True Sunshine December 2024 Menu 

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 02 | 03 | 04 | 05 | 06 |
| A.M. SnackBreakfast CerealWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Chai MuffinWhole Fresh FruitLunchCheesiest PizzaSteamed/Fresh VegetablesFresh FruitP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Poppy Seed Babka (Mohn Filling)Whole Fresh FruitLunchCOLD Southwest Chicken & Cabbage SaladMexican Flat BreadSteamed/Fresh VegetablesFresh FruitP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked French Toast Sticks w/ Dried FruitWhole Fresh FruitLunchHomemade Cranberry MeatloafBrown RiceSteamed/Fresh VegetablesFresh FruitP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCOLD Over Night Coconut Oats - CupWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitP.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 FruitP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked KuKu SquaresWhole Fresh FruitLunchThree Cheesy PastaSteamed/Fresh VegetablesFresh FruitP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Lemon Zucchini Breakfast BreadWhole Fresh FruitLunchVeggie + Cheese QuicheSteamed/Fresh VegetablesFresh FruitP.M. SnackHomemade Mini Empanadas | A.M. SnackUBE Cream Cheese Stuffed Bagel BiteWhole Fresh FruitLunchChicken & Vegetable StewHome Baked Corn Bread MuffinFresh FruitP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackPeach Hodge Podge (Rice Porridge)Whole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 16 | 17 | 18 | 19 | 20 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Classic Banana MuffinWhole Fresh FruitLunchTurkey Chorizo, Cheese, Cabbage & Brown Rice BurritoSteamed/Fresh VegetablesFresh FruitP.M. SnackHome Baked DelimanjooWhole Fresh Fruit | A.M. SnackHome Baked Winter Harvest Breakfast BreadWhole Fresh FruitLunchChefables BBQ Chicken SandwichSteamed/Fresh VegetablesFresh FruitP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Buttermilk PancakesWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitP.M. SnackA2 Organic Vanilla YogurtHome Baked Mini Muffin | A.M. SnackPoblano Chile & Asiago Cheese Topped BagelWhole Fresh FruitLunchTurkey Mandu Dumplings (Korean dumplings)Steamed/Fresh VegetablesFresh FruitP.M. SnackChefables Very Own Cheese SticksHomemade "POP" Rice |
| 23 | 24 | 25 | 26 | 27 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Made Pandan Concha!Whole Fresh FruitLunchPork Fajita Burrito!Steamed/Fresh VegetablesFresh FruitP.M. SnackHome Baked DelimanjooWhole Fresh Fruit | Closed | Closed | Closed |
| 30 | 31 |  |  |  |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Classic Banana MuffinWhole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitP.M. SnackHomemade Mini Empanadas |  | 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 green beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens kale leeks lettuce mushroom okra parsnip peppers radishes rutabaga scallions spinach winter squash sunchokes sweet potato tomatillo tomatoes turnips zucchini Seasonal Vegetables

Just some of the fruits this month:

Apples citron grapefruit grapes guava kiwi kumquats lemons limes mandarins oranges pomegranates pomelo pears persimmons pineapple Seasonal Fruits

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