

Little Angel March 2019 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

04 **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

11 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W BYO Roasted Chicken Tacos
 V BYO BBQ Lentil Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Sweet Potato Mini Empanadas

18 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Homemade Chicken Enchillada Bake
 V Cheese Quesadilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Apple + Raisin Mini Empanadas

25 **Closed**

05 **AM Snack**
 NEW W Home Baked Morning Granola Breakfast Bread
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 String Cheese
 W Home Baked Graham Crackers

12 **AM Snack**
 W Home Baked Butternut Squash and Raisin Breakfast Bread
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Raisin "Drop" Biscuits
 Whole Fresh Fruit

19 **AM Snack**
 W Home Baked Raspberry Cocoa Breakfast Bread
 Whole Fresh Fruit
Lunch
 NEW W Chinese Chicken Stir Fry with brown rice
 V Chinese Tofu Stir Fry with brown rice
 NEW Steamed Vegetables
 Fresh Fruit
PM Snack
 String Cheese
 W Dried Fruit Focaccia Squares

26 **AM Snack**
 W Home Baked Banana Breakfast Bread
 Whole Fresh Fruit
Lunch
 NEW W Toasted Turkey + Cheese Sandwich on Fresh Focaccia
 V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 WOW Butter
 Baby Carrots

06 **AM Snack**
 W Whole Grain Quinoa
 Orange Waffles
 Fresh Strawberry Compote
Lunch
 Homemade Turkey Meatball Sub
 V Italian Tofu Sub
 W Mini Hoagie Roll
 Roasted Red Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

13 **AM Snack**
 W Home Baked French Toast
 Whole Fresh Fruit
Lunch
 W Fiesta Chicken Burrito
 V Brown Rice + Beans
 Roasted Sweet Potatoes
 Pea Salad
PM Snack
 String Cheese
 W Home Baked Graham Crackers

20 **AM Snack**
 W Home Baked Oatmeal
 Buttermilk Biscuit
 Fresh Strawberry Compote
Lunch
 W Beef + Cheese Burrito
 V Brown Rice + Beans
 Roasted Red Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

27 **AM Snack**
 W Home Baked WG Pancakes
 Fresh Strawberry Compote
Lunch
 W Natural Chicken Tenders
 V Spinach + Cheese Ravioli
 Roasted Sweet Potatoes
 Pea Salad
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

07 **AM Snack**
 NEW W Home Baked Potato
 Cheddar Cheese Muffin
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 V Spinach + Cheese Ravioli
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

14 **AM Snack**
 NEW W Home Baked Lemon
 Blueberry Muffin
 Whole Fresh Fruit
Lunch
 Turkey Spaghetti Bolognese
 V Red Bean Bolognese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

21 **AM Snack**
 W Home Baked Muffin
 Whole Fresh Fruit
Lunch
 W V Grilled Cheese "Flat Sannie" Sandwich
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

28 **AM Snack**
 NEW W Home Baked
 Blueberry Maple Pancake Muffin
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

01 **AM Snack**
 W Home Baked Bagel
 Whole Fresh Fruit
Lunch
 W Chicken Fried Brown Rice
 V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Soft Plain Pretzel Stick
 Whole Fresh Fruit

08 **AM Snack**
 W Home Baked Raspberry Bagel
 Whole Fresh Fruit
Lunch
 W Chicken Cheese & Sundried Tomato Burrito
 V Cheesiest Quesadilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Brazilian Cheese and Coconut Stick

15 **Closed**

22 **AM Snack**
 NEW W Home Baked Sesame Seed + Scallion
 Whole Fresh Fruit
Lunch
 W V Grilled Cheese "Flat Sannie" Sandwich
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

29 **AM Snack**
 W Home Baked Raspberry Bagel
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Cinnamon Raisin Monkey Bread
 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: Artichoke, Asian greens, asparagus, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, kale, lettuce, mushrooms, onion, parsnips, potatoes, radishes, rutabagas, scallions, spinach, sprouts, winter squash, sweet potato, sunchokes, turnips.

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

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