

Little Angel June 2019 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

03 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Turkey Sloppy Joes
 W Whole Grain Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 NEW W Pear + Raisin Mini
 Empanadas

10 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 BYO Roasted Chicken Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Maple Butternut Squash
 Mini Empanadas

17 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Mixed Berry + Banana
 Mini Empanadas

24 **AM Snack**
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Beef + Cheese Burrito
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade Mini
 empanadas

04 **AM Snack**
 W Home Baked Carrot
 Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
PM Snack
 WOW Butter
 Baby Carrots

11 **AM Snack**
 W Home Baked Breakfast
 Bread
 Whole Fresh Fruit
Lunch
 Spaghetti & Turkey Meatballs
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Cinnamon
 Monkey Bread
 Whole Fresh Fruit

18 **AM Snack**
 W Home Baked Morning
 Granola Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Homemade Chicken
 Enchillada Bake
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Cheddar Cheese Melts

25 **Closed**

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

12 **AM Snack**
 W Home Baked All Oat
 Pancake
 Fresh Strawberry Compote
Lunch
 W Cheesiest Pizza
 Roasted Sweet Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 W Brazilian Cheese and
 Coconut Stick

19 **AM Snack**
 W Whole Grain Waffles
 Fresh Strawberry Compote
Lunch
 W Natural Chicken Tenders
 Roasted Sweet Potatoes
 Creamy Cabbage Coleslaw
PM Snack
 String Cheese
 W Home Baked Graham
 Crackers

26 **AM Snack**
 W Home Baked Pancakes
 Fresh Strawberry Compote
Lunch
 W Hawaiian Meatballs served
 with brown rice
 Roasted Red Potatoes
 Steamed Vegetables
PM Snack
 W Home Baked Ginger Rolla
 Roll
 Whole Fresh Fruit

06 **AM Snack**
 W Home Baked Orange Muffin
 Whole Fresh Fruit
Lunch
 W Stuffed Homemade
 Chicken, Cheese + Scallion
 Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

13 **AM Snack**
 W Home Baked Muffin
 Whole Fresh Fruit
Lunch
 W Chicken Fried Brown Rice
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

20 **AM Snack**
 W Home Baked Lemon Poppy
 Muffin
 Whole Fresh Fruit
Lunch
 W Chinese Chicken Stir Fry
 with brown rice
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

27 **AM Snack**
 W Home Baked Quinoa Carrot
 Muffin
 Whole Fresh Fruit
Lunch
 BYO Shrimp Soft Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

07 **AM Snack**
 W Home Made Onion Pretzel
 Bagel
 Whole Fresh Fruit
Lunch
 W V Whole Wheat Cheese
 and Bean Baby Burrito
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

14 **AM Snack**
 W Home Baked Egg Bagel
 Whole Fresh Fruit
Lunch
 NEW W Homemade Roasted
 Lamb Shawarma
 NEW W Dill Yogurt Roll
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Delimanjoo
 Whole Fresh Fruit

21 **AM Snack**
 W Home Baked Bagel
 Whole Fresh Fruit
Lunch
 Turkey Burger
 W Whole Grain Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Raisin "Drop"
 Biscuits
 Whole Fresh Fruit

28 **AM Snack**
 W Home Baked Mexican
 Bagel
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 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, arugula, Asian greens, asparagus, avocado, bell pepper, beets, bok choy, broccoli, broccoli rabe, bean (green), cabbage, carrots, cauliflower, chard, celery, corn, cucumber, collard greens, cress, eggplant, endive, kale, leeks, lettuces, mushrooms, mustard greens, okra, onion, peas, pepper (chile), potato, radicchio, radishes, scallions, shallots, spinach, sprouts, squash (summer), tomatillo, tomato, turnips



Just some of the fruits this month Apple, Apricot, Apriums, Blackberry, Blueberry, Boysenberry, Cactus pear, Cherries, Dates, Figs, Kiwi, Lemon, Loquats, Melon, Mandarin, Nectarine, Oranges, Peaches, Pears, Plums, Pluots, Raspberries, Rhubarb, Strawberry

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