

True Sunshine June 2026 Menu



Monday

01

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

08

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

15

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

22

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

29

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

Tuesday

02

A.M. Snack

W Home Baked Potato Cheddar
Cheese Muffin
Whole Fresh Fruit

Lunch

W NEW Chicken, Pancetta
Campanelli Pasta in a Mushroom
Cream Sauce
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Mini Empanadas

09

A.M. Snack

W NEW Home Baked Cacao Banana
Muffin
Whole Fresh Fruit

Lunch

W Turkey Spaghetti Bolognese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Mini Empanadas

16

A.M. Snack

W Home Baked Honey Lemon
Muffin
Whole Fresh Fruit

Lunch

W Chicken, Spinach & Cheese
Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Home Baked Delimanjoo
Whole Fresh Fruit

23

A.M. Snack

W NEW Home Baked Poppy Seed
Twist
Whole Fresh Fruit

Lunch

W Turkey Spaghetti Bolognese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Delimanjoo

30

A.M. Snack

W NEW Home Home Baked Potato
Cheddar Corn Muffin
Whole Fresh Fruit

Lunch

W Mac & Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Mini Empanadas

Wednesday

03

A.M. Snack

W Home Baked WOW Butter &
Banana Breakfast Bread
Whole Fresh Fruit

Lunch

W Chicken Fried Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese
and Coconut Stick

10

A.M. Snack

W NEW Home Baked Cacao
Streusel Breakfast Bread
Whole Fresh Fruit

Lunch

W Chicken Salad
W WW Pita
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Pumpkin Seed & Coconut
Biscuit

17

A.M. Snack

W NEW Chai-Spiced Pumpkin
Breakfast Bread
Whole Fresh Fruit

Lunch

W Mac & Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese
and Coconut Stick

24

A.M. Snack

W Home Baked Sour Cream
Streusel Breakfast Bread
Whole Fresh Fruit

Lunch

W BBQ Chicken Bowl (all in one)
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese
and Coconut Stick

Thursday

04

A.M. Snack

W Home Baked Cacao French
Toast Stick
Whole Fresh Fruit

Lunch

W Mac & Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

11

A.M. Snack

W Asiago Cheese Topped Bagel
Whole Fresh Fruit

Lunch

W NEW Turkey Dumplings with
Pesto Butter
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

18

A.M. Snack

W Home Baked Lemon Corn Bread
Waffles
Whole Fresh Fruit

Lunch

W NEW COLD Greek Pasta
Salad
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

25

A.M. Snack

W NEW Home Baked Cacao
Breakfast Coquille
Whole Fresh Fruit

Lunch

W Mac & Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

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

Friday

05

A.M. Snack

W Home Baked UBE Cranberry
Mantecadas Muffin
Whole Fresh Fruit

Lunch

W "Chefables" Chicken Bake
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Soft Pizza Pretzel
Stick
Whole Fresh Fruit

12

A.M. Snack

W COLD Over Night Apple
Cinnamon Oats - Cup
Whole Fresh Fruit

Lunch

W Chicken Fiesta Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade "POP" Rice
Whole Fresh Fruit

19

A.M. Snack

W Home Baked Blueberry
Breakfast Squares
Whole Fresh Fruit

Lunch

W Buttered Chicken
W Jasmine Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Soft Pizza Pretzel
Stick
Whole Fresh Fruit

26

A.M. Snack

W NEW COLD Over Night Lemon &
Brown Sugar Oats - Cup
Whole Fresh Fruit

Lunch

W Chicken, Cheese & Pickled Red
Onion Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade "POP" Rice
Whole Fresh Fruit

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



Just some of the fruits this month: Apple Apricot Apriums Blackberry Blueberry Boysenberry Cactus pear Cherries Dates Figs Kiwi Lemon Loquats Melon Mandarin Nectarine Oranges Peaches Pears Plums Pluots Raspberries Rhubarb Strawberry

NEW = New menu offering / **W** = Whole Grain Rich / **V** = Vegetarian Menu Option /  = Field Trip Menu Option /