

# Deanza December 2024 Menu



## Monday

02

### Breakfast

W Breakfast Cereal of the Day  
Whole Fresh Fruit

### A.M. Snack

Closed

### Lunch

W V Cheesiest Pizza  
Steamed/Fresh Vegetables  
Fresh Fruit

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

09

### Breakfast

W Breakfast Cereal of the Day  
Whole Fresh Fruit

### A.M. Snack

Closed

### Lunch

W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit

### P.M. Snack

W Homemade Soft Pizza Pretzel  
Stick  
Whole Fresh Fruit

16

### Breakfast

W Breakfast Cereal of the Day  
Whole Fresh Fruit

### A.M. Snack

Closed

### Lunch

W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit

### P.M. Snack

W Homemade "POP" Rice  
Whole Fresh Fruit

23

Closed

30

Closed

## Tuesday

03

### Breakfast

W Home Baked Chai Muffin  
Whole Fresh Fruit  
A2 Organic Vanilla Yogurt

### A.M. Snack

Closed

### Lunch

W Natural Chicken Tenders  
Steamed/Fresh Vegetables  
Fresh Fruit

W V Grilled Cheese Sandwich

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

10

### Breakfast

W Home Baked KuKu Squares  
Whole Fresh Fruit  
A2 Organic Vanilla Yogurt

### A.M. Snack

Closed

### Lunch

W Natural Chicken Tenders  
Steamed/Fresh Vegetables  
Fresh Fruit

W V Grilled Cheese Sandwich

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers  
Fresh Veggies

17

### Breakfast

W Home Baked Classic Banana  
Muffin  
Whole Fresh Fruit  
A2 Organic Vanilla Yogurt

### A.M. Snack

Closed

### Lunch

W Natural Chicken Tenders  
Steamed/Fresh Vegetables  
Fresh Fruit

W V Grilled Cheese Sandwich

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

24

Closed

31

Closed

## Wednesday

04

### Breakfast

W NEW Home Baked Poppy Seed  
Babka (Mohn Filling)  
Whole Fresh Fruit  
Chefables Very Own Cheese Sticks

### A.M. Snack

Closed

### Lunch

W Chefables Sub Sandwich  
Steamed/Fresh Vegetables  
Fresh Fruit

W V Cheesiest Pizza

### P.M. Snack

W Homemade Mini Empanadas

11

### Breakfast

W Home Baked Lemon Zucchini  
Breakfast Bread  
Whole Fresh Fruit  
Chefables Very Own Cheese Sticks

### A.M. Snack

Closed

### Lunch

W V Three Cheesy Pasta  
Steamed/Fresh Vegetables  
Fresh Fruit

### P.M. Snack

W Pumpkin Seed & Coconut Biscuit

18

### Breakfast

W NEW Home Baked Winter Harvest  
Breakfast Bread  
Whole Fresh Fruit  
Chefables Very Own Cheese Sticks

### A.M. Snack

Closed

### Lunch

W Turkey Chorizo, Cheese,  
Cabbage & Brown Rice Burrito  
Steamed/Fresh Vegetables  
Fresh Fruit

W V Cheese Quesadilla

### P.M. Snack

W Home Baked Delimanjoo  
Whole Fresh Fruit

25

Closed

## Thursday

05

### Breakfast

W Home Baked French Toast Sticks  
w/ Dried Fruit  
Whole Fresh Fruit  
Hard Boiled Egg

### A.M. Snack

Closed

### Lunch

NEW COLD Southwest Chicken &  
Cabbage Salad

W V NEW Mexican Flat Bread

Steamed/Fresh Vegetables

Fresh Fruit

W V Brown Rice & Beans

### P.M. Snack

W Homemade Brazilian Cheese and  
Coconut Stick

12

### Breakfast

W UBE Cream Cheese Stuffed Bagel  
Bite

Whole Fresh Fruit

Hard Boiled Egg

### A.M. Snack

Closed

### Lunch

W V Veggie + Cheese Quiche

Steamed/Fresh Vegetables

Fresh Fruit

### P.M. Snack

W Homemade Mini Empanadas

19

### Breakfast

W Home Baked Buttermilk  
Pancakes  
Whole Fresh Fruit  
Hard Boiled Egg

### A.M. Snack

Closed

### Lunch

W Chefables BBQ Chicken  
Sandwich  
Steamed/Fresh Vegetables  
Fresh Fruit

W V Bean and Cheese Pupusas

### P.M. Snack

W Homemade Mini Empanadas

26

Closed

### Serving Sizes Overview

#### 1-2 Year Olds

Breakfast  
WGR Grain 1/2 sl or svg or 1/4 c  
Fruit/Veg 1/4 c  
Milk 4 oz

#### Lunch/Supper

Meat/Alt 1 oz  
WGR Grain 1/2 sl or svg or 1/4 c  
Veg 1/8 c  
Fruit (or 2nd Veg) 1/8 c  
Milk 4 oz

#### PM Snack (2 items only)

Veg 1/2 c  
Fruit 1/2 c  
Meat/Alt 1/2 oz, 1/4 c  
Grain 1/2 sl or svg, or 1/4 c  
Milk 4 oz

## Friday

06

### Breakfast

W COLD Over Night Coconut Oats -  
Cup  
Whole Fresh Fruit

### A.M. Snack

Closed

### Lunch

Homemade Cranberry Meatloaf

W V Brown Rice

Steamed/Fresh Vegetables

Fresh Fruit

W V Cheese Quesadilla

### P.M. Snack

W Homemade Mozzarella Filled  
Soft Pretzel Roll

13

### Breakfast

W Peach Hodge Podge (Rice  
Porridge)

Whole Fresh Fruit

### A.M. Snack

Closed

### Lunch

W Beef Burger on Honey WG Bun

Steamed/Fresh Vegetables

Fresh Fruit

W V Cheese Quesadilla

### P.M. Snack

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats  
Cereal

20

### Breakfast

W Poblano Chile & Asiago Cheese  
Topped Bagel  
Whole Fresh Fruit

### A.M. Snack

Closed

### Lunch

W V Mac & Cheese

Steamed/Fresh Vegetables

Fresh Fruit

### P.M. Snack

A2 Organic Vanilla Yogurt  
W Home Baked Mini Muffin

27

Closed

### Serving Sizes Overview

#### 3-5 Year Olds

Breakfast  
WGR Grain 1/2 sl/svg, 1/3c or 1/4 c  
Fruit/Veg 1/2 c  
Milk 6 oz

#### Lunch/Supper

Meat/Alt 1-1/2 oz  
WGR Grain 1/2 sl or svg, or 1/4 c  
Veg 1/4 c  
Fruit (or 2nd Veg) 1/4 c  
Milk 6 oz

#### PM Snack (2 items only)

Veg 1/2 c  
Fruit 1/2 c  
Meat/Alt 1/2 oz, 1/4 c  
WGR Grain 1/2 sl or svg or 1/4 c  
Milk 4 oz

## Notes

- Please note that Infant / Toddler food should be pulsed, blanched or cut small to be aligned with the developmental stage of the children.
- One Grain serving per day must be WGR, M/MA may be substituted for a breakfast grain (3X/week max).
- Unflavored Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers <2 yrs), lowfat (1%) milk (preschool >2 yrs). All Milk served is rBST-free.
- 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 beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens kale leeks lettuce mushroom okra parsnip peppers radishes rutabaga scallions spinach winter squash sunchokes sweet potato tomatillo tomatoes turnips zucchini avocado cucumber onion peas rhubarb Seasonal Vegetables

Just some of the fruits this month: Apples citron grapefruit grapes guava kiwi kumquats lemons limes mandarins oranges pomegranates pomelo pears persimmons pineapple Asian pear cactus dates plums quince strawberries Seasonal Fruits