Little Footsteps September 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		01 **Lunch** W Turkey Spaghetti Bolognese Steamed/Fresh Vegetables Fresh Fruit Milk W V Chickpea Sandwich	**02** **Lunch** W V Mac and Cheese Steamed/Fresh Vegetables Fresh Fruit Milk	**03** **Lunch** W V Deep Dish Cheese Pizza Steamed/Fresh Vegetables Fresh Fruit Milk
06 **Closed**	**07** **Lunch** W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla	**08** **Lunch** W V Egg Fried Rice Steamed/Fresh Vegetables Fresh Fruit Milk	**09** **Lunch** Beef + Vegetable Stew W V Brown Rice Fresh Fruit Milk W V Grilled Cheese Sandwich Steamed/Fresh Vegetables	**10** **Lunch** W V Mac and Cheese Steamed/Fresh Vegetables Fresh Fruit Milk
13 **Lunch** W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich	**14** **Lunch** W Chicken Fajita Burrito Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheesiest Pizza	**15** **Lunch** W Pretzel Stuffed Cheese + Chicken Bun Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla	**16** **Lunch** W V Mac and Cheese Steamed/Fresh Vegetables Fresh Fruit Milk	**17** **Lunch** W Cold Curry Chicken & Pasta Salad Steamed/Fresh Vegetables Fresh Fruit Milk V Hummus w/Feta & Olives W V WW Pita
20 **Lunch** W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheesiest Pizza	**21** **Lunch** W Cheese & Sun Dried Tomato Burrito Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla	**22** **Lunch** W V Mac and Cheese Steamed/Fresh Vegetables Fresh Fruit Milk	**23** **Lunch** W Turkey Dumplings Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich	**24** **Lunch** W BBQ Chicken & Brown Rice Steamed/Fresh Vegetables Fresh Fruit Milk W V Brown Rice & Beans
27 **Lunch** W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla	**28** **Lunch** W V Cheese, Olive & Bell Pepper Pizza Steamed/Fresh Vegetables Fresh Fruit Milk	**29** **Lunch** W Chefables "Possible" Burger Steamed/Fresh Vegetables Fresh Fruit Milk W V Chickpea Sandwich	**30** **Lunch** W V Mac and Cheese Steamed/Fresh Vegetables Fresh Fruit Milk	

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

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

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