

November 2017 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

- 6 **Breakfast**
 ● Breakfast Cereal
 Whole Fresh Fruit
Lunch
 NEW ● Tofu & Veggie Brown
 Fried Rice
 Fresh Fruit
 Steamed Vegetables
PM Snack
 ● Homemade Maple Squash
 Mini Empanadas
 ✓ Same

- 13 **Breakfast**
 ● Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Mac & Cheese
 Fresh Fruit
 Steamed Vegetables
PM Snack
 String Cheese
 ● Home Baked Graham
 Crackers
 ✓ Same

20 **Centers Closed Today**

- 27 **Breakfast**
 ● Breakfast Cereal
 Whole Fresh Fruit
Lunch
 ● Homemade Chicken
 Enchillada Bake
 Fresh Fruit
 Steamed Vegetables
PM Snack
 String Cheese
 ● Home Baked Pizza Crackers
 ✓ ● Brown Rice + Beans

- 7 **Breakfast**
 ● Home Baked Ginger Breakfast
 Bread
 Whole Fresh Fruit
Lunch
 ● Turkey "Pepperoni" & Cheese
 Pizza
 Fresh Fruit
 Steamed Vegetables
PM Snack
 WOWButter
 Baby Carrots
 ✓ Spinach + Cheese Ravioli

- 14 **Breakfast**
 ● Home Baked Cheddar Cheese
 Breakfast Bread
 Whole Fresh Fruit
Lunch
 ● Thai Coconut Curry Chicken
 Fried Brown Rice
 Fresh Fruit
 Steamed Vegetables
PM Snack
 ● Home Baked Lemon Tea Biscuit
 Whole Fresh Fruit
 ✓ ● Coconut Curry Lentils Fried
 Brown Rice

21 **Centers Closed Today**

- 28 **Breakfast**
 ● Home Baked Lemon Poppy
 Seed Breakfast Bread
 Whole Fresh Fruit
Lunch
 ● Stuffed Homemade Red Bean
 and Cheese Buns
 Fresh Fruit
 Steamed Vegetables
PM Snack
 ● Home Baked WG Rolla Roll
 Whole Fresh Fruit
 ✓ ● Same

- 1 **Breakfast**
 ● Home Baked WG Pancakes
 Fresh Berry Compote
Lunch
 ● Stuffed Homemade BBQ
 Chicken Bun
 Succotash Salad
 Roasted Red Bliss Potatoes
PM Snack
 ● Homemade WG "POP"rice
 Whole Fresh Fruit
 ✓ Spinach + Cheese Ravioli

- 8 **Breakfast**
 ● Home Baked WG Corn
 Pancakes
 Fresh Berry Compote
Lunch
 Natural Chicken Tenders
 Creamy Coleslaw
 Roasted Sweet Potatoes
PM Snack
 ● Home Baked Cinnamon
 Monkey Bread
 Whole Fresh Fruit
 ✓ Cheesiest Pizza

- 15 **Breakfast**
 ● Home Baked WG French
 Toast Sticks
 Fresh Berry Compote
Lunch
 NEW ● Stuffed Homemade BBQ
 Beef Buns
 Cilantro Corn Salad
 Roasted Yukon Gold Potatoes
PM Snack
 ● Homemade WG "POP"rice
 Whole Fresh Fruit
 ✓ ● Toasted Cheese Sandwich

22 **Agency/ Centers Closed Today**

- 29 **Breakfast**
 ● Home Baked WG Waffles
 Fresh Berry Compote
Lunch
 ● Chimichurri Chicken Burrito
 Fresh Fruit
 Steamed Vegetables
PM Snack
 ● Homemade WG "POP"rice
 Whole Fresh Fruit
 ✓ ● Cheese Quesadilla

- 2 **Breakfast**
 ● Home Baked Kuku Carrot
 Muffin
 Whole Fresh Fruit
Lunch
 ● Whole Wheat Cheese + Bean
 Baby Burrito
 Fresh Fruit
 Steamed Vegetables
PM Snack
 Yogurt
 ● Yummy Granola
 ✓ ● Same

- 9 **Breakfast**
 ● Home Baked Sundried Tomato
 & Scallion Muffin
 Whole Fresh Fruit
Lunch
 Italian Turkey Meatball Sub on
 NEW Parmesan mini Hoagie Roll
 Fresh Fruit
 Steamed Vegetables
PM Snack
 Yogurt
 ● Yummy Granola
 ✓ Italian Tofu Sub on mini hoagie

- 16 **Breakfast**
 ● Home Baked Denver (Turkey)
 Omelette Muffin
 Whole Fresh Fruit
Lunch
 ● BYO Soft Chicken Tacos
 Fresh Fruit
 Steamed Vegetables
PM Snack
 Yogurt
 ● Yummy Granola
 ✓ ● BBQ Tofu Soft Tacos

23 **HAPPY Thanksgiving**

Centers Closed Today

- 30 **Breakfast**
 ● Chefables Very Own Home
 Baked Downtowner Muffin
 Whole Fresh Fruit
Lunch
 Spaghetti & Turkey Meatballs
 Fresh Fruit
 Steamed Vegetables
PM Snack
 Yogurt
 ● Yummy Granola
 ✓ Red Bean Spaghetti

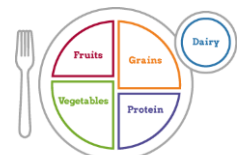
- 3 **Breakfast**
 ● Home Baked Pretzel Bagel
 Whole Fresh Fruit
Lunch
 ● Cheesiest Pizza
 Fresh Fruit
 Steamed Vegetables
PM Snack
 ● Home Baked Lemon Tea Biscuit
 Baby Carrots
 ✓ ● Same

10 **Agency Holiday**

- 17 **Breakfast**
 NEW ● Home Baked Rye Twist
 Bagel
 Whole Fresh Fruit
Lunch
 NEW ● Sundried Tomato Turkey
 Burrito
 Fresh Fruit
 Steamed Vegetables
PM Snack
 ● Three Cheddar Cheese Melts
 ✓ Cheese Quesadilla

24 **HAPPY Thanksgiving**

Centers Closed Today



MyPlate

Notes:

Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.

* Lowfat Milk served at ALL breakfast and lunch meals. All Milk served is rBST-free.

**One Grain serving per day must be WGR, M/MA may be substituted for a breakfast grain (3X/week max)

● DENOTES Whole Grain Rich



Just some of the vegetables this month

Artichokes, Asian Greens, Beets, Bok Choy, Broccoli, Broccoli Rabe, Cabbage, Carrots, Cauliflower, Celery, Brussels Sprouts, Corn, Cucumber, Green Beans, Kale, Lettuces, Mushrooms, Onions, Parsnips, Peppers, Peas, Potatoes, Radishes, Rhubarb, Scallions, Spinach, Squash, Sweet Potato, Tomatoes, Turnips



Just some of the fruit this month

Apples, Asian Pears, Blackberries, Dates, Figs, Kiwi, Lemons, Limes, Mandarins, Oranges, Peaches, Pears, Pineapple, Persimmons, Plums, Strawberries

Serving Sizes Overview

3-5 Year Olds

Breakfast	
WGR Grain**	1/2 sl or svg or 1/4 c
Fruit/Veg	1/2 c
Milk	6oz*
Lunch	
Meat/Alt	1-1/2 oz
WGR Grain**	1/2 sl or svg, or 1/4 c
Veg	1/4 c
Fruit (or 2 nd Veg)	1/4 c
Milk	6oz*
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, 1/4 c or 1/4 c
Milk	6oz*