True Sunshine August 2025 Menu 

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | Aug 01 |
| 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 Cinnamon Cacao Babka  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 04 | 05 | 06 | 07 | 08 |
| 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 Olive Oil 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 Pandan & Coconut Breakfast Bread  Whole Fresh Fruit  Lunch  Chicken Alfredo Pasta  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Cacao French Toast Stick  Whole Fresh Fruit  Lunch  Chicken & Cheese Enchilada  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Cinnamon Hodge Podge (Rice Porridge)  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 11 | 12 | 13 | 14 | 15 |
| 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 Bolos de Arroz (Portuguese Rice Muffin)  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Coconut Cranberry Breakfast Bread  Whole Fresh Fruit  Lunch  COLD Southwest Chicken & Cabbage Salad  Home Baked Corn Bread Muffin  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Buttermilk Pancakes  Whole Fresh Fruit  Lunch  Chicken Chow Mein  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Home Baked Lemon Blueberry Breakfast Squares  Whole Fresh Fruit  Lunch  Chefables Cheese Pizza PUFF  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 18 | 19 | 20 | 21 | 22 |
| 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 Lemon Mantecadas Muffin  Whole Fresh Fruit  Lunch  Chicken, Sour Cream & Brown Rice 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 Dumplings with Teriyaki Sauce  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Pumpkin Seed & Coconut Biscuit | A.M. Snack  Home Baked Whole Grain 50/50 Waffles  Whole Fresh Fruit  Lunch  Cold Chicken Pasta Salad with Peppers  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Home Baked Ube Breakfast Coquille  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 25 | 26 | 27 | 28 | 29 |
| 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  Loaded Savory Breakfast 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 Honey Sunflower Seed 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  Onion Chili Pepper Bagel  Whole Fresh Fruit  Lunch  Cold Tuna Pasta Salad  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Cinnamon Hodge Podge (Rice Porridge)  Whole Fresh Fruit  Lunch  Mac & Cheese  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:
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 |