True Sunshine April 2025 Menu 

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Apr 01 | 02 | 03 | 04 |
|  | A.M. SnackHome Baked Vanilla Mantecadas MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Peach Ginger Breakfast BreadWhole Fresh FruitLunchHomemade Cranberry MeatloafBrown RiceSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Orange Poppy Seed Breakfast CoquilleWhole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackPoblano Chile & Cheddar Cheese Topped BagelWhole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 07 | 08 | 09 | 10 | 11 |
| 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 Chai MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Lemon Breakfast BreadWhole Fresh FruitLunchBBQ Chicken PizzaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Buttermilk PancakesWhole Fresh FruitLunchNick's Chicken, Roasted Veggies, Alfredo SaucePolentaFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | Closed |
| 14 | 15 | 16 | 17 | 18 |
| 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 Oatmeal Apple Maple MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Cornmeal Brazilian Coconut Breakfast BreadWhole Fresh FruitLunchMongolian Beef & VegetablesBrown RiceFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Whole Grain Cinnamon WafflesWhole Fresh FruitLunchBean and Cheese PupusasSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackHome Baked KuKu SquaresWhole Fresh FruitLunchChicken Alfredo PastaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 21 | 22 | 23 | 24 | 25 |
| 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 Carrot Raisin MuffinWhole Fresh FruitLunchChicken Fajita BurritoSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHome Baked DelimanjooWhole Fresh Fruit | A.M. SnackHome Made Concha!Whole Fresh FruitLunchTurkey Chili Con Carne + VegetablesBrown RiceFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Cornmeal PancakeWhole Fresh FruitLunchChicken TamaleSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCOLD Over Night Banana Oats - CupWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 28 | 29 | 30 |  |  |
| 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 Chai MuffinWhole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Cranberry Orange Breakfast BreadWhole Fresh FruitLunchBBQ ChickenBrown RiceSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | 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 | 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 |

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 greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard celery collard kale leeks lettuces mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchokes squash (winter) tomato turnips

Just some of the fruits this month:

Apple Asian pear cherimoyas cherries dates grapefruit kumquat lemon limes mandarin oranges pomelos rhubarb strawberry

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