

Little Angel March 2020 Menu



Monday

02

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade Mini empanadas

09

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
PM Snack
 NEW W Sweet Potato + Turkey
 Mini Empanadas

16

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Turkey Sloppy Joes
 W Whole Grain Roll
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Apple + Raisin Mini Empanadas

23

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 V Tofu Spaghetti Bolognese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Coconut Pineapple Mini Empanadas

30

Closed

Tuesday

03

AM Snack
 W Home Baked Yogurt Ginger
 Raisin Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Fiesta Turkey Burrito
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Mini Ginger Carrot
 Bite
 Whole Fresh Fruit

10

AM Snack
 W Home Baked Breakfast Bread
 Whole Fresh Fruit
Lunch
 BYO Beef, Cilantro + Corn Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Muffin
 Baby Carrots

17

AM Snack
 W Home Baked Toasted Coconut
 Breakfast Bread
 Whole Fresh Fruit
Lunch
 Dounquouri Soko - Chicken +
 VEGGIE Stew
 W WW Flat Bread
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

24

AM Snack
 NEW W Home Baked Poppy Seed
 Applesauce Breakfast Bread
 Whole Fresh Fruit
Lunch
 NEW W V BBQ Cheese +
 Pineapple Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

31

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

Wednesday

04

AM Snack
 NEW W Home Baked WG Maple
 Pancakes
 NEW Fresh Berry and Peach
 Compote
Lunch
 Homemade Turkey Meatball Sub
 W Mini Hoagie Roll
 Roasted Sweet Potatoes
 Pea Salad
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 NEW W Home Baked Crackers

11

AM Snack
 NEW W Home Baked Fruit
 Focaccia French Toast Sticks
 Fresh Strawberry Compote
Lunch
 W V Olive, Peppers & Cheese Pizza
 COLD Summer Beet Salad
 Creamy Cabbage Coleslaw
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 NEW W Home Baked Aunt BiBi's
 WG Rosemary Crackers

18

AM Snack
 NEW W 50/50 WG Waffles
 Fresh Strawberry Compote
Lunch
 W V Three Cheese Burrito
 COLD Summer Beet Salad
 Creamy Cabbage Coleslaw
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 W Home Baked WG Crackers

25

AM Snack
 W Home Baked Ginger Tea Biscuit
 NEW Fresh Berry and Peach
 Compote
Lunch
 W Natural Chicken Tenders
 Roasted Sweet Potatoes
 Corn, Tomato & Cucumber Salad
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 W Home Baked WG Crackers

Thursday

05

AM Snack
 W Home Baked Cheddar Brioche
 Muffin
 Whole Fresh Fruit
Lunch
 W V Cheese Pupas
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

12

AM Snack
 W Home Baked 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

19

AM Snack
 W Home Baked Confetti Muffin
 Whole Fresh Fruit
Lunch
 NEW BYO Roasted Pork Tacos +
 Corn + Chiles
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 NEW W Home Baked Mini WOW
 Butter Chocolate Chip

26

AM Snack
 W Home Baked Orange Poppy
 Muffin
 Whole Fresh Fruit
Lunch
 Turkey + Red Bean Chili
 W Home Baked Corn Bread Muffin
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 NEW W Home Baked Mini
 Cranberry Orange Bite

Friday

06

AM Snack
 W Home Baked Bagel
 Whole Fresh Fruit
Lunch
 W Stuffed Homemade Korean Beef
 & Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Brazilian Cheese and Coconut
 Stick

13

AM Snack
 W Home Baked Cheddar Cheese
 Bagel
 Whole Fresh Fruit
Lunch
 W V Stuffed Homemade Tofu +
 Scallion Bun
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Cheddar Cheese Pretzel Roll
 Whole Fresh Fruit

20

Closed

27

AM Snack
 W Home Baked Cinnamon Oatmeal
 Raisin Bagel
 Whole Fresh Fruit
Lunch
 Homemade Roasted Greek Lamb
 W WW Pita
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Home Baked Vanilla Rolla Roll
 Baby Carrots

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: Arrihoke, Asian greens, asparagus, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, kale, lettuces, 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