

# Little Angel December 2018 Menu



## Monday

0 **AM Snack**  
 3 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Pineapple + Raisin  
 Mini Empanadas

1 **AM Snack**  
 0 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 BYO Roasted Chicken Tacos  
 V BYO BBQ Lentil Tacos  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Raspberry Apple Mini  
 Empanadas

1 **Closed**

7

2 **Closed**

4

3 **Closed**

1

## Tuesday

0 **AM Snack**  
 4 NEW W Home Baked Lemon  
 Apricot Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 V Vegetable Egg Frittata  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Cheddar Cheese Melts

1 **AM Snack**  
 1 NEW W Home Baked Carrot  
 Ginger Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 Spaghetti & Turkey Meatballs  
 V Red Bean Spaghetti  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 WOW Butter  
 Baby Carrots

1 **Closed**

8

2 **Closed**

5

## Wednesday

0 **AM Snack**  
 5 W Home Baked French Toast  
 Sticks  
 Fresh Strawberry Compote  
**Lunch**  
 BBQ Chicken  
 V BBQ Beans  
 W Home Baked Corn Bread  
 Muffin  
 Roasted Yukon Gold Potatoes  
 Succotash Salad  
**PM Snack**  
 W Home Baked Raspberry Rolla  
 Roll  
 Whole Fresh Fruit

1 **AM Snack**  
 2 W Raspberry + Cocoa Waffles  
 Fresh Strawberry Compote  
**Lunch**  
 W Natural Chicken Tenders  
 V Cheesiest Pizza  
 Roasted Sweet Potatoes  
 Creamy Cabbage Coleslaw  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

1 **Closed**

9

2 **Closed**

6

## Thursday

0 **AM Snack**  
 6 W Home Baked Red Pepper and  
 Cheddar Muffin  
 Whole Fresh Fruit  
**Lunch**  
 NEW W Stuffed Homemade  
 Chicken, Cheese + Scallion Bun  
 V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

1 **AM Snack**  
 3 W Home Baked Ginger Bread  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W V Toasted Cheese Sandwich  
 on Fresh Focaccia  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

2 **Closed**

0

2 **Closed**

7

## Friday

0 **AM Snack**  
 7 W Home Baked Egg Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W V Whole Wheat Cheese and  
 Bean Baby Burrito  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Home Baked  
 WOW Butter Delimanjoo  
 Whole Fresh Fruit

1 **AM Snack**  
 4 NEW W Home Baked  
 Parmesan Cheese Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W V Egg Fried Brown Rice  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Soft Plain Pretzel Stick  
 Whole Fresh Fruit

2 **Closed**

1

2 **Closed**

8

### Notes

- 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 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

Just some of the fruits this month Apples, citron, grapefruit, grapes, guava, kiwi, kumquats, lemons, limes, mandarins, oranges, pomegranates, pomelo, pears, persimmons  
 NEW = New menu offering W = Whole Grain Rich V = Vegetarian Menu Option