

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Serving Sizes Overview</div><div>3-5 Year Olds</div><div>Breakfast</div><div>WGR Grain 1/2 sl/svg, 1/3c or 1/4 c</div><div>Fruit/Veg 1/2 c</div><div>Milk 6 oz</div><div>Lunch/Supper</div><div>Meat/Alt 1-1/2 oz</div><div>WGR Grain 1/2 sl or svg, or 1/4 c</div><div>Veg 1/4 c</div><div>Fruit (or 2nd Veg) 1/4 c</div><div>Milk 6 oz</div><div>PM Snack (2 items only)</div><div>Veg 1/2 c</div><div>Fruit 1/2 c</div><div>Meat/Alt 1/2 oz, 1/4 c</div><div>WGR Grain 1/2 sl or svg or 1/4 c</div><div>Milk 4 oz</div></div>	<div><div>Serving Sizes Overview</div><div>1-2 Year Olds</div><div>Breakfast</div><div>WGR Grain 1/2 sl or svg or 1/4 c</div><div>Fruit/Veg 1/4 c</div><div>Milk 4 oz</div><div>Lunch/Supper</div><div>Meat/Alt 1 oz</div><div>WGR Grain 1/2 sl or svg or 1/4 c</div><div>Veg 1/8 c</div><div>Fruit (or 2nd Veg) 1/8 c</div><div>Milk 4 oz</div><div>PM Snack (2 items only)</div><div>Veg 1/2 c</div><div>Fruit 1/2 c</div><div>Meat/Alt 1/2 oz, 1/4 c</div><div>Grain 1/2 sl or svg, or 1/4 c</div><div>Milk 4 oz</div></div>		<div><div>May 01</div><div>Breakfast</div><div>W Home Baked Ube Breakfast</div><div>Coquille</div><div>Whole Fresh Fruit</div><div>Milk</div><div>A2 Organic Vanilla Yogurt</div><div>Lunch</div><div>BBQ Chicken</div><div>W V Brown Rice</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Cheese Quesadilla</div><div>P.M. Snack</div><div>W Homemade Brazilian Cheese and Coconut Stick</div></div>	<div><div>02</div><div>Breakfast</div><div>W Home Baked KuKu Squares</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Lunch</div><div>W Chicken & Cheese Enchilada</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Bean and Cheese Pupusas</div><div>P.M. Snack</div><div>A2 Organic Vanilla Yogurt</div><div>W Yummy Chefables Rolled Oats Cereal</div></div>
<div><div>05</div><div>Breakfast</div><div>W Breakfast Cereal of the Day</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Lunch</div><div>W Turkey Spaghetti Bolognese</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Brown Rice & Beans</div><div>P.M. Snack</div><div>Chefables Very Own Cheese Sticks</div><div>W Home Baked Crackers</div></div>	<div><div>06</div><div>Breakfast</div><div>W NEW Home Baked Cacao Mantecadas Muffin</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Chefables Very Own Cheese Sticks</div><div>Lunch</div><div>W Natural Chicken Tenders</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Grilled Cheese Sandwich</div><div>P.M. Snack</div><div>Chefables Very Own Cheese Sticks</div><div>W Home Baked Crackers</div><div>Fresh Veggies</div></div>	<div><div>07</div><div>Breakfast</div><div>W Home Baked Blueberry Breakfast Bread</div><div>Whole Fresh Fruit</div><div>Milk</div><div>A2 Organic Vanilla Yogurt</div><div>Lunch</div><div>W V Mac & Cheese</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>P.M. Snack</div><div>W Pumpkin Seed & Coconut Biscuit</div></div>	<div><div>08</div><div>Breakfast</div><div>W Home Baked Buttermilk Pancakes</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Hard Boiled Egg</div><div>Lunch</div><div>W COLD Asian Pasta Chicken Salad</div><div>Fresh Fruit</div><div>Milk</div><div>W V Cheese Quesadilla</div><div>Steamed/Fresh Vegetables</div><div>P.M. Snack</div><div>W Homemade Mini Empanadas</div></div>	<div><div>09</div><div>Breakfast</div><div>W Orange-Cinnamon Hodge Podge (Rice Porridge)</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Lunch</div><div>W V Bean and Cheese Pupusas</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>P.M. Snack</div><div>A2 Organic Vanilla Yogurt</div><div>W Yummy Chefables Rolled Oats Cereal</div></div>
<div><div>12</div><div>Breakfast</div><div>W Breakfast Cereal of the Day</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Lunch</div><div>W Chicken, Butter Noodles & Parmesan Cheese</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Brown Rice & Beans</div><div>P.M. Snack</div><div>W Homemade Brazilian Cheese and Coconut Stick</div></div>	<div><div>13</div><div>Breakfast</div><div>W Home Baked Banana, Blueberry Muffin</div><div>Whole Fresh Fruit</div><div>Milk</div><div>A2 Organic Vanilla Yogurt</div><div>Lunch</div><div>W Natural Chicken Tenders</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Cheese Quesadilla</div><div>P.M. Snack</div><div>Chefables Very Own Cheese Sticks</div><div>W Home Baked Crackers</div></div>	<div><div>14</div><div>Breakfast</div><div>W NEW Home Baked Toasted Sesame Seed & Lemon Breakfast Bread</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Hard Boiled Egg</div><div>Lunch</div><div>W V Mac & Cheese</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>P.M. Snack</div><div>W Homemade Mini Empanadas</div></div>	<div><div>15</div><div>Breakfast</div><div>W Home Baked Cacao French Toast Stick</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Chefables Very Own Cheese Sticks</div><div>Lunch</div><div>W Cold Caesar Chicken & Pasta Salad</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Cold Bean + Orzo Salad</div><div>P.M. Snack</div><div>W Homemade Brazilian Cheese and Coconut Stick</div></div>	<div><div>16</div><div>Closed</div></div>
<div><div>19</div><div>Breakfast</div><div>W Breakfast Cereal of the Day</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Lunch</div><div>W NEW Chicken, Red Pepper & Cheese Burrito</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Grilled Cheese Sandwich</div><div>P.M. Snack</div><div>A2 Organic Vanilla Yogurt</div><div>W Yummy Chefables Rolled Oats Cereal</div></div>	<div><div>20</div><div>Breakfast</div><div>W Home Baked Honey Lemon Muffin</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Hard Boiled Egg</div><div>Lunch</div><div>W Natural Chicken Tenders</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Grilled Cheese Sandwich</div><div>P.M. Snack</div><div>Chefables Very Own Cheese Sticks</div><div>W Home Baked Crackers</div><div>Fresh Veggies</div></div>	<div><div>21</div><div>Breakfast</div><div>W Home Made Concha!</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Chefables Very Own Cheese Sticks</div><div>Lunch</div><div>W Chicken Fajita Burrito</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Cheese Quesadilla</div><div>P.M. Snack</div><div>A2 Organic Vanilla Yogurt</div><div>W Yummy Chefables Rolled Oats Cereal</div></div>	<div><div>22</div><div>Breakfast</div><div>W Home Baked Corn Bread Waffles</div><div>Whole Fresh Fruit</div><div>Milk</div><div>A2 Organic Vanilla Yogurt</div><div>Lunch</div><div>W Beef Burger on Honey WG Bun</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Cold Bean + Orzo Salad</div><div>P.M. Snack</div><div>W Pumpkin Seed & Coconut Biscuit</div></div>	<div><div>23</div><div>Breakfast</div><div>W COLD Over Night Cocoa Oats - Cup</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Lunch</div><div>Turkey Chili Con Carne + Vegetables</div><div>W V Brown Rice</div><div>Fresh Fruit</div><div>Milk</div><div>W V Bean and Cheese Pupusas</div><div>Steamed/Fresh Vegetables</div><div>P.M. Snack</div><div>A2 Organic Vanilla Yogurt</div><div>W Yummy Chefables Rolled Oats Cereal</div></div>
<div><div>26</div><div>Closed</div></div>	<div><div>27</div><div>Breakfast</div><div>W Breakfast Cereal of the Day</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Chefables Very Own Cheese Sticks</div><div>Lunch</div><div>W V Mac & Cheese</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>P.M. Snack</div><div>Chefables Very Own Cheese Sticks</div><div>W Home Baked Crackers</div></div>	<div><div>28</div><div>Breakfast</div><div>W Home Baked Lemon Poppy Breakfast Bread</div><div>Whole Fresh Fruit</div><div>Milk</div><div>A2 Organic Vanilla Yogurt</div><div>Lunch</div><div>W Natural Chicken Tenders</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Grilled Cheese Sandwich</div><div>P.M. Snack</div><div>Chefables Very Own Cheese Sticks</div><div>W Home Baked Crackers</div></div>	<div><div>29</div><div>Breakfast</div><div>W Home Baked Cheese Twist</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Hard Boiled Egg</div><div>Lunch</div><div>W Chicken Chow Mein</div><div>Steamed/Fresh Vegetables</div><div>Fresh Fruit</div><div>Milk</div><div>W V Cheese Quesadilla</div><div>P.M. Snack</div><div>W Homemade Brazilian Cheese and Coconut Stick</div></div>	<div><div>30</div><div>Breakfast</div><div>W Home Baked Black + White Breakfast Squares</div><div>Whole Fresh Fruit</div><div>Milk</div><div>Lunch</div><div>W NEW Bulgogi Beef & Vegetables</div><div>W V Brown Rice</div><div>Fresh Fruit</div><div>Milk</div><div>W V Bean and Cheese Pupusas</div><div>Steamed/Fresh Vegetables</div><div>P.M. Snack</div><div>A2 Organic Vanilla Yogurt</div><div>W Yummy Chefables Rolled Oats Cereal</div></div>

Notes

- Please note that Infant / Toddler food should be pulsed, blanched or cut small to be aligned with the developmental stage of the children.
- 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 greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard celery collard kale leeks lettuces mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchokes squash (winter) tomato turnips Bell pepper cucumber green beans (chile) shallots



Just some of the fruits this month: Apple Asian pear cherimoyas cherries dates grapefruit kumquat lemon limes mandarin oranges pomelos rhubarb strawberry Apples apricot blackberry blueberry kiwi loquats mandarins nectarines peaches pears plums pluots raspberries

NEW = New menu offering **W** = Whole Grain Rich **V** = Vegetarian Menu Option **FT** = Field Trip Menu Option /