

Little Angel February 2020 Menu



Monday

03

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Turkey Burger
 W Sweet Potato Roll
 Steamed Vegetables
 Fresh Fruit
 V BBQ Tofu
PM Snack
 NEW W Coconut Pineapple Mini Empanadas

10

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Turkey "Pepperoni" and Cheese Pizza
 Steamed Vegetables
 Fresh Fruit
 V Spinach + Cheese Ravioli
PM Snack
 W Dried Plum + Poppy Seed Mini Empanadas

17

Closed

24

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Three Cheese Burrito
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Blackberry + Apple Mini Empanadas

Tuesday

04

AM Snack
 W Home Baked Zucchini Feta Breakfast Bread
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

11

AM Snack
 W Home Baked Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
 W V Brown Rice + Beans
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

18

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 NEW Dounguouri Soko - Chicken + VEGGIE Stew
 NEW W WW Flat Bread
 Fresh Fruit
 NEW Dounguouri Soko - TOFU + VEGGIE Stew
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

25

AM Snack
 W Home Baked Yogurt Raisin Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
 W V Brown Rice + Beans
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

Wednesday

05

AM Snack
 W Home Baked WG Pancakes
 Fresh Strawberry Compote
Lunch
 Homemade Turkey 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

12

AM Snack
 W Home Baked Focaccia French Toast Sticks
 Fresh Strawberry Compote
Lunch
 W Chicken Cheese & Chimichurri Burrito
 Roasted Sweet Potatoes
 Diced Tomato Salad
 W V Cheese Quesadilla
PM Snack
 Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
 W Home Baked WG Crackers

19

AM Snack
 NEW W Whole Grain Carrot Lemon Yogurt Waffles
 Fresh Strawberry Compote
Lunch
 Turkey Sloppy Joes
 W Whole Grain Roll
 COLD Summer Beet Salad
 Creamy Cabbage Coleslaw
 V Tofu Sloppy Joes
PM Snack
 Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
 W Home Baked WG Crackers

26

AM Snack
 W Home Baked Oatmeal Apricot Buttermilk Biscuit
 Fresh Strawberry Compote
Lunch
 W V Cheesiest Pizza
 Corn, Tomato & Cucumber Salad
 Creamy Cabbage Coleslaw
PM Snack
 Chefables Very Own Cheese Sticks (Mozzarella, Cheddar, Jack, or Ranch)
 W Home Baked WG Crackers

Thursday

06

AM Snack
 NEW W Home Baked Stausbourg
 Schnecken Muffin
 Whole Fresh Fruit
Lunch
 W Grilled Chicken & Cheese "Flat Sammie" Sandwich
 Steamed Vegetables
 Fresh Fruit
 W V Cheese Quesadilla
PM Snack
 Chefables Vanilla Yogurt
 W Home Baked Mini Ginger Carrot Bite

13

AM Snack
 NEW W Home Baked Cheddar Brioche Muffin
 Whole Fresh Fruit
Lunch
 Homemade Turkey Spinach Meatloaf
 W Whole Grain Roll
 Steamed Vegetables
 Fresh Fruit
 V BBQ Lentils
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

20

AM Snack
 W Home Baked Chocolate Chip Brioche Muffin
 NEW Whole Fresh Fruit
Lunch
 W Chicken Cheese & Sundried Tomato Burrito
 Steamed Vegetables
 Fresh Fruit
 W V Cheese Quesadilla
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

27

AM Snack
 W Home Baked Lemon Poppy Muffin
 NEW Whole Fresh Fruit
Lunch
 W Chinese Beef Stir Fry with brown rice
 Steamed Vegetables
 Fresh Fruit
 W V Chinese Tofu Stir Fry with brown rice
PM Snack
 Chefables Vanilla Yogurt
 W Home Baked Mini Lemon Blueberry Bite

Friday

07

Closed

14

AM Snack
 W Home Baked "Everything" is Possible Bagel
 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 Cheddar Cheese Pretzel Roll
 Whole Fresh Fruit

21

AM Snack
 W Home Baked Bagel
 Whole Fresh Fruit
Lunch
 W V Egg Fried Brown Rice
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Cheddar Cheese Melts

28

AM Snack
 W Home Baked Mexican Bagel
 Whole Fresh Fruit
Lunch
 V Tofu Spaghetti Bolognese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Vanilla Rolla 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, lettuce, 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