True Sunshine March 2025 Menu 

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 03 | 04 | 05 | 06 | 07 |
| 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 Carrot Ginger Muffin  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Cocoa Cream Cheese Breakfast Bread  Whole Fresh Fruit  Lunch  Chefables Turkey Pepperoni Pizza PUFF  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Whole Grain Lemon Waffles  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Soft Cream Cheese Pretzel 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 |
| 10 | 11 | 12 | 13 | 14 |
| 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 Mini Panettone 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 Sour Cream Streusel Breakfast Bread  Whole Fresh Fruit  Lunch  Chefables Cheese Pizza PUFF  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Buttermilk Pancakes  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  Hodge Podge (Rice Porridge)  Whole Fresh Fruit  Lunch  Lamb Ragout & Veggies  Brown Rice  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 17 | 18 | 19 | 20 | 21 |
| 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 Cacao Brioche 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 WOW Butter & Banana Breakfast Bread  Whole Fresh Fruit  Lunch  Chefables BBQ Chicken Sandwich  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked Lemon Ricotta Pancakes  Whole Fresh Fruit  Lunch  Chicken Tamale  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Home Baked Fresh Pear Lemon Square  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade Soft Pizza Pretzel Stick  Whole Fresh Fruit |
| 24 | 25 | 26 | 27 | 28 |
| 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 Chai Muffin  Whole Fresh Fruit  Lunch  Chicken Fajita 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  Homemade Turkey Meatloaf  Brown Rice  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  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  COLD Over Night Oats - Cup  Whole Fresh Fruit  Lunch  Turkey Spaghetti Bolognese  Steamed/Fresh Vegetables  Fresh Fruit  Milk  P.M. Snack  Homemade "POP" Rice  Whole Fresh Fruit |
| 31 |  |  |  |  |
| 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 Asian greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard kale lettuces mushrooms onion parsnips potatoes radishes rutabagas scallions spinach winter squash sweet potato sunchokes turnips

Just some of the fruits this month:
Apple Asian pear dates Grapefruit kiwi kumquat lemon limes mandarin oranges persimmon pomelos strawberry

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