True Sunshine June 2025 Menu 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 02 | 03 | 04 | 05 | 06 |
| 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 Blueberry Lemon MuffinWhole Fresh FruitLunchMongolian Beef & VegetablesBrown RiceFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Toasted Sesame Seed & Lemon Breakfast BreadWhole Fresh FruitLunchSouthwest Bean & Cheese BurritoSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Corn Bread WafflesWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackSoft Cream Cheese Stuffed Cinnamon Raisin Bagel BiteWhole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 09 | 10 | 11 | 12 | 13 |
| 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 Vanilla Mantecadas MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Lemon Raspberry Breakfast BreadWhole Fresh FruitLunchChicken Alfredo PastaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked French Toast SticksWhole Fresh FruitLunchBean and Cheese PupusasSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackPineapple Cinnamon Hodge (Rice Porridge)Whole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 16 | 17 | 18 | 19 | 20 |
| 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 Corn Bread MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Cacao Breakfast BreadWhole Fresh FruitLunchCOLD Chicken + Rice SaladFresh 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. SnackSoft Cream Cheese Stuffed Cinnamon Raisin Bagel BiteWhole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 23 | 24 | 25 | 26 | 27 |
| 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 Raspberry MuffinWhole Fresh FruitLunchLamb Ragout & VeggiesMushroom RiceFresh 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 Whole Grain Lemon WafflesWhole Fresh FruitLunchHomemade Veggie Turkey MeatloafBrown RiceSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCOLD Over Night Apple Cinnamon Oats - CupWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 30 |  |  |  |  |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers |  |  | 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 Bell pepper bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower cucumber green beans kale leeks lettuces mushrooms mustard onion peas (chile) potatoes radicchio radishes scallions shallots spinach tomato turnips

Just some of the fruits this month:

Apples apricot blackberry blueberry cherimoyas cherries dates kiwi lemon loquats mandarins nectarines oranges peaches pears plums pluots raspberries rhubarb strawberry

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