

Grab 'n Go December 2020 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06
<p>Breakfast</p> <ul style="list-style-type: none"> W Home Baked Muffin Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Cheesiest Pizza Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Vanilla Yogurt W Yummy Granola

07
<p>Breakfast</p> <ul style="list-style-type: none"> W Breakfast Cereal Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W BBQ Chicken Stuffed Bun Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch) W Home Baked Crackers

14
<p>Breakfast</p> <ul style="list-style-type: none"> W Breakfast Cereal Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Teriyaki Turkey Stuffed Bun Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch) W Home Baked Crackers

21
Closed

28
Closed

08
<p>Breakfast</p> <ul style="list-style-type: none"> W Home Baked Muffin Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Turkey Sausage Roll Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Vanilla Yogurt W Yummy Granola

15
<p>Breakfast</p> <ul style="list-style-type: none"> W Home Baked Mini Panettone Muffin Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Cheesiest Pizza Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Vanilla Yogurt W Yummy Granola

22
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29
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30
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01
<p>Breakfast</p> <ul style="list-style-type: none"> W Home Baked Muffin Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Cheesiest Pizza Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Vanilla Yogurt W Yummy Granola

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22
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29
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02
<p>Breakfast</p> <ul style="list-style-type: none"> W Home Baked French Toast Sticks Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Home Made Burrito (Three Cheese/Bean + Cheese/Fiesta) Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch) W Homemade "POP" Rice

09
<p>Breakfast</p> <ul style="list-style-type: none"> W Whole Grain Waffles Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Home Made Burrito (Three Cheese/Bean + Cheese/Fiesta) Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch) W Homemade "POP" Rice

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30
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03
<p>Breakfast</p> <ul style="list-style-type: none"> W Home Baked Muffin Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Turkey Sausage Roll Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Vanilla Yogurt W Chefables Nut-Free Trail Mix

10
<p>Breakfast</p> <ul style="list-style-type: none"> W Home Baked Muffin Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Cheesiest Pizza Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Vanilla Yogurt W Chefables Nut-Free Trail Mix

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24
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31
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04
<p>Breakfast</p> <ul style="list-style-type: none"> W Breakfast Cereal Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W BBQ Chicken Stuffed Bun Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch) W Home Baked Soft Granola Stick

11
<p>Breakfast</p> <ul style="list-style-type: none"> W Breakfast Cereal Whole Fresh Fruit <p>Lunch</p> <ul style="list-style-type: none"> W Teriyaki Turkey Stuffed Bun Fresh Veggies Whole Fresh Fruit <p>PM Snack</p> <ul style="list-style-type: none"> Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch) W Home Baked Soft Granola Stick

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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.
- Milk served at ALL breakfast and lunch meals. All Milk served is rBST-free.
- One Grain serving per day must be WGR. MMA may be substituted for a breakfast grain (3X/week max).



Just some of the vegetables this month Bell pepper, broccoli, bean (green), carrots, cauliflower, corn, jicama, onion, peas, pepper (chile), scallions, squash (summer), tomato



Just some of the fruits this month Apples, Blackberry, Blueberry, Boysenberry, Cactus pear, Kiwi, Lemon, Mandarin, Nectarine, Oranges, Peaches, Pears, Raspberries, Strawberry

W = Whole Grain Rich