

Little Angel September 2019 Menu



Monday

02

Closed

09

AM Snack

W Breakfast Cereal
Whole Fresh Fruit
Lunch
Turkey + Red Bean Chili
W Home Baked Corn Bread Muffin
Steamed Vegetables
Fresh Fruit
V BBQ Beans
PM Snack
W Sweet Potato Orange Mini Empanadas

16

AM Snack

W Breakfast Cereal
Whole Fresh Fruit
Lunch
BYO Roasted Chicken Tacos
W WW Tortilla
Steamed Vegetables
Fresh Fruit
V BYO BBQ Lentil Tacos
PM Snack
W Kiwi Mini Empanadas

23

AM Snack

W Breakfast Cereal
Whole Fresh Fruit
Lunch
V Mac and Cheese
Steamed Vegetables
Fresh Fruit
PM Snack
W Homemade Mini empanadas

30

AM Snack

W Breakfast Cereal
Whole Fresh Fruit
Lunch
Homemade Turkey Meatloaf
W Whole Grain Roll
Steamed Vegetables
Fresh Fruit
V BBQ Tofu
PM Snack
W Dried Plum + Poppy Seed Mini Empanadas

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: Artichokes, arugula, Asian greens, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, green bean, cabbage, carrots, cauliflower, chard, celery, corn, cucumber, collard greens, cress, eggplant, endive, kale, leeks, lettuces, mushrooms, mustard greens, okra, olives, onion, peas, peppers, potato, radicchio, radishes, scallions, spinach, sprouts, summer squash, sunchokes, sweet potato, tomatillo, tomato, turnips



Just some of the fruits this month: Apple, avocado, Asian pear, blackberry, cactus pear, dates, figs, grapes, jujube, kiwi, lemon, melon, nectarine, oranges, peaches, pear, plums, pluots, quince, raspberries, strawberry

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

Tuesday

03

AM Snack

W Breakfast Cereal
Whole Fresh Fruit
Lunch
W Natural Chicken Tenders
Steamed Vegetables
Fresh Fruit
W V Cheese Quesadilla
PM Snack
W Apple + Raisin Mini Empanadas

10

AM Snack

W Home Baked Lemon Apricot Breakfast Bread
Whole Fresh Fruit
Lunch
W Stuffed Homemade Chicken, Cheese + Scallion Bun
Steamed Vegetables
Fresh Fruit
W V Cheese Quesadilla
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

17

AM Snack

W Home Baked Three Seeded Molasses Breakfast Bread
Whole Fresh Fruit
Lunch
NEW W Homemade Roasted Greek Lamb
NEW W WW Pita
Steamed Vegetables
Fresh Fruit
V BBQ Beans
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

24

AM Snack

NEW W Home Baked Cocoa Banana Breakfast Bread
Whole Fresh Fruit
Lunch
W Chinese Chicken Stir Fry with brown rice
Steamed Vegetables
Fresh Fruit
W V Chinese Tofu Stir Fry with brown rice
PM Snack
W Homemade "POP" Rice
Whole Fresh Fruit

Wednesday

04

AM Snack

W Home Baked French Toast Sticks
Fresh Strawberry Compote
Lunch
W V Cheesiest Pizza
Roasted Red Potatoes
NEW W Corn, Tomato & Cucumber Salad
PM Snack
NEW W Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked WG Crackers

11

AM Snack

W Home Baked WG Cinnamon Maple Pancakes
Fresh Strawberry Compote
Lunch
NEW W Chicken Cheese & Chimichurri Burrito
Roasted Sweet Potatoes
Pea Salad
W V Brown Rice + Beans
PM Snack
W Cheddar Cheese Melts

18

AM Snack

W Home Baked Buttermilk Lemon Biscuit
Fresh Strawberry Compote
Lunch
W V Whole Wheat Cheese and Bean Baby Burrito
COLD Summer Beet Salad
Creamy Cabbage Coleslaw
PM Snack
NEW W Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
W Home Baked WG Crackers

25

AM Snack

W Whole Grain Lemon Waffles
Fresh Strawberry Compote
Lunch
Turkey Sloppy Joes
W Home Baked Pretzel Bun
Cold Roasted Sweet Potato & Quinoa Salad
Creamy Cabbage Coleslaw
V Tofu Sloppy Joes
PM Snack
W Soft Cheese Filled Pretzel Stick

Thursday

05

AM Snack

W Home Baked Confetti Muffin
Whole Fresh Fruit
Lunch
Turkey Spaghetti Bolognese
Steamed Vegetables
Fresh Fruit
V Red Bean Bolognese
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

12

AM Snack

W Home Baked Downtowner Muffin
Whole Fresh Fruit
Lunch
W V Egg Fried Brown Rice
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

19

AM Snack

W Home Baked Ginger Bread Muffin
Whole Fresh Fruit
Lunch
W V Grilled Cheese "Flat Sammie"
Sandwich
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

26

AM Snack

NEW W Home Baked Semolina Lemon Muffin
Whole Fresh Fruit
Lunch
W Coconut Chicken Curry with brown rice
Steamed Vegetables
Fresh Fruit
W V Coconut Curry Tofu served with Brown Rice
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

Friday

06

AM Snack

W Home Baked Chili Cheese Bagel
Whole Fresh Fruit
Lunch
V Mac and Cheese
Steamed Vegetables
Fresh Fruit
PM Snack
W Brazilian Cheese and Coconut Stick

13

AM Snack

W Home Baked Bagel
Whole Fresh Fruit
Lunch
W V Cheese Pupas
Steamed Vegetables
Fresh Fruit
PM Snack
W Home Baked Raisin "Drop" Biscuits
Whole Fresh Fruit

20

AM Snack

NEW W Home Baked "Pizza" Bagel
Whole Fresh Fruit
Lunch
W Homemade Chicken Enchillada Bake
Steamed Vegetables
Fresh Fruit
W V Cheese Quesadilla
PM Snack
W Home Baked Blueberry Delimanjoo
Whole Fresh Fruit

27

AM Snack

W Home Baked New York Onion Bagel
Whole Fresh Fruit
Lunch
NEW W V Olive, Peppers & Cheese Pizza
Steamed Vegetables
Fresh Fruit
PM Snack
W Home Baked Vanilla Rolla Roll
Whole Fresh Fruit