corn, cucumber, eggplant, green beans, kale, leeks, lettuce, mushroom, okra, onion, parsnip, peas, peppers, potato, radishes, rhubarb, rutabaga, scallions, spinach, summer/winter squash, sunchokes, sweet potato, tomatillo, tomatoes, turnips



Just some of the fruits this month Apples, Asian pear, blackberries, cactus pear, dates, figs, grapes, jujubes, kiwi, kumquats, lemons, limes, melon, oranges, peaches, pear, persimmons, plums, pomegranates, quince, strawberries

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

Footsteps Menú de octubre 2020



Lunes

Martes

Miércoles

Jueves

Viernes

Detalles de la porción de 3-5 Años de edad

Desayuno	
Grano de WGR1/2 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 WGR1/2 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 WGR1/2 sl or svg or 1/4 c	
Leche	4 oz

05

Desayuno

W Cereal
Fruta fresca entera
AM Merienda
W Cereal
Fruta fresca entera
Almuerzo
W Deditos de pollo
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Galletas caseras

12

Closed

19

Desayuno

W Cereal
Fruta fresca entera
AM Merienda
W Cereal
Fruta fresca entera
Almuerzo
W Deditos de pollo
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Galletas caseras

26

Desayuno

W Cereal
Fruta fresca entera
AM Merienda
W Cereal
Fruta fresca entera
Almuerzo
W Deditos de pollo
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Galletas caseras

Desayuno

W Mini muffin de panettone al horno casero
Fruta fresca entera
AM Merienda
W Mini muffin de panettone al horno casero
Fruta fresca entera
Almuerzo
W Sándwich de queso tostado en focaccia fresca
Verduras al vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

06

13

Desayuno

W Cereal
Fruta fresca entera
AM Merienda
W Cereal
Fruta fresca entera
Almuerzo
W Macaroni y queso
Verduras al vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

20

Desayuno

W Pan de desayuno
Fruta fresca entera
AM Merienda
W Pan de desayuno
Fruta fresca entera
Almuerzo
W Pollo, queso y arroz integral
Verduras al vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

27

Desayuno

W Focaccia de frutos secos frescos
Fruta fresca entera
AM Merienda
W Focaccia de frutos secos frescos
Fruta fresca entera
Almuerzo
W Pollo BBQ + Arroz Integral
Verduras al vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

07

Desayuno

W Palillos de Pan Frances
Fruta estable del estante
AM Merienda
W Palillos de Pan Frances
Fruta estable del estante
Almuerzo
W Burrito de "Fiesta" con Pollo
Verduras al Vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Mezcla de frutos secos

14

Desayuno

W Waffles integrales
Fruta estable del estante
AM Merienda
W Waffles integrales
Fruta estable del estante
Almuerzo
W Estofado de otoño, frijoles blancos + verduras
W Arroz integral
Fruta fresca entera
Merienda
Queso de Chefables
W Mezcla de frutos secos

21

Desayuno

W Palillos de Pan Frances
Fruta estable del estante
AM Merienda
W Palillos de Pan Frances
Fruta estable del estante
Almuerzo
W Burrito de Pollo, arroz y crema agria
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Mezcla de frutos secos

28

Desayuno

W Waffles integrales
Fruta estable del estante
AM Merienda
W Waffles integrales
Fruta estable del estante
Almuerzo
W Pastel de carne de pavo casero
W Arroz integral
W Tater Tots
Fruta fresca entera
Merienda
Queso de Chefables
W Mezcla de frutos secos

01

Desayuno

W Muffin de queso cheddar
Fruta fresca entera
AM Merienda
W Muffin de queso cheddar
Fruta fresca entera
Almuerzo
W Pizza de aceitunas, pimientos y queso
Verduras al vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

08

Desayuno

W Pan de desayuno
Fruta fresca entera
AM Merienda
W Pan de desayuno
Fruta fresca entera
Almuerzo
W Macaroni y queso
Verduras al vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

15

Desayuno

W Muffin de queso cheddar y Sémola de maíz
Fruta fresca entera
AM Merienda
W Muffin de queso cheddar y Sémola de maíz
Fruta fresca entera
Almuerzo
W Pizza de queso
Verduras al vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

22

Desayuno

W Muffin casero
Fruta fresca entera
AM Merienda
W Muffin casero
Fruta fresca entera
Almuerzo
W Pizza de queso
Verduras al Vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

29

Desayuno

W Pan de Zanahoria de la miel
Fruta fresca entera
AM Merienda
W Pan de Zanahoria de la miel
Fruta fresca entera
Almuerzo
W Sándwich de queso tostado en focaccia fresca
Verduras al Vapor
Fruta fresca entera
Merienda
Yogur
W Granola Delicioso

02

Desayuno

W Pan de desayuno
Fruta fresca entera
AM Merienda
W Pan de desayuno
Fruta fresca entera
Almuerzo
W Burrito De Tres Quesos
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Palo de granola suave al horno casera

09

Desayuno

W Muffin de Canela arce pasas
Fruta fresca entera
AM Merienda
W Muffin de Canela arce pasas
Fruta fresca entera
Almuerzo
W Pasta con pollo al pesto y cabello de ángel
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Palo de granola suave al horno casera

16

Desayuno

W Pan de desayuno
Fruta fresca entera
AM Merienda
W Pan de desayuno
Fruta fresca entera
Almuerzo
W Cordero Griego Asado + Arroz Integral
W Tater Tots
Fruta fresca entera
Merienda
Queso de Chefables
W Palo de granola suave al horno casera

23

Desayuno

W Pan de desayuno de coco tostado
Fruta fresca entera
AM Merienda
W Pan de desayuno de coco tostado
Fruta fresca entera
Almuerzo
W Macaroni y queso
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Palo de granola suave al horno casera

30

Desayuno

W Muffin de calabaza
Fruta fresca entera
AM Merienda
W Muffin de calabaza
Fruta fresca entera
Almuerzo
W Macaroni y queso
Verduras al vapor
Fruta fresca entera
Merienda
Queso de Chefables
W Palo de granola suave al horno casera

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, verde asiático, aguacate, remolacha, bok choy, brócoli, brócoli rabe, coles de Bruselas, repollo, zanahoria coliflor, apio, acelga, berza, maíz, pepino, berenjena, judías verdes, col rizada, puerros, lechuga, champiñón, okra, cebolla, chirivía, guisantes, pimientos, patata, rábanos, ruibarbo, colinabo, cebolla de verdeo, espinacas, calabaza de verano / invierno, sunchokes, batata, tomatillo, tomates, nabos



Algunas de las frutas de este mes Manzanas, pera asiática, moras, nopal, dátiles, higos, uvas, azufaijas, kiwi, kumquats, limones, limas, melón, naranjas, melocotones, peras, caquis, ciruelas, granadas, membrillo, fresas

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