True Sunshine July 2025 Menu 

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Jul 01 | 02 | 03 | 04 |
| 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 | A.M. SnackHome Baked Blueberry Lemon MuffinWhole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Banana Cacao Breakfast BreadWhole Fresh FruitLunchBulgogi Beef & VegetablesBrown RiceFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Buttermilk PancakesWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | Closed |
| 07 | 08 | 09 | 10 | 11 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Cacao Chip Mantecadas MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Toasted Sesame Seed & Lemon Breakfast BreadWhole Fresh FruitLunchChicken Alfredo PastaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked French Toast SticksWhole Fresh FruitLunchBean and Cheese PupusasSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackHome Baked Ube Breakfast CoquilleWhole Fresh FruitLunchTurkey Spaghetti BologneseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 14 | 15 | 16 | 17 | 18 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Cheddar Brioche MuffinWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Coconut Cranberry Breakfast BreadLunchCOLD Asian Pasta Chicken SaladFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Whole Grain Banana WaffleWhole Fresh FruitLunchChicken Chow MeinSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCheddar Cheese & Scallion BagelWhole Fresh FruitLunchChicken Alfredo PastaSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Soft Pizza Pretzel StickWhole Fresh Fruit |
| 21 | 22 | 23 | 24 | 25 |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Cranberry Orange MuffinWhole Fresh FruitLunchAncho Chili & Chicken, Sour Cream & Brown Rice BurritoSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHome Baked DelimanjooWhole Fresh Fruit | A.M. SnackHome Made Concha!Whole Fresh FruitLunchTurkey Chili Con Carne + VegetablesBrown RiceFresh FruitMilkP.M. SnackPumpkin Seed & Coconut Biscuit | A.M. SnackHome Baked Whole Grain Strawberry WafflesWhole Fresh FruitLunchCOLD Caesar Chicken Pasta SaladFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | A.M. SnackCOLD Over Night Oats - CupWhole Fresh FruitLunchMac & CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade "POP" RiceWhole Fresh Fruit |
| 28 | 29 | 30 | 31 |  |
| A.M. SnackBreakfast Cereal of the DayWhole Fresh FruitLunchNatural Chicken TendersSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackChefables Very Own Cheese SticksHome Baked Crackers | A.M. SnackHome Baked Blueberry Lemon MuffinWhole Fresh FruitLunchChicken, Butter Noodles & Parmesan CheeseSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Mini Empanadas | A.M. SnackHome Baked Lemon Poppy Breakfast BreadWhole Fresh FruitLunchChicken Chow MeinSteamed/Fresh VegetablesFresh FruitMilkP.M. SnackHomemade Brazilian Cheese and Coconut Stick | A.M. SnackHome Baked Asiago Cheese TwistWhole Fresh FruitLunchCOLD Vietnamese Chicken SaladFresh FruitMilkP.M. SnackA2 Organic Vanilla YogurtYummy Chefables Rolled Oats Cereal | 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:

Arugula Asian greens avocado beets bok choy broccoli green beans cabbage carrots cauliflower chard celery corn cucumber collard cress eggplant endive kale leeks lettuces mushrooms mustard okra onion peas peppers potato radicchio radishes scallions shallots spinach sprouts summer squash tomatillo tomato turnips

Just some of the fruits this month:

Apple apricot blackberry blueberry boysenberry cactus pear cherries dates figs grapes lemon melon mulberries nectarine oranges peaches plums pluots raspberries rhubarb strawberry

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