True Sunshine June 2025 Menu 

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 02 | 03 | 04 | 05 | 06 |
| 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 Blueberry Lemon Muffin  Whole Fresh Fruit  Lunch  Mongolian Beef & Vegetables  Brown Rice  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Toasted Sesame Seed & Lemon Breakfast Bread  Whole Fresh Fruit  Lunch  Southwest Bean & Cheese Burrito  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Corn Bread Waffles  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Soft Cream Cheese Stuffed Cinnamon Raisin Bagel Bite  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 |
| 09 | 10 | 11 | 12 | 13 |
| 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 Vanilla Mantecadas 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 Raspberry 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 French Toast Sticks  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  Pineapple Cinnamon Hodge (Rice Porridge)  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 16 | 17 | 18 | 19 | 20 |
| 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 Corn Bread Muffin  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Cacao Breakfast Bread  Whole Fresh Fruit  Lunch  COLD Chicken + Rice Salad  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  Soft Cream Cheese Stuffed Cinnamon Raisin Bagel Bite  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 23 | 24 | 25 | 26 | 27 |
| 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 Raspberry Muffin  Whole Fresh Fruit  Lunch  Lamb Ragout & Veggies  Mushroom Rice  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 Whole Grain Lemon Waffles  Whole Fresh Fruit  Lunch  Homemade Veggie Turkey Meatloaf  Brown Rice  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  COLD Over Night Apple Cinnamon Oats - Cup  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 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 |  |  | 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 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 |