True Sunshine April 2025 Menu 

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Apr 01 | 02 | 03 | 04 |
|  | A.M. Snack  Home Baked Vanilla Mantecadas Muffin  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Peach Ginger Breakfast Bread  Whole Fresh Fruit  Lunch  Homemade Cranberry Meatloaf  Brown Rice  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Orange Poppy Seed Breakfast Coquille  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Poblano Chile & Cheddar Cheese Topped Bagel  Whole Fresh Fruit  Lunch  Chicken, Butter Noodles & Parmesan Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 07 | 08 | 09 | 10 | 11 |
| 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 Chai Muffin  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Pumpkin Seed & Coconut Biscuit | A.M. Snack  Home Baked Lemon Breakfast Bread  Whole Fresh Fruit  Lunch  BBQ Chicken Pizza  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Buttermilk Pancakes  Whole Fresh Fruit  Lunch  Nick's Chicken, Roasted Veggies, Alfredo Sauce  Polenta  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | Closed |
| 14 | 15 | 16 | 17 | 18 |
| 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 Oatmeal Apple Maple Muffin  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Cornmeal Brazilian Coconut Breakfast Bread  Whole Fresh Fruit  Lunch  Mongolian Beef & Vegetables  Brown Rice  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Whole Grain Cinnamon Waffles  Whole Fresh Fruit  Lunch  Bean and Cheese Pupusas  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  Chicken Alfredo Pasta  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 21 | 22 | 23 | 24 | 25 |
| 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 Carrot Raisin Muffin  Whole Fresh Fruit  Lunch  Chicken Fajita Burrito  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  Brown Rice  Fresh Fruit  Milk  P.M. Snack  Pumpkin Seed & Coconut Biscuit | A.M. Snack  Home Baked Cornmeal Pancake  Whole Fresh Fruit  Lunch  Chicken Tamale  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  COLD Over Night Banana Oats - Cup  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 28 | 29 | 30 |  |  |
| 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 Chai 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 Cranberry Orange Breakfast Bread  Whole Fresh Fruit  Lunch  BBQ Chicken  Brown Rice  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | 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 | 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

* 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 |