

# Footsteps September 2019 Menu



## Monday

02

**Closed**

09

### Breakfast

W Breakfast Cereal  
Whole Fresh Fruit  
**AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Turkey + Red Bean Chili  
W Home Baked Corn Bread Muffin  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Sweet Potato Orange Mini Empanadas

16

### Breakfast

W Breakfast Cereal  
Whole Fresh Fruit  
**AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
BYO Roasted Chicken Tacos  
W WW Tortilla  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Kiwi Mini Empanadas

23

### Breakfast

W Breakfast Cereal  
Whole Fresh Fruit  
**AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
V Mac and Cheese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade Mini empanadas

30

### Breakfast

W Breakfast Cereal  
Whole Fresh Fruit  
**AM Snack**  
W Breakfast Cereal  
Whole Fresh Fruit  
**Lunch**  
Homemade Turkey Meatloaf  
W Whole Grain Roll  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Dried Plum + Poppy Seed Mini Empanadas

## Tuesday

03

### 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**  
W Apple + Raisin Mini Empanadas

10

### Breakfast

W Home Baked Lemon Apricot  
Breakfast Bread  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Lemon Apricot  
Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
W Stuffed Homemade Chicken,  
Cheese + Scallion Bun  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

17

### Breakfast

W Home Baked Three Seeded  
Molasses Breakfast Bread  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Three Seeded  
Molasses Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
NEW W Homemade Roasted Greek  
Lamb  
NEW W WW Pita  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

24

### Breakfast

NEW W Home Baked Cocoa  
Banana Breakfast Bread  
Whole Fresh Fruit  
**AM Snack**  
NEW W Home Baked Cocoa  
Banana Breakfast Bread  
Whole Fresh Fruit  
**Lunch**  
W Chinese Chicken Stir Fry with  
brown rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Homemade "POP" Rice  
Whole Fresh Fruit

## Wednesday

04

### Breakfast

W Home Baked French Toast Sticks  
Fresh Strawberry Compote  
**AM Snack**  
W Home Baked French Toast Sticks  
Fresh Strawberry Compote  
**Lunch**  
W V Cheesiest Pizza  
Roasted Red Potatoes  
NEW W Corn, Tomato & Cucumber  
Salad  
**PM Snack**  
NEW W Chefables Very Own  
Cheese Sticks (Mozzarella,  
Cheddar, Jack, or Ranch)  
W Home Baked WG Crackers

11

### Breakfast

W Home Baked WG Cinnamon  
Maple Pancakes  
Fresh Strawberry Compote  
**AM Snack**  
W Home Baked WG Cinnamon  
Maple Pancakes  
Fresh Strawberry Compote  
**Lunch**  
NEW W Chicken Cheese &  
Chimichurri Burrito  
Roasted Sweet Potatoes  
Pea Salad  
**PM Snack**  
W Cheddar Cheese Melts

18

### Breakfast

W Home Baked Buttermilk Lemon  
Biscuit  
Fresh Strawberry Compote  
**AM Snack**  
W Home Baked Buttermilk Lemon  
Biscuit  
Fresh Strawberry Compote  
**Lunch**  
W V Whole Wheat Cheese and  
Bean Baby Burrito  
COLD Summer Beet Salad  
Creamy Cabbage Coleslaw  
**PM Snack**  
NEW W Chefables Very Own  
Cheese Sticks (Mozzarella,  
Cheddar, Jack, or Ranch)  
W Home Baked WG Crackers

25

### Breakfast

W Whole Grain Lemon Waffles  
Fresh Strawberry Compote  
**AM Snack**  
W Whole Grain Lemon Waffles  
Fresh Strawberry Compote  
**Lunch**  
Turkey Sloppy Joes  
W Home Baked Pretzel Bun  
Cold Roasted Sweet Potato &  
Quinoa Salad  
Creamy Cabbage Coleslaw  
**PM Snack**  
W Soft Cheese Filled Pretzel Stick

## Thursday

05

### Breakfast

W Home Baked Confetti Muffin  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Confetti Muffin  
Whole Fresh Fruit  
**Lunch**  
Turkey Spaghetti Bolognese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

12

### Breakfast

W Home Baked Downtowner Muffin  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Downtowner Muffin  
Whole Fresh Fruit  
**Lunch**  
W V Egg Fried Brown Rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

19

### Breakfast

W Home Baked Ginger Bread  
Muffin  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Ginger Bread  
Muffin  
Whole Fresh Fruit  
**Lunch**  
W V Grilled Cheese "Flat Sammie"  
Sandwich  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

26

### Breakfast

NEW W Home Baked Semolina  
Lemon Muffin  
Whole Fresh Fruit  
**AM Snack**  
NEW W Home Baked Semolina  
Lemon Muffin  
Whole Fresh Fruit  
**Lunch**  
W Coconut Chicken Curry with  
brown rice  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
Chefables Vanilla Yogurt  
W Yummy Granola

## Friday

06

### Breakfast

W Home Baked Chili Cheese Bagel  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Chili Cheese Bagel  
Whole Fresh Fruit  
**Lunch**  
V Mac and Cheese  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Brazilian Cheese and Coconut  
Stick

13

### Breakfast

W Home Baked Bagel  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked Bagel  
Whole Fresh Fruit  
**Lunch**  
W V Cheese Pupusas  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Home Baked Raisin "Drop"  
Biscuits  
Whole Fresh Fruit

20

### Breakfast

NEW W Home Baked "Pizza"  
Bagel  
Whole Fresh Fruit  
**AM Snack**  
NEW W Home Baked "Pizza"  
Bagel  
Whole Fresh Fruit  
**Lunch**  
W Homemade Chicken Enchillada  
Bake  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Home Baked Blueberry  
Delimanjoo  
Whole Fresh Fruit

27

### Breakfast

W Home Baked New York Onion  
Bagel  
Whole Fresh Fruit  
**AM Snack**  
W Home Baked New York Onion  
Bagel  
Whole Fresh Fruit  
**Lunch**  
NEW W V Olive, Peppers &  
Cheese Pizza  
Steamed Vegetables  
Fresh Fruit  
**PM Snack**  
W Home Baked Vanilla Roll Roll  
Whole Fresh Fruit

### 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, sunchokes, sweet potato, tomatillo, tomato, turnips



**Just some of the fruits this month** Apple, avocado, Asian pear, blackberry, cactus pear, dates, figs, grapes, jujube, 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 2019



## Lunes

02

**Closed**

09

### Desayuno

W Cereal  
Fruta fresca entera  
**AM Merienda**  
W Cereal  
Fruta fresca entera  
**Almuerzo**  
Pavo y chile frijol rojo  
W Muffin de elote  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Empanadas De Patata Dulce  
Naranja

16

### Desayuno

W Cereal  
Fruta fresca entera  
**AM Merienda**  
W Cereal  
Fruta fresca entera  
**Almuerzo**  
Tacos de Pollo con  
W Tortillas integrales  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Empanaditas de Kiwi

23

### Desayuno

W Cereal  
Fruta fresca entera  
**AM Merienda**  
W Cereal  
Fruta fresca entera  
**Almuerzo**  
W Macaroni y queso  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Mini Empanadas Caseras

30

### Desayuno

W Cereal  
Fruta fresca entera  
**AM Merienda**  
W Cereal  
Fruta fresca entera  
**Almuerzo**  
Pastel de carne de pavo casero  
W Rollo Integral  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Empanaditas de Ciruela seca y semilla de amapola

## Martes

03

### Desayuno

W Cereal  
Fruta fresca entera  
**AM Merienda**  
W Cereal  
Fruta fresca entera  
**Almuerzo**  
W Deditos de pollo  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Empanaditas de manzana y pasas

10

### Desayuno

W Pan de desayuno con limón y Albaricoque  
Fruta fresca entera  
**AM Merienda**  
W Pan de desayuno con limón y Albaricoque  
Fruta fresca entera  
**Almuerzo**  
W Bollo relleno de Pollo, Queso + Cebolleta  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Arroz "POP" Casero de grano entero  
Fruta fresca entera

17

### Desayuno

W Pan De Desayuno De Melaza  
Tres Semillas  
Fruta fresca entera  
**AM Merienda**  
W Pan De Desayuno De Melaza  
Tres Semillas  
Fruta fresca entera  
**Almuerzo**  
NEW Cordero griego asado casero  
NEW W Pan de pita integral  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Arroz "POP" Casero de grano entero  
Fruta fresca entera

24

### Desayuno

NEW W Inicio Cacao Horneado  
Banana Desayuno Pan  
Fruta fresca entera  
**AM Merienda**  
NEW W Inicio Cacao Horneado  
Banana Desayuno Pan  
Fruta fresca entera  
**Almuerzo**  
W Pollo chino Salteado con arroz integral  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Arroz "POP" Casero de grano entero  
Fruta fresca entera

## Miércoles

04

### Desayuno

W Palillos de Pan Frances  
Compota de Bayas Frescas  
**AM Merienda**  
W Palillos de Pan Frances  
Compota de Bayas Frescas  
**Almuerzo**  
W Pizza de queso  
Papas rojas rostizados  
NEW Ensalada de Maiz, Tomate y Pepino  
**Merienda**  
NEW Queso de Chefables  
W Galletas de grano integral

11

### Desayuno

W Panqueques caseros De Arce Con Canela  
Compota de Bayas Frescas  
**AM Merienda**  
W Panqueques caseros De Arce Con Canela  
Compota de Bayas Frescas  
**Almuerzo**  
NEW W Burrito de pollo con queso y chimichurri  
Camote rostizado  
Ensalada de guisantes  
**Merienda**  
W Galletas de queso fundido

18

### Desayuno

W Biscocho casero de leche agria con limón  
Compota de Bayas Frescas  
**AM Merienda**  
W Biscocho casero de leche agria con limón  
Compota de Bayas Frescas  
**Almuerzo**  
W Burrito Integral de Queso + Frijoles  
Ensalada de Remolacha  
Ensalada cremosa de repollo  
**Merienda**  
NEW Queso de Chefables  
W Galletas de grano integral

25

### Desayuno

W Waffles integral con limon  
Compota de Bayas Frescas  
**AM Merienda**  
W Waffles integral con limon  
Compota de Bayas Frescas  
**Almuerzo**  
Turquía Sloppy Joes  
W Bollo integral de pretzel  
Ensalada De Patata Dulce Asada En Frio Y Quinua  
Ensalada cremosa de repollo  
**Merienda**  
W Palitos de Pretzel Relleno de Queso

## Jueves

05

### Desayuno

W Muffin de "Confetti"  
Fruta fresca entera  
**AM Merienda**  
W Muffin de "Confetti"  
Fruta fresca entera  
**Almuerzo**  
Espagueti de Bolognesi con pavo  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
Yogur  
W Granola Delicioso

12

### Desayuno

W Muffin de Downtowner casero horneado  
Fruta fresca entera  
**AM Merienda**  
W Muffin de Downtowner casero horneado  
Fruta fresca entera  
**Almuerzo**  
W Arroz integral frito con huevo  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
Yogur  
W Granola Delicioso

19

### Desayuno

W Bollo de pan de jengibre  
Fruta fresca entera  
**AM Merienda**  
W Bollo de pan de jengibre  
Fruta fresca entera  
**Almuerzo**  
W Sandwich de "Flat Sammie" con queso  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
Yogur  
W Granola Delicioso

26

### Desayuno

NEW W Muffin de limón y sémola al horno casero  
Fruta fresca entera  
**AM Merienda**  
NEW W Muffin de limón y sémola al horno casero  
Fruta fresca entera  
**Almuerzo**  
W Pollo al coco al curry con arroz integral  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
Yogur  
W Granola Delicioso

## Viernes

06

### Desayuno

W Chili casero, queso bagel  
Fruta fresca entera  
**AM Merienda**  
W Chili casero, queso bagel  
Fruta fresca entera  
**Almuerzo**  
W Macaroni y queso  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Pan brasileño con queso y coco

13

### Desayuno

W Bagel integral  
Fruta fresca entera  
**AM Merienda**  
W Bagel integral  
Fruta fresca entera  
**Almuerzo**  
W Pupas de queso  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Pasa "Drop" galletas  
Fruta fresca entera

20

### Desayuno

NEW W Bagel "Pizza" al horno  
Fruta fresca entera  
**AM Merienda**  
NEW W Bagel "Pizza" al horno  
Fruta fresca entera  
**Almuerzo**  
W Enchiladas horneadas con Pollo  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Pan Arándano Delimanjoo  
Fruta fresca entera

27

### Desayuno

W Bagel de cebolla de Nueva York  
Fruta fresca entera  
**AM Merienda**  
W Bagel de cebolla de Nueva York  
Fruta fresca entera  
**Almuerzo**  
NEW W Pizza de aceitunas, pimientos y queso  
Verduras al vapor  
Fruta Fresca  
**Merienda**  
W Rollo de Vainilla  
Fruta fresca entera

### 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, azufaifa, 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