

# Menu

April 1 - 30, 2014



Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.

<p><b>* Milk served at ALL breakfast and lunch meals.</b></p> <p>Infants/toddlers &lt;2 yrs. served whole milk, Preschool &gt;2 yrs. served lowfat milk.</p> <p>All milk served is rBST-free.</p>	<p><b>April 1</b></p> <p>New Whole Grain Waffle, Strawberry Compote</p> <p>Natural Chicken Tenders, Fresh Fruit, Steamed Vegetables</p> <p>String Cheese, Multigrain Crackers</p>	<p><b>April 2</b></p> <p>Home-Baked Breakfast Muffin, Whole Fresh Fruit</p> <p>Egg Fried Rice, Fresh Fruit, Steamed Vegetables</p> <p>Yogurt, Yummy Granola</p>	<p><b>April 3</b></p> <p>Home-Baked English Muffin, Whole Fresh Fruit</p> <p>★</p> <p>Whole Wheat Cheese &amp; Bean Baby Burrito, Fuji Applesauce, Steamed Vegetables</p> <p>★</p> <p>Chicken Salad, Home-Baked W.W. Roll</p>	<p><b>April 4</b></p> <p>Home-Baked Squash Bagel, Whole Fresh Fruit</p> <p>★</p> <p>New Shrimp &amp; Chicken Gumbo, (w/rice &amp; vegetables)</p> <p>★</p> <p>Cinnamon Cottage Cheese, Whole Fresh</p>	
	<p><b>April 7</b></p> <p>Breakfast Cereal, Whole Fresh Fruit</p> <p>★</p> <p>Buffalo Grove Style Cheese Pizza, Fuji Applesauce, Steamed Vegetables</p> <p>★</p> <p>Home-Baked Graham Crackers, Whole Fresh Fruit</p>	<p><b>April 8</b></p> <p>Home-Baked English Muffin Whole Fresh Fruit</p> <p>★</p> <p>New Tandoori Chicken served with Brown Rice, Fresh Fruit, Steamed Vegetables</p> <p>★</p> <p>Home-Baked Muffin, Baby Carrots</p>	<p><b>April 9</b></p> <p>New Whole Spelt Pumpkin Muffin, Whole Fresh Fruit</p> <p>★</p> <p>Mini Cheese &amp; Spinach Raviolis, Fresh Fruit, Steamed Vegetables</p> <p>★</p> <p>Cinnamon Apple Bites</p>	<p><b>April 10</b></p> <p>New Whole Grain Waffle, Strawberry Compote</p> <p>★</p> <p>Egg Salad Sandwich served on Rye Roll, Fuji Applesauce, English Cucumber</p> <p>★</p> <p>New Carrot &amp; Apple Squares, Whole Fresh Fruit</p>	<p><b>April 11</b></p> <p>Home-Baked Breakfast Bar Whole Fresh Fruit</p> <p>★</p> <p>Chicken Fajitas, Fresh Fruit, W.W. Tortilla</p> <p>★</p> <p>Home-Baked Scone, Whole Fresh Fruit</p>
	<p><b>April 14</b></p> <p>Breakfast Cereal, Whole Fresh Fruit</p> <p>★</p> <p>Turkey Sloppy Joes served on a soft "Ohio Style" Bun, Fuji Applesauce, Steamed</p> <p>★</p> <p>Home-Baked Muffin, Whole Fresh Fruit</p>	<p><b>April 15</b></p> <p>Home-Baked Bagel, Whole Fresh Fruit</p> <p>★</p> <p>Soft Chicken Tacos, Fresh Fruit, Salsa Salad</p> <p>★</p> <p>Pretzels, Sting Cheese</p>	<p><b>April 16</b></p> <p>New Carrot Pancakes, Whole Fresh Fruit</p> <p>★</p> <p>Chef Ken's Egg Muffin Sandwich, Fresh Fruit, Steamed Vegetables</p> <p>★</p> <p>Tahini Hummus, Carrot Sticks</p>	<p><b>April 17</b></p> <p>Home-Baked Scone, Whole Fresh Fruit</p> <p>★</p> <p>Roasted Chicken &amp; Cheese Sandwich, Fuji Applesauce, Steamed Vegetables</p> <p>★</p> <p>W.W. Crackers, Whole Fresh Fruit</p>	<p><b>April 18</b></p> <p>Home-Baked Corn Muffin, Whole Fresh Fruit</p> <p>★</p> <p>Asian Chicken Salad served with a Sweet Potato Roll, Fresh Fruit</p> <p>★</p> <p>Yummy Granola, Yogurt</p>
	<p><b>April 21</b></p> <p>Breakfast Cereal, Whole Fresh Fruit</p> <p>★</p> <p>Toasted Focaccia Cheese, Sandwich Fuji Applesauce, Steamed Vegetables</p> <p>★</p> <p>Chicken Salad, Multigrain Crackers</p>	<p><b>April 22</b></p> <p>Homebaked Banana Bread, Whole Fresh Fruit</p> <p>★</p> <p>New Orange Chicken Chow Mein, Fresh Fruit, Steamed Vegetables</p> <p>★</p> <p>Edamame Hummus, Home-Baked Pita</p>	<p><b>April 23</b></p> <p>Home-Baked Poppy Seed Bagel, Whole Fresh Fruit</p> <p>★</p> <p>Turkey Dumplings Fresh Fruit, Steamed Vegetables</p> <p>★</p> <p>Home-Baked Scone, Whole Fresh Fruit</p>	<p><b>April 24</b></p> <p>New Whole Grain Waffle, Strawberry Compote</p> <p>★</p> <p>W.W. Chicken &amp; Cheese Baby Burrito, Fuji Applesauce, Steamed Vegetables</p> <p>★</p> <p>Home-Baked Graham Crackers, Whole Fresh</p>	<p><b>April 25</b></p> <p>Home-Baked Berry Muffin, Whole Fresh Fruit</p> <p>★</p> <p>BBQ Pork Sandwich, Fresh Fruit, Steamed Vegetables</p> <p>★</p> <p>Home-Baked Cheese Scone, Whole Fresh Fruit</p>
<p><b>April 28</b></p> <p>Breakfast Cereal, Whole Fresh Fruit</p> <p>★</p> <p>Jamaican Jerk Chicken, Brown Rice, Fuji Applesauce, Steamed Vegetables</p> <p>★</p> <p>Homebaked Zucchini Muffin, Whole Fresh Fruit</p>	<p><b>April 29</b></p> <p>New Whole Grain Waffle, Strawberry Compote</p> <p>★</p> <p>The Cheesiest Pizza, Fresh Fruit, Steamed Vegetables</p> <p>★</p> <p>Home-Baked Graham Crackers, Whole Fresh Fruit</p>	<p><b>April 30</b></p> <p>Homebaked Carrot Muffin, Whole Fresh Fruit</p> <p>★</p> <p>Roasted Chicken Soft Taco, Fresh Fruit, Salsa Salad</p> <p>★</p> <p>Yogurt, Yummy Granola</p>	<p><b>Fruits of the Month:</b> Apples-Banana-Cantaloupe-Cherries-Honeydew-Oranges-Pears-Pineapple-Strawberries</p> <p><b>Vegetables of the month:</b> Asparagus-Beets-Bok Choy-Broccoli-Brussels Sprouts-Cabbage-Cauliflower-Carrots-Collard Greens-Green Beans-Kale-Mushroom-Onions--Parsnip-Rapini-Spinach-Turnips-Onions-Radishes-Spinach-Turnips</p>		

This institution is an equal opportunity provider

Please note that Infant / Toddler food should be pulsed, blanched or cut small to be aligned with the developmental stage of the children.

