True Sunshine December 2024 Menu 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 02 | 03 | 04 | 05 | 06 |
| A.M. Snack  Breakfast Cereal  Whole Fresh Fruit  Lunch  Natural Chicken Tenders  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Baked Chai Muffin  Whole Fresh Fruit  Lunch  Cheesiest Pizza  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Poppy Seed Babka (Mohn Filling)  Whole Fresh Fruit  Lunch  COLD Southwest Chicken & Cabbage Salad  Mexican Flat Bread  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Homemade Brazilian Cheese and Coconut Stick | A.M. Snack  Home Baked French Toast Sticks w/ Dried Fruit  Whole Fresh Fruit  Lunch  Homemade Cranberry Meatloaf  Brown Rice  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  COLD Over Night Coconut Oats - Cup  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  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  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Baked KuKu Squares  Whole Fresh Fruit  Lunch  Three Cheesy Pasta  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Pumpkin Seed & Coconut Biscuit | A.M. Snack  Home Baked Lemon Zucchini Breakfast Bread  Whole Fresh Fruit  Lunch  Veggie + Cheese Quiche  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  UBE Cream Cheese Stuffed Bagel Bite  Whole Fresh Fruit  Lunch  Chicken & Vegetable Stew  Home Baked Corn Bread Muffin  Fresh Fruit  P.M. Snack  A2 Organic Vanilla Yogurt  Yummy Chefables Rolled Oats Cereal | A.M. Snack  Peach Hodge Podge (Rice Porridge)  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  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  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Baked Classic Banana Muffin  Whole Fresh Fruit  Lunch  Turkey Chorizo, Cheese, Cabbage & Brown Rice Burrito  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Home Baked Delimanjoo  Whole Fresh Fruit | A.M. Snack  Home Baked Winter Harvest Breakfast Bread  Whole Fresh Fruit  Lunch  Chefables BBQ Chicken Sandwich  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Homemade Mini Empanadas | A.M. Snack  Home Baked Buttermilk Pancakes  Whole Fresh Fruit  Lunch  Mac & Cheese  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  A2 Organic Vanilla Yogurt  Home Baked Mini Muffin | A.M. Snack  Poblano Chile & Asiago Cheese Topped Bagel  Whole Fresh Fruit  Lunch  Turkey Mandu Dumplings (Korean dumplings)  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Chefables Very Own Cheese Sticks  Homemade "POP" Rice |
| 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  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Made Pandan Concha!  Whole Fresh Fruit  Lunch  Pork Fajita Burrito!  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Home Baked Delimanjoo  Whole Fresh Fruit | Closed | Closed | Closed |
| 30 | 31 |  |  |  |
| A.M. Snack  Breakfast Cereal of the Day  Whole Fresh Fruit  Lunch  Natural Chicken Tenders  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Chefables Very Own Cheese Sticks  Home Baked Crackers | A.M. Snack  Home Baked Classic Banana Muffin  Whole Fresh Fruit  Lunch  Chicken, Butter Noodles & Parmesan Cheese  Steamed/Fresh Vegetables  Fresh Fruit  P.M. Snack  Homemade Mini Empanadas |  | 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 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 |