True Sunshine October 2025 Menu 

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | Oct 01 | 02 | 03 |
| Serving Sizes Overview3-5 Year OldsBreakfastWGR Grain 1/2 sl/svg, 1/3c or 1/4 cFruit/Veg 1/2 cMilk 6 ozLunch/SupperMeat/Alt 1-1/2 ozWGR Grain 1/2 sl or svg, or 1/4 cVeg 1/4 cFruit (or 2nd Veg) 1/4 cMilk 6 ozPM Snack (2 items only)Veg 1/2 cFruit 1/2 cMeat/Alt 1/2 oz, 1/4 cWGR Grain 1/2 sl or svg or 1/4 cMilk 4 oz | Serving Sizes Overview1-2 Year OldsBreakfastWGR Grain 1/2 sl or svg or 1/4 cFruit/Veg 1/4 cMilk 4 ozLunch/SupperMeat/Alt 1 ozWGR Grain 1/2 sl or svg or 1/4 cVeg 1/8 cFruit (or 2nd Veg) 1/8 cMilk 4 ozPM Snack (2 items only)Veg 1/2 cFruit 1/2 cMeat/Alt 1/2 oz, 1/4 cGrain 1/2 sl or svg, or 1/4 cMilk 4 oz | A.M. SnackHome Baked Black Sesame Seed & Orange Breakfast BreadWhole Fresh FruitLunchChicken Chow MeinSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Whole Grain 50/50 WafflesWhole Fresh FruitLunchChefables BBQ Cheese Pizza PUFFSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackHome Baked KuKu SquaresWhole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 06 | 07 | 08 | 09 | 10 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Yogurt Apricot MuffinWhole Fresh FruitLunchTurkey Sausage RollSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked 3-Seeded Molasses Breakfast BreadWhole Fresh FruitLunchChicken Mole BurritoSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackCheddar Cheese & Scallion BagelWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCinnamon Raisin Hodge Podge (Rice Porridge)Whole Fresh FruitLunchTurkey Chili Con Carne + VegetablesHome Baked Corn Bread MuffinFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 13 | 14 | 15 | 16 | 17 |
| Closed | A.M. SnackHome Baked Bolos de Arroz (Portuguese Rice Muffin)Whole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Banana Cacao Breakfast BreadWhole Fresh FruitLunchChicken Fajita BurritoSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Buttermilk PancakesWhole Fresh FruitLunchChicken Alfredo PastaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackHome Baked Cranberry MandelbrotWhole Fresh FruitLunchHummus w/Feta & OlivesWW PitaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 20 | 21 | 22 | 23 | 24 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Mini Panettone MuffinWhole Fresh FruitLunchMongolian Beef & Brown RiceSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHome Baked DelimanjooWhole Fresh Fruit | A.M. SnackHome Made Concha!Whole Fresh FruitLunchTurkey Chili Con Carne + VegetablesHome Baked Corn Bread MuffinFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Orange Poppy Seed Breakfast CoquilleWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCOLD Over Night Oats - CupWhole Fresh FruitLunchVeggie + Cheese QuicheSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 27 | 28 | 29 | 30 | 31 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Butternut Squash, Coconut, and Ginger MuffinWhole Fresh FruitLunchChicken Chow MeinSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Honey Sunflower Seed Breakfast BreadWhole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Vanilla Rolla RollWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCinnamon Raisin Hodge Podge (Rice Porridge)Whole Fresh FruitLunchCurry Chicken Salad w/ WW PitaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole 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 |