

# Little Angel October 2019 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

01

**AM Snack**

W Home Baked Carrot Ginger Breakfast Bread  
Whole Fresh Fruit

**Lunch**

W Natural Chicken Tenders  
Steamed Vegetables  
Fresh Fruit

V Spinach + Cheese Ravioli

**PM Snack**

W Homemade "POP" Rice  
Whole Fresh Fruit

07

Closed

08

**AM Snack**

W Home Baked Lemon Poppy Breakfast Bread  
Whole Fresh Fruit

**Lunch**

Turkey + Red Bean Chili  
W Home Baked Corn Bread Muffin  
Steamed Vegetables  
Fresh Fruit

V BBQ Beans

**PM Snack**

W Homemade "POP" Rice  
Whole Fresh Fruit

14

Closed

15

**AM Snack**

NEW W Home Baked Yogurt  
Raisin Breakfast Bread  
Whole Fresh Fruit

**Lunch**

Homemade Roasted Greek Lamb  
W WW Pita  
Steamed Vegetables  
Fresh Fruit

V BBQ Beans

**PM Snack**

W Homemade "POP" Rice  
Whole Fresh Fruit

21

**AM Snack**

W Breakfast Cereal  
Whole Fresh Fruit

**Lunch**

V Mac and Cheese  
Steamed Vegetables  
Fresh Fruit

**PM Snack**

W Homemade Mini empanadas

22

**AM Snack**

W Home Baked Morning Granola  
Breakfast Bread  
Whole Fresh Fruit

**Lunch**

NEW Cheese Filled Turkey  
Burger

NEW W Sesame Seed Bun

Steamed Vegetables  
Fresh Fruit  
V BBQ Tofu

**PM Snack**

W Homemade "POP" Rice  
Whole Fresh Fruit

28

**AM Snack**

W Breakfast Cereal  
Whole Fresh Fruit

**Lunch**

NEW Homemade Turkey Spinach Meatloaf  
W 3 Grain Roll  
Steamed Vegetables  
Fresh Fruit

V BBQ Tofu

**PM Snack**

W Mixed Berry + Banana Mini Empanadas

29

**AM Snack**

NEW W Home Baked Spinach Feta  
Breakfast Bread  
Whole Fresh Fruit

**Lunch**

W Natural Chicken Tenders  
Steamed Vegetables  
Fresh Fruit

W V Cheesiest Pizza

**PM Snack**

W Homemade "POP" Rice  
Whole Fresh Fruit

02

**AM Snack**

W Home Baked French Toast Sticks  
Fresh Strawberry Compote

**Lunch**

Turkey Sloppy Joes  
W Home Baked Pretzel Bun  
Roasted Red Potatoes  
Pea Salad

V Tofu Sloppy Joes

**PM Snack**

Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)  
W Home Baked WG Crackers

09

**AM Snack**

W Home Baked Lemon Ricotta Pancake  
Fresh Strawberry Compote

**Lunch**

W Chicken Cheese & Chimichurri Burrito  
Roasted Sweet Potatoes  
Diced Tomato Salad

W V Cheese Quesadilla

**PM Snack**

W Home Baked Cheese Strada  
Whole Fresh Fruit

16

**AM Snack**

W Home Baked Oatmeal Buttermilk Biscuit  
Fresh Strawberry Compote

**Lunch**

W V Grilled Cheese "Flat Sammie" Sandwich  
COLD Summer Beet Salad  
Creamy Cabbage Coleslaw

**PM Snack**

Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)  
W Home Baked WG Crackers

23

**AM Snack**

NEW W Whole Grain Orange Cranberry Waffles  
Fresh Strawberry Compote

**Lunch**

W V Cheesiest Pizza  
Corn, Tomato & Cucumber Salad  
Creamy Cabbage Coleslaw

**PM Snack**

W Soft Cheese Filled Pretzel Stick

30

**AM Snack**

W Home Baked Pancakes  
Fresh Strawberry Compote

**Lunch**

NEW W Italian Chicken Meatball Sub  
W Mini Hoagie Roll  
Roasted Sweet Potatoes  
Pea Salad

V BBQ Lentils

**PM Snack**

Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)  
W Home Baked WG Crackers

03

**AM Snack**

W Home Baked Confetti Muffin  
Whole Fresh Fruit

**Lunch**

V Mac and Cheese  
Steamed Vegetables  
Fresh Fruit

**PM Snack**

Chefables Vanilla Yogurt

W Yummy Granola

10

**AM Snack**

NEW W Home Baked Brioche Muffin  
Whole Fresh Fruit

**Lunch**

NEW W Chinese Beef Stir Fry with brown rice  
Steamed Vegetables  
Fresh Fruit

W V Brown Rice + Beans

**PM Snack**

Chefables Vanilla Yogurt  
W Yummy Granola

17

**AM Snack**

W Home Baked Muffin  
Whole Fresh Fruit

**Lunch**

Turkey Spaghetti Bolognese  
Steamed Vegetables  
Fresh Fruit

V Red Bean Spaghetti

**PM Snack**

Chefables Vanilla Yogurt  
W Yummy Granola

24

**AM Snack**

W Home Baked Orange Muffin  
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**

Chefables Vanilla Yogurt  
W Yummy Granola

31

**AM Snack**

NEW W Home Baked "Scary"  
Pumpkin Muffin  
Whole Fresh Fruit

**Lunch**

V Tofu Sloppy Joes  
W Whole Grain Bun  
Steamed Vegetables  
Fresh Fruit

**PM Snack**

Chefables Vanilla Yogurt  
W Yummy Granola

04

**AM Snack**

W Home Baked Bagel  
Whole Fresh Fruit

**Lunch**

BYO Roasted Chicken Tacos  
W WW Tortilla  
Steamed Vegetables  
Fresh Fruit

V BYO BBQ Lentil Tacos

**PM Snack**

W Brazilian Cheese and Coconut Stick

11

**AM Snack**

W Home Baked Rye Twist Bagel  
Whole Fresh Fruit

**Lunch**

W Natural Chicken Tenders  
Steamed Vegetables  
Fresh Fruit

W V Cheesiest Pizza

**PM Snack**

NEW W V Fresh Dried Fruit  
Focaccia  
Whole Fresh Fruit

18

**AM Snack**

W Home Baked "Pizza" Bagel  
Whole Fresh Fruit

**Lunch**

W Homemade Chicken Enchillada Bake  
Steamed Vegetables  
Fresh Fruit

W V Cheese Quesadilla

**PM Snack**

NEW W Home Baked WOW Butter  
Delimanjoo  
Whole Fresh Fruit

25

**AM Snack**

W Home Baked Cocoa Cranberry Bagel  
Whole Fresh Fruit

**Lunch**

BYO Turkey Tacos  
W WW Tortilla  
Steamed Vegetables  
Fresh Fruit

V BYO BBQ Lentil Tacos

**PM Snack**

W Cheddar Cheese Melts

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, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots cauliflower, celery, chard, collard greens, corn, cucumber, eggplant, green beans, kale, leeks, lettuce, mushroom, okra, onion, parsnip, peas, peppers, potato, radishes, rhubarb, rutabaga, scallions, spinach, summer/winter squash, sunchokes, sweet potato, tomatillo, tomatoes, turnips



Just some of the fruits this month Apples, Asian pear, blackberries, cactus pear, dates, figs, grapes, jujubes, kiwi, kumquats, lemons, limes, melon, nectarines, oranges, peaches, pear, persimmons, plums, pomegranates, quince, strawberries