

Little Angel February 2019 Menu



Monday

0 **AM Snack**
 4 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Stuffed Homemade
 Tofu + Scallion Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Sweet Potato Mini
 Empanadas

11 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Turkey "Pepperoni" and
 Cheese Pizza
 V Spinach + Cheese Ravioli
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Raspberry Apple Mini
 Empanadas

18 **Closed**

25 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 BYO BBQ Chicken Tacos
 V BBQ Lentils
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Apple + Raisin Mini
 Empanadas

Tuesday

0 **Closed**
 5

1 **AM Snack**
 2 W Home Baked Raspberry
 Cocoa Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Homemade Chicken
 Enchillada Bake
 V Cheese Quesadilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Lemon Tea
 Biscuit
 Whole Fresh Fruit

1 **AM Snack**
 9 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 BYO Roasted Chicken Tacos
 V BBQ Lentils
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 String Cheese
 W Home Baked Graham
 Crackers

2 **AM Snack**
 6 W Home Baked Ginger
 Breakfast Bread
 Whole Fresh Fruit
Lunch
 NEW Turkey Sloppy Joe
 Stuffed Bun
 V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 NEW W Home Baked
 WOWbutter "Drop" Biscuits
 Whole Fresh Fruit

Wednesday

0 **AM Snack**
 6 W Home Baked All Oat
 Pancake
 Fresh Strawberry Compote
Lunch
 W V Grilled Cheese "Flat
 Sammie" Sandwich
 Roasted Sweet Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

1 **AM Snack**
 3 NEW W Whole Grain
 Quinoa Orange Waffles
 Fresh Strawberry Compote
Lunch
 Turkey Sloppy Joes
 V Tofu Sloppy Joes
 W Whole Grain Bun
 Roasted Red Potatoes
 Pea Salad
PM Snack
 String Cheese
 W Home Baked Graham
 Crackers

2 **AM Snack**
 0 W Home Baked Oatmeal
 Buttermilk Biscuit
 Fresh Strawberry Compote
Lunch
 Homemade Turkey Meatball
 Sub
 V Italian Tofu Sub
 W Mini Hoagie Roll
 Roasted Sweet Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

2 **AM Snack**
 7 W Home Baked French Toast
 Sticks
 Fresh Strawberry Compote
Lunch
 W V Whole Wheat Cheese
 and Bean Baby Burrito
 Roasted Red Potatoes
 Pea Salad
PM Snack
 Chicken Salad
 V String Cheese
 W Greek Style Yogurt Roll

Thursday

0 **AM Snack**
 7 W Home Baked Cheddar
 Cheese Muffin
 Whole Fresh Fruit
Lunch
 W Beef and Vegetable Stew
 with brown rice
 V Vegetable and Tofu Stew
 with Brown Rice
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

1 **AM Snack**
 4 NEW W Home Baked Wild
 Berry Muffin
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

2 **AM Snack**
 1 W Home Baked Zucchini
 Muffin
 Whole Fresh Fruit
Lunch
 W Beef + Cheese Burrito
 V Brown Rice + Beans
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

2 **AM Snack**
 8 NEW W Home Baked
 Quinoa Carrot Muffin
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

Friday

0 **Closed**
 1
 0 **AM Snack**
 8 W Home Baked Pumpkin
 Bagel
 Whole Fresh Fruit
Lunch
 NEW W Chicken, Rice &
 Sour Cream Burrito
 V Cheese Quesadilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Raisin "Drop"
 Biscuits
 Whole Fresh Fruit

1 **AM Snack**
 5 W Home Baked Cinnamon
 Raisin Bagel
 Whole Fresh Fruit
Lunch
 W Fiesta Chicken Burrito
 V Brown Rice + Beans
 Steamed Vegetables
 Fresh Fruit
PM Snack
 NEW W Mozzarella Filled
 Pretzel Roll

2 **AM Snack**
 2 NEW W Home Baked
 Raspberry Bagel
 Whole Fresh Fruit
Lunch
 Turkey Spaghetti Bolognese
 V Red Bean Bolognese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Vanilla Roll
 Roll
 Whole Fresh Fruit

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: Arugula, Asian greens, asparagus, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, kale, leeks, lettuces, mushrooms, mustard greens, onion, parsnips, potatoes, radicchio, radishes, rutabagas, scallions, spinach, sprouts, sunchokes, squash (winter), sweet potato, turnips.



Just some of the fruits this month: Apple, Asian pear, cherimoyas, Grapefruit, dates, kiwi, kumquat, lemon, limes, mandarin, oranges, pomelos, pear, persimmons.

NEW = New menu offering W = Whole Grain Rich V = Vegetarian Menu Option