

Foundation December 2020 Menu



Monday

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

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

07

Breakfast

W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Corn

Whole Fresh Fruit

W V Cheesiest Pizza

PM Snack

Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)

W Home Baked Crackers

14

Breakfast

W Breakfast Cereal

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Peas

Whole Fresh Fruit

W V Grilled Cheese Sandwich

PM Snack

Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)

W Home Baked Crackers

21

Closed

28

Closed

Tuesday

01

Breakfast

W Home Baked Apricot Square

Whole Fresh Fruit

Lunch

W BBQ Chicken + Cornbread

Peas

Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt

W Yummy Granola

08

Breakfast

W Home Baked Schnecken Muffin

Whole Fresh Fruit

Lunch

W Fiesta Chicken Burrito

Peas

Whole Fresh Fruit

W V Cheese Quesadilla

PM Snack

Chefables Vanilla Yogurt

W Yummy Granola

15

Breakfast

W Home Baked Apricot Square

Whole Fresh Fruit

Lunch

W V Mac and Cheese

Corn

Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt

W Yummy Granola

22

Closed

29

Closed

Wednesday

02

Breakfast

W Home Baked Breakfast Bread

Whole Fresh Fruit

Lunch

W V Mac and Cheese

Green Beans

Whole Fresh Fruit

PM Snack

W Brazilian Cheese and Coconut

Stick

09

Breakfast

W Home Baked French Toast Sticks

Fruit Cups

Lunch

W Turkey Burger

Green Beans

Whole Fresh Fruit

W V Grilled Cheese Sandwich

PM Snack

W Cinnamon Raisins

W Home Baked KuKu Bread

16

Breakfast

W Whole Grain Waffles

Fruit Cups

Lunch

W Homemade Turkey Meatloaf +

Bread Stuffing

Roasted Carrots

Whole Fresh Fruit

W V Brown Rice + Beans

PM Snack

W Cinnamon Raisins

W Home Baked KuKu Bread

23

Closed

30

Closed

Thursday

03

Breakfast

W Home Baked Downtowner Muffin

Whole Fresh Fruit

Lunch

W V Cheesiest Pizza

Peas

Whole Fresh Fruit

PM Snack

W Homemade "POP" Rice

Baby Carrots

10

Breakfast

W Home Baked Breakfast Bread

Whole Fresh Fruit

Lunch

W V Mac and Cheese

Steamed Vegetables

Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt

W Yummy Granola

17

Breakfast

W Home Baked Potato Cheddar

Cheese Muffin

Whole Fresh Fruit

Lunch

W V Cheesiest Pizza

Broccoli

Whole Fresh Fruit

PM Snack

Chefables Vanilla Yogurt

W Yummy Granola

24

Closed

31

Closed

Friday

04

Breakfast

W Home Baked Cinnamon Maple

Raisin Muffin

Whole Fresh Fruit

Lunch

W Natural Chicken Tenders

Corn

Whole Fresh Fruit

PM Snack

Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)

W Home Baked Crackers

11

Breakfast

W Home Baked Corn Bread Muffin

Whole Fresh Fruit

Lunch

W Turkey Pot Stickers w/Pesto

Butter Sauce

Broccoli

Whole Fresh Fruit

W V Brown Rice + Beans

PM Snack

Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)

W Home Baked Soft Granola Stick

18

Closed

25

Closed

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

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

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- Please note that Infant / Toddler food should be pulsed, blanched or cut small to be aligned with the developmental stage of the children.
- 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.



Just some of the vegetables this month Artichoke, arugula, Asian green, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, kale, leeks, lettuce, mushroom, okra, parsnip, peppers, radishes, rutabaga, scallions, spinach, winter squash, sunchoke, sweet potato, tomatillo, tomatoes, turnips, zucchini



Just some of the fruits this month Apples, citron, grapefruit, grapes, guava, kiwi, kumquats, lemons, limes, mandarins, oranges, pomegranates, pomelo, pears, persimmons, pineapple

NEW = New menu offering **W** = Whole Grain Rich **V** = Vegetarian Menu Option **FF** = Finger Food Menu Option