True Sunshine August 2025 Menu 

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | Aug 01 |
| 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 Cinnamon Cacao BabkaWhole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 04 | 05 | 06 | 07 | 08 |
| 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 Olive Oil MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Pandan & Coconut Breakfast BreadWhole Fresh FruitLunchChicken Alfredo PastaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Cacao French Toast StickWhole Fresh FruitLunchChicken & Cheese EnchiladaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCinnamon Hodge Podge (Rice Porridge)Whole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 11 | 12 | 13 | 14 | 15 |
| 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 Bolos de Arroz (Portuguese Rice Muffin)Whole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Coconut Cranberry Breakfast BreadWhole Fresh FruitLunchCOLD Southwest Chicken & Cabbage SaladHome Baked Corn Bread MuffinFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Buttermilk PancakesWhole Fresh FruitLunchChicken Chow MeinSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackHome Baked Lemon Blueberry Breakfast SquaresWhole Fresh FruitLunchChefables Cheese Pizza PUFFSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 18 | 19 | 20 | 21 | 22 |
| 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 Lemon Mantecadas MuffinWhole Fresh FruitLunchChicken, Sour Cream & Brown Rice BurritoSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHome Baked DelimanjooWhole Fresh Fruit | A.M. SnackHome Made Concha!Whole Fresh FruitLunchTurkey Dumplings with Teriyaki SauceSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Whole Grain 50/50 WafflesWhole Fresh FruitLunchCold Chicken Pasta Salad with PeppersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackHome Baked Ube Breakfast CoquilleWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 25 | 26 | 27 | 28 | 29 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackLoaded Savory Breakfast MuffinWhole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Honey Sunflower Seed Breakfast BreadWhole Fresh FruitLunchChicken Chow MeinSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackOnion Chili Pepper BagelWhole Fresh FruitLunchCold Tuna Pasta SaladSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCinnamon Hodge Podge (Rice Porridge)Whole Fresh FruitLunchMac & CheeseSteamed/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:

Arugula Asian greens avocado beets bok choy broccoli bean (green) cabbage carrots cauliflower chard celery corn cucumber collard eggplant kale leeks lettuces mushrooms mustard okra onion peas pepper (chile) potato radicchio radishes scallions spinach sprouts squash (summer) tomatillo tomato turnips

Just some of the fruits this month:

Apple avocado blackberry blueberry cactus pear grapes lemon melon mulberries nectarine oranges peaches plums pluots raspberries strawberry

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