

Footsteps September 2020 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

01

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

W Chicken Fried Brown Rice
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

02

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

Homemade Turkey Meatloaf
Roasted Yukon Gold Potatoes
Whole Fresh Fruit

PM Snack

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

03

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

W V Cheesiest Pizza
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

04

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W Turkey Pot Stickers w/Pesto
Butter Sauce
Steamed Vegetables
Whole Fresh Fruit

PM Snack

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

07

08

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 Vanilla Yogurt
W Yummy Granola

09

Breakfast

W Home Baked Orange Poppy
Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Orange Poppy
Muffin
Whole Fresh Fruit

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

10

Breakfast

W Home Baked Carrot Breakfast
Bread
Whole Fresh Fruit

AM Snack

W Home Baked Carrot Breakfast
Bread
Whole Fresh Fruit

Lunch

W Mac and Cheese
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

11

Breakfast

W Home Baked Blackberry Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Blackberry Muffin
Whole Fresh Fruit

Lunch

W Turkey Sausage Stuffed Roll
Steamed Vegetables
Whole Fresh Fruit

PM Snack

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

14

15

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

W Mac and Cheese
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

16

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

Turkey Spaghetti Bolognese
Steamed Vegetables
Whole Fresh Fruit

PM Snack

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

17

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

W V Cheesiest Pizza
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

18

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W V Whole Wheat Cheese and
Bean Baby Burrito
Roasted Sweet Potatoes
Whole Fresh Fruit

PM Snack

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

21

22

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W V Spinach + Cheese Ravioli
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

23

Breakfast

W Home Baked French Toast Sticks
Fruit Cups

AM Snack

W Home Baked French Toast Sticks
Fruit Cups

Lunch

W Chicken Cheese & Sundried
Tomato Burrito
Steamed Vegetables
Whole Fresh Fruit

PM Snack

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

24

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

W V Tomatillo Chicken + Brown
Rice
Steamed Vegetables
Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

25

Breakfast

W Home Baked Breakfast Bread
Whole Fresh Fruit

AM Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W V 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

28

29

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked Muffin
Whole Fresh Fruit

Lunch

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

PM Snack

Chefables Vanilla Yogurt
W Yummy Granola

30

Breakfast

W Home Baked Muffin
Whole Fresh Fruit

AM Snack

W Home Baked 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 Chefables Trail Mix

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

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 Artichokes, arugula, Asian greens, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, green bean, cabbage, carrots, cauliflower, chard, celery, corn, cucumber, collard greens, cress, eggplant, endive, kale, leeks, lettuces, mushrooms, mustard greens, okra, olives, onion, peas, peppers, potato, radicchio, radishes, scallions, spinach, sprouts, summer squash, sunchoke, sweet potato, tomatillo, tomato, turnips



Just some of the fruits this month Apple, avocado, Asian pear, blackberry, cactus pear, dates, figs, grapes, kiwi, lemon, melon, nectarine, oranges, peaches, pear, plums, pluots, quince, raspberries, strawberry

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

Footsteps Menú de septiembre 2020



Lunes

Martes

Miércoles

Jueves

Viernes

01

Desayuno

W Muffin casero
Fruta fresca entera

AM Merienda

W Muffin casero
Fruta fresca entera

Almuerzo

W Pollo frito arroz integral
Verduras al vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

02

Desayuno

W Waffles integrales
Fruta estable del estante

AM Merienda

W Waffles integrales
Fruta estable del estante

Almuerzo

Pastel de carne de pavo casero
Papas Doradas Rostizadas
Fruta fresca entera

Merienda

Queso de Chefables
W Mezcla de frutos secos

03

Desayuno

W Muffin casero
Fruta fresca entera

AM Merienda

W Muffin casero
Fruta fresca entera

Almuerzo

W V Pizza de queso
Verduras al vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

04

Desayuno

W Pan de desayuno
Fruta fresca entera

AM Merienda

W Pan de desayuno
Fruta fresca entera

Almuerzo

W Pegatinas de pavo con salsa de mantequilla al pesto
Verduras al vapor
Fruta fresca entera

Merienda

Queso de Chefables
W Palo de granola suave al horno casera

07

08

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

Yogur
W Granola Delicioso

09

Desayuno

W Panecillo casero de amapola con naranja
Fruta fresca entera

AM Merienda

W Panecillo casero de amapola con naranja
Fruta fresca entera

Almuerzo

W Burrito de "Fiesta" con Pollo
Verduras al vapor
Fruta fresca entera

Merienda

Queso de Chefables
W Mezcla de frutos secos

10

Desayuno

W Pan de desayuno casero de zanahoria
Fruta fresca entera

AM Merienda

W Pan de desayuno casero de zanahoria
Fruta fresca entera

Almuerzo

W Macaroni y queso
Verduras al vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

11

Desayuno

W Muffin de Moras
Fruta fresca entera

AM Merienda

W Muffin de Moras
Fruta fresca entera

Almuerzo

W Rollo Rellenado de Salchicha de Pavo
Verduras al vapor
Fruta fresca entera

Merienda

Queso de Chefables
W Palo de granola suave al horno casera

14

15

Desayuno

W Muffin casero
Fruta fresca entera

AM Merienda

W Muffin casero
Fruta fresca entera

Almuerzo

W Macaroni y queso
Verduras al vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

Desayuno

W Waffles integrales
Fruta estable del estante

AM Merienda

W Waffles integrales
Fruta estable del estante

Almuerzo

Espagueti de Bolognesi con pavo
Verduras al vapor
Fruta fresca entera

Merienda

Queso de Chefables
W Mezcla de frutos secos

17

Desayuno

W Muffin casero
Fruta fresca entera

AM Merienda

W Muffin casero
Fruta fresca entera

Almuerzo

W V Pizza de queso
Verduras al Vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

18

Desayuno

W Pan de desayuno
Fruta fresca entera

AM Merienda

W Pan de desayuno
Fruta fresca entera

Almuerzo

W Burrito Integral de Queso + Frijoles
Camote rostizado
Fruta fresca entera

Merienda

Queso de Chefables
W Palo de granola suave al horno casera

21

22

Desayuno

W Pan de desayuno
Fruta fresca entera

AM Merienda

W Pan de desayuno
Fruta fresca entera

Almuerzo

W Raviolos de espinaca y queso
Verduras al vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

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 queso con pollo y tomates secados al sol
Verduras al vapor
Fruta fresca entera

Merienda

Queso de Chefables
W Mezcla de frutos secos

24

Desayuno

W Muffin casero
Fruta fresca entera

AM Merienda

W Muffin casero
Fruta fresca entera

Almuerzo

W Pollo Tomatillo + Arroz Integral
Verduras al Vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

25

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

Queso de Chefables
W Palo de granola suave al horno casera

28

29

Desayuno

W Muffin casero
Fruta fresca entera

AM Merienda

W Muffin casero
Fruta fresca entera

Almuerzo

W Sándwich de queso tostado en focaccia fresca
Verduras al vapor
Fruta fresca entera

Merienda

Yogur
W Granola Delicioso

Desayuno

W Waffles integrales
Fruta estable del estante

AM Merienda

W Waffles integrales
Fruta estable del estante

Almuerzo

W Macaroni y queso
Verduras al Vapor
Fruta fresca entera

Merienda

Queso de Chefables
W Mezcla de frutos secos

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

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 Alcachofas, rúcula, verduras asiáticas, aguacate, remolacha, bok choy, brócoli, brócoli rabe, coles de Bruselas, judías verdes, repollo, zanahorias, coliflor, acelga, apio, maíz, pepino, berza, berro, berenjena, escarola, col rizada, puerros, lechugas, champiñones, hojas de mostaza, quimbombó, aceitunas, cebolla, guisantes, pimientos, patata, achicoria, rábanos, cebollines, espinacas, brotes, calabaza de verano, croquetas de sol, camote, tomatillo, tomate, nabos



Algunas de las frutas de este mes Manzana, aguacate, pera asiática, mora, nopal, dátiles, higos, uvas, kiwi, limón, melón, nectarina, naranjas, melocotones, peras, ciruelas, pluots, membrillo, frambuesas, fresa

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