

Footsteps March 2020 Menu



Monday

02

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W **V** Cheesiest Pizza
Steamed Vegetables
Fresh Fruit

PM Snack

W Homemade Mini empanadas

09

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

NEW **W** Sweet Potato + Turkey
Mini Empanadas

16

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

Turkey Sloppy Joes
W Whole Grain Roll
Steamed Vegetables
Fresh Fruit

PM Snack

W Apple + Raisin Mini Empanadas

23

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

V Tofu Spaghetti Bolognese
Steamed Vegetables
Fresh Fruit

PM Snack

W Coconut Pineapple Mini
Empanadas

30

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

Turkey Burger

Tuesday

03

Breakfast

W Home Baked Yogurt Ginger
Raisin Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Yogurt Ginger
Raisin Breakfast Bread
Whole Fresh Fruit

Lunch

W Fiesta Turkey Burrito
Steamed Vegetables
Fresh Fruit

PM Snack

W Home Baked Mini Ginger Carrot
Bite
Whole Fresh Fruit

10

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W WW Tortilla
Steamed Vegetables
Fresh Fruit

PM Snack

W Home Baked Muffin
Baby Carrots

17

Breakfast

W Home Baked Toasted Coconut
Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Toasted Coconut
Breakfast Bread
Whole Fresh Fruit

Lunch

Dounguouri Soko - Chicken +
VEGGIE Stew

PM Snack

W WW Flat Bread
Fresh Fruit
W Homemade "POP" Rice
Whole Fresh Fruit

24

Breakfast

NEW **W** Home Baked Poppy Seed
Applesauce Breakfast Bread
Whole Fresh Fruit

AM Snack

NEW **W** Home Baked Poppy Seed
Applesauce Breakfast Bread
Whole Fresh Fruit

Lunch

NEW **W** **V** BBQ Cheese +
Pineapple Pizza
Steamed Vegetables
Fresh Fruit

PM Snack

W Homemade "POP" Rice
Whole Fresh Fruit

31

Breakfast

W Breakfast Cereal
Whole Fresh Fruit

AM Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W **V** Cheesiest Pizza

Wednesday

04

Breakfast

NEW **W** Home Baked WG Maple
Pancakes

NEW **W** Fresh Berry and Peach
Compote

AM Snack

NEW **W** Home Baked WG Maple
Pancakes

NEW **W** Fresh Berry and Peach
Compote

Lunch

Homemade Turkey Meatball Sub

W Mini Hoagie Roll
Roasted Sweet Potatoes
Pea Salad

PM Snack

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

NEW **W** Home Baked Crackers

11

Breakfast

W Home Baked Focaccia French
Toast Sticks

Fresh Strawberry Compote

AM Snack

NEW **W** Home Baked Fruit
Focaccia French Toast Sticks

Fresh Strawberry Compote

Lunch

W **V** Olive, Peppers & Cheese Pizza
COLD Summer Beet Salad
Creamy Cabbage Coleslaw

PM Snack

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

NEW **W** Home Baked Aunt BiBi's
WG Rosemary Crackers

18

Breakfast

NEW **W** 50/50 WG Waffles
Fresh Strawberry Compote

AM Snack

NEW **W** 50/50 WG Waffles
Fresh Strawberry Compote

Lunch

W **V** Three Cheese Burrito
COLD Summer Beet Salad
Creamy Cabbage Coleslaw

PM Snack

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

W Home Baked WG Crackers

25

Breakfast

NEW **W** Home Baked Ginger Tea
Biscuit

NEW **W** Fresh Berry and Peach
Compote

AM Snack

W Home Baked Ginger Tea Biscuit

NEW **W** Fresh Berry and Peach
Compote

Lunch

W Natural Chicken Tenders
Roasted Sweet Potatoes
Corn, Tomato & Cucumber Salad

PM Snack

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

W Home Baked WG Crackers

Thursday

05

Breakfast

W Home Baked Cheddar Brioche
Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Cheddar Brioche
Muffin
Whole Fresh Fruit

Lunch

W **V** Cheese Pupas
Steamed Vegetables
Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

12

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

W Chinese Chicken Stir Fry with
brown rice
Steamed Vegetables
Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

19

Breakfast

W Home Baked Confetti Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Confetti Muffin
Whole Fresh Fruit

Lunch

NEW **W** BYO Roasted Pork Tacos +
Corn + Chiles

PM Snack

W WW Tortilla
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
NEW **W** Home Baked Mini WOW
Butter Chocolate Chip

26

Breakfast

W Home Baked Orange Poppy
Muffin

Whole Fresh Fruit

AM Snack

W Home Baked Orange Poppy
Muffin
Whole Fresh Fruit

Lunch

Turkey + Red Bean Chili
W Home Baked Corn Bread Muffin
Steamed Vegetables
Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
NEW **W** Home Baked Mini
Cranberry Orange Bite

Friday

06

Breakfast

W Home Baked Bagel
Whole Fresh Fruit

AM Snack

W Home Baked Bagel
Whole Fresh Fruit

Lunch

W Stuffed Homemade Korean Beef
& Cheese
Steamed Vegetables
Fresh Fruit

PM Snack

W Brazilian Cheese and Coconut
Stick

13

Breakfast

W Home Baked Cheddar Cheese
Bagel

Whole Fresh Fruit

AM Snack

W Home Baked Cheddar Cheese
Bagel

Whole Fresh Fruit

Lunch

W **V** Stuffed Homemade Tofu +
Scallion Bun
Steamed Vegetables
Fresh Fruit

PM Snack

W Cheddar Cheese Pretzel Roll
Whole Fresh Fruit

20

Breakfast

W Home Baked BBQ Ranch Bagel
Whole Fresh Fruit

AM Snack

W Home Baked BBQ Ranch Bagel
Whole Fresh Fruit

Lunch

W **V** Egg Fried Brown Rice
Steamed Vegetables
Fresh Fruit

PM Snack

W Cheddar Cheese Melts

27

Breakfast

W Home Baked Cinnamon Oatmeal
Raisin Bagel

Whole Fresh Fruit

AM Snack

W Home Baked Cinnamon Oatmeal
Raisin Bagel
Whole Fresh Fruit

Lunch

Homemade Roasted Greek Lamb
W WW Pita
Steamed Vegetables
Fresh Fruit

PM Snack

W Home Baked Vanilla Rolla Roll
Baby Carrots

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

W Sweet Potato Roll
Steamed Vegetables
Fresh Fruit
PM Snack
W Maple Squash Mini Empanadas

Steamed Vegetables
Fresh Fruit
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

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.
- 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, Asian greens, asparagus, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, kale, lettuces, mushrooms, onion, parsnips, potatoes, radishes, rutabagas, scallions, spinach, sprouts, winter squash, sweet potato, sunchokes, turnips.



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

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

Footsteps Menú de marzo 2020



Lunes

02

Desayuno

W Cereal
Fruta fresca entera

AM Merienda

W Cereal
Fruta fresca entera

Almuerzo

W V Pizza de queso
Verduras al vapor
Fruta Fresca

Merienda

W Mini Empanadas Caseras

09

Desayuno

W Cereal
Fruta fresca entera

AM Merienda

W Cereal
Fruta fresca entera

Almuerzo

W Deditos de pollo
Verduras al vapor
Fruta Fresca

Merienda

NEW W Mini Empanadas de Camote + Pavo

16

Desayuno

W Cereal
Fruta fresca entera

AM Merienda

W Cereal
Fruta fresca entera

Almuerzo

Turquia Sloppy Joes
W Rollo Integral
Verduras al vapor

Merienda

W Empanaditas de manzana y pasas

23

Desayuno

W Cereal
Fruta fresca entera

AM Merienda

W Cereal
Fruta fresca entera

Almuerzo

V Espagueti de Bolognesi con Tofu
Verduras al vapor
Fruta Fresca

Merienda

W Mini Empanadas de Piña y Coco

30

Desayuno

W Cereal
Fruta fresca entera

AM Merienda

W Cereal
Fruta fresca entera

Almuerzo

Hamburguesa de pavo
W Rollo De Camote
Verduras al vapor

Merienda

Fruta Fresca

Martes

03

Desayuno

W Pan casero con jengibre y pasas
Fruta fresca entera

AM Merienda

W Pan casero con jengibre y pasas
Fruta fresca entera

Almuerzo

W Burrito de "Fiesta" con pavo
Verduras al vapor
Fruta Fresca

Merienda

W Mini Bocadillo de Zanahoria y Jengibre
Fruta fresca entera

10

Desayuno

W Pan de desayuno
Fruta fresca entera

AM Merienda

W Pan de desayuno
Fruta fresca entera

Almuerzo

Tacos de Carne, Cilantro + Maíz
W Tortillas integrales
Verduras al vapor

Merienda

W Muffin casero
Mini Zanahorias

17

Desayuno

W Pan de desayuno de coco tostado
Fruta fresca entera

AM Merienda

W Pan de desayuno de coco tostado
Fruta fresca entera

Almuerzo

Doungouiri Soko - Estofado de pollo
W Pan plano
Fruta Fresca

Merienda

W Arroz "POP" Casero de grano entero
Fruta fresca entera

24

Desayuno

NEW W Amapola Pan de Desayuno con Compota de Manzana

AM Merienda

NEW W Amapola Pan de Desayuno con Compota de Manzana

Almuerzo

NEW W V Queso BBQ + Pizza de Piña
Verduras al vapor
Fruta Fresca

Merienda

W Arroz "POP" Casero de grano entero
Fruta fresca entera

31

Desayuno

W Cereal
Fruta fresca entera

AM Merienda

W Cereal
Fruta fresca entera

Almuerzo

W V Pizza de queso
Verduras al vapor
Fruta Fresca

Merienda

Fruta Fresca

Miércoles

04

Desayuno

NEW W Panqueques de arce WG horneados en casa

NEW W Compota de bayas frescas y duraznos

AM Merienda

NEW W Panqueques de arce WG horneados en casa

NEW W Compota de bayas frescas y duraznos

Almuerzo

Sandwich de alondigas de pavo

W Mini Pan Hoagie integral

Camote rostizado

Ensalada de guisantes

Merienda

Queso de Chefables

NEW W Galletas caseras

11

Desayuno

W Palitos de tostadas francesas de focaccia

Compota de Bayas Frescas

AM Merienda

NEW W Palitos de tostadas francesas de focaccia de frutas

Compota de Bayas Frescas

Almuerzo

W V Pizza de aceitunas, pimientos y queso

Ensalada de Remolacha

Ensalada cremosa de repollo

Merienda

Queso de Chefables

NEW W Galletas de romero WG de tía BiBi

18

Desayuno

NEW W Gofres 50/50 WG

Compota de Bayas Frescas

AM Merienda

NEW W Gofres 50/50 WG

Compota de Bayas Frescas

Almuerzo

W V Burrito De Tres Quesos

Ensalada de Remolacha

Ensalada cremosa de repollo

Merienda

Queso de Chefables

W Galletas de grano integral

25

Desayuno

NEW W Ginger Tea Biscuit

NEW W Compota de bayas frescas y duraznos

AM Merienda

W Ginger Tea Biscuit

NEW W Compota de bayas frescas y duraznos

Almuerzo

W Deditos de pollo

Camote rostizado

Ensalada de Maíz, Tomate y Pepino

Merienda

Queso de Chefables

W Galletas de grano integral

Jueves

05

Desayuno

W Muffin de Brioche Cheddar
Fruta fresca entera

AM Merienda

W Muffin de Brioche Cheddar
Fruta fresca entera

Almuerzo

W V Pupas de queso

Verduras al vapor

Fruta Fresca

Merienda

Yogur

W Granola Delicioso

12

Desayuno

W Muffin casero

Fruta fresca entera

AM Merienda

W Muffin casero

Fruta fresca entera

Almuerzo

W Pollo chino Salteado con arroz integral

Verduras al vapor

Fruta Fresca

Merienda

Yogur

W Granola Delicioso

19

Desayuno

W Muffin de "Confetti"

Fruta fresca entera

AM Merienda

W Muffin de "Confetti"

Fruta fresca entera

Almuerzo

NEW Tacos de Cerdo Asado + Maíz + Chiles

W Tortillas integrales

Verduras al vapor

Fruta Fresca

Merienda

Yogur

NEW W Mini chispas de chocolate con WOWButter

26

Desayuno

W Panecillo casero de amapola con naranja

Fruta fresca entera

AM Merienda

W Panecillo casero de amapola con naranja

Fruta fresca entera

Almuerzo

Pavo y chile frijol rojo

W Muffin de elote

Verduras al vapor

Fruta Fresca

Merienda

Yogur

NEW W Mini mordida de naranja y arándano

Viernes

06

Desayuno

W Bagel integral
Fruta fresca entera

AM Merienda

W Bagel integral
Fruta fresca entera

Almuerzo

W Bollo Relleno De Carne Coreana

Casera Y Queso

Verduras al vapor

Fruta Fresca

Merienda

W Pan brasileño con queso y coco

13

Desayuno

W Bagel de queso

Fruta fresca entera

AM Merienda

W Bagel de queso

Fruta fresca entera

Almuerzo

W V Bollo relleno de Tofu +

Cebolleta

Verduras al vapor

Fruta Fresca

Merienda

W Rollo de pretzel de queso cheddar

Fruta fresca entera

20

Desayuno

W Casero asado a la barbacoa

Ranch Bagel

Fruta fresca entera

AM Merienda

W Casero asado a la barbacoa

Ranch Bagel

Fruta fresca entera

Almuerzo

W V Arroz integral frito con huevo

Verduras al vapor

Fruta Fresca

Merienda

W Galletas de queso fundido

27

Desayuno

W Inicio Bagel de pasas de avena con canela al horno

Fruta fresca entera

AM Merienda

W Inicio Bagel de pasas de avena con canela al horno

Fruta fresca entera

Almuerzo

Cordero griego asado casero

W Pan de pita integral

Verduras al vapor

Fruta Fresca

Merienda

W Rollo de Vainilla

Mini Zanahorias

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

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Merienda

W Empanaditas de calabacín y arce

Merienda

W Arroz "POP" Casero de grano entero
Fruta fresca entera

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

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, verduras de Asia, espárragos, aguacate, remolacha, bok choy, brócoli, brócoli rabe, coles de Bruselas, col, zanahorias, coliflor, apio, acelgas, berza, coles, lechugas, champiñones, cebolla, parsniips, papas, rábanos, salchichones, cebolletas, espinacas, coles, calabaza de invierno, camote, chicharrones, nabos.



Algunas de las frutas de este mes Manzana, pera asiática, dátiles, pomelo, kiwi, kumquat, limón, lima, mandarina, naranja, pera, caqui, pomelos, fresa.

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