True Sunshine October 2025 Menu 

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | Oct 01 | 02 | 03 |
| 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 | Serving Sizes Overview  1-2 Year Olds  Breakfast  WGR Grain 1/2 sl or svg or 1/4 c  Fruit/Veg 1/4 c  Milk 4 oz  Lunch/Supper  Meat/Alt 1 oz  WGR Grain 1/2 sl or svg or 1/4 c  Veg 1/8 c  Fruit (or 2nd Veg) 1/8 c  Milk 4 oz  PM Snack (2 items only)  Veg 1/2 c  Fruit 1/2 c  Meat/Alt 1/2 oz, 1/4 c  Grain 1/2 sl or svg, or 1/4 c  Milk 4 oz | A.M. Snack  Home Baked Black Sesame Seed & Orange Breakfast Bread  Whole Fresh Fruit  Lunch  Chicken Chow Mein  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Whole Grain 50/50 Waffles  Whole Fresh Fruit  Lunch  Chefables BBQ Cheese Pizza PUFF  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Home Baked KuKu Squares  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 06 | 07 | 08 | 09 | 10 |
| A.M. Snack  Breakfast Cereal of the Day  Whole Fresh Fruit  Lunch  Natural Chicken Tenders  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Baked Yogurt Apricot Muffin  Whole Fresh Fruit  Lunch  Turkey Sausage Roll  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Pumpkin Seed & Coconut Biscuit | A.M. Snack  Home Baked 3-Seeded Molasses Breakfast Bread  Whole Fresh Fruit  Lunch  Chicken Mole Burrito  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Cheddar Cheese & Scallion Bagel  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Cinnamon Raisin Hodge Podge (Rice Porridge)  Whole Fresh Fruit  Lunch  Turkey Chili Con Carne + Vegetables  Home Baked Corn Bread Muffin  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 13 | 14 | 15 | 16 | 17 |
| Closed | A.M. Snack  Home Baked Bolos de Arroz (Portuguese Rice Muffin)  Whole Fresh Fruit  Lunch  Chicken, Butter Noodles & Parmesan Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Banana Cacao Breakfast Bread  Whole Fresh Fruit  Lunch  Chicken Fajita Burrito  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Buttermilk Pancakes  Whole Fresh Fruit  Lunch  Chicken Alfredo Pasta  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Home Baked Cranberry Mandelbrot  Whole Fresh Fruit  Lunch  Hummus w/Feta & Olives  WW Pita  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 20 | 21 | 22 | 23 | 24 |
| A.M. Snack  Breakfast Cereal of the Day  Whole Fresh Fruit  Lunch  Natural Chicken Tenders  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Baked Mini Panettone Muffin  Whole Fresh Fruit  Lunch  Mongolian Beef & Brown Rice  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Home Baked Delimanjoo  Whole Fresh Fruit | A.M. Snack  Home Made Concha!  Whole Fresh Fruit  Lunch  Turkey Chili Con Carne + Vegetables  Home Baked Corn Bread Muffin  Fresh Fruit  Milk  P.M. Snack  Pumpkin Seed & Coconut Biscuit | A.M. Snack  Home Baked Orange Poppy Seed Breakfast Coquille  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  COLD Over Night Oats - Cup  Whole Fresh Fruit  Lunch  Veggie + Cheese Quiche  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 27 | 28 | 29 | 30 | 31 |
| A.M. Snack  Breakfast Cereal of the Day  Whole Fresh Fruit  Lunch  Natural Chicken Tenders  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Baked Butternut Squash, Coconut, and Ginger Muffin  Whole Fresh Fruit  Lunch  Chicken Chow Mein  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Honey Sunflower Seed Breakfast Bread  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Vanilla Rolla Roll  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Cinnamon Raisin Hodge Podge (Rice Porridge)  Whole Fresh Fruit  Lunch  Curry Chicken Salad w/ WW Pita  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |

Notes

* One Grain serving per day must be WGR, M/MA may be substituted for a breakfast grain (3X/week max).
* Unflavored 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.
* Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.

Just some of the vegetables this month:
Artichoke arugula Asian green avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens corn cucumber eggplant beans kale leeks lettuce mushroom okra onion parsnip peas peppers potato radishes rhubarb rutabaga scallions spinach summer/winter squash sunchokes sweet tomatillo tomatoes turnips

Just some of the fruits this month:
Apples Asian pear blackberries cactus dates figs grapes jujubes kiwi kumquats lemons limes melon oranges peaches persimmons plums pomegranates quince strawberries

 = New menu offering | = Whole Grain Rich | = Vegetarian Menu Option | = Field Trip Menu Option |