

Footsteps June 2021 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

01

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Cold Curry Chicken & Pasta
Salad
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

07

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

14

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

21

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

28

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

08

A.M. Snack

W Home Baked Potato Cheddar
Cheese Muffin

Lunch

W V Cheese, Olive & Bell Pepper
Pizza
Steamed/Fresh Vegetables
Fresh Fruit

P.M. Snack

Milk
W Homemade Pretzel Stick

15

A.M. Snack

W Home Baked Sour Cream Muffin
Whole Fresh Fruit

Lunch

W V Cheese + Bean Burrito
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 Mini Panettone
Muffin

Lunch

W Chicken Fried Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese and
Coconut Stick

29

A.M. Snack

W Home Baked Pumpkin Muffin
Whole Fresh Fruit

Lunch

W V Cheesiest Pizza
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats
Cereal

02

A.M. Snack

W Home Baked Lemon Poppy
Breakfast Bread

Lunch

W Chicken Fajita Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Homemade Mini Sweet Potato
Empanadas

09

A.M. Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W Cold Nut-free Pesto Chicken &
Pasta Salad
Steamed/Fresh Vegetables
Fresh Fruit

P.M. Snack

Milk
W Homemade Mini Empanadas

16

A.M. Snack

W Home Baked Cinnamon Maple
Breakfast Bread

Lunch

W COLD Buffalo Chicken + Veg
Salad
W V Home Made Corn Bread
Fresh Fruit

P.M. Snack

Milk
Homemade Mini Empanadas

23

A.M. Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Homemade Mini Sweet Potato
Empanadas

30

A.M. Snack

W Home Baked 3-Seeded Molasses
Breakfast Bread

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Homemade Mini Sweet Potato

Empanadas

03

A.M. Snack

W Home Baked Whole Grain
Waffles

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

10

A.M. Snack

W Home Baked French Toast Sticks
Whole Fresh Fruit

Lunch

W Roasted Chicken, Cheese &
Brown Rice
Steamed/Fresh Vegetables
Fresh Fruit

P.M. Snack

Milk
A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

17

A.M. Snack

W Home Baked Lemon Breakfast
Roll

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

24

A.M. Snack

W Home Baked French Toast Sticks
Whole Fresh Fruit

Lunch

W Turkey Dumplings
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

04

A.M. Snack

W Home Baked Blueberry Breakfast
Squares

Lunch

W Whole Fresh Fruit
W Turkey Spaghetti Bolognese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Soft Rolled Oat
Biscuit

11

A.M. Snack

W Home Baked Cranberry Square
Whole Fresh Fruit

Lunch

W V Mac and Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Soft Rolled Oat
Biscuit

18

A.M. Snack

W Hodge Podge (Rice Porridge)
Whole Fresh Fruit

Lunch

Homemade Turkey Meatloaf
W V Brown Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Soft Rolled Oat
Biscuit

25

A.M. Snack

W Home Baked KuKu Squares
Whole Fresh Fruit

Lunch

V Hummus w/Feta & Olives
W V WW Pita
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Soft Rolled Oat
Biscuit

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

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.
- Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers <2 yrs), lowfat (1%) milk (preschool >2 yrs). 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 rabe Brussels sprouts cabbage carrots cauliflower cucumber green beans kale leeks lettuces mushrooms mustard onion peas (chile) potatoes radicchio radishes scallions shallots spinach 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