March 2013 - MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **AM Snack** *New* Cinnamon Apple Bites **Lunch** Roasted Lentils served with couscous Fresh Fruit Steamed Vegetables **PM Snack** Chicken Salad Home-baked whole wheat crackers *(V) Same*
4 **AM Snack** Breakfast Cereal Whole Fresh Fruit **Lunch** Cheese & Spinach Ravioli Fuji Applesauce Steamed Vegetables **PM Snack** String Cheese ABC Pretzels *(V) Same*	5 **AM Snack** Home-baked Apricot Millet Muffin Whole Fresh Fruit **Lunch** Roasted Chicken, Tomato served w/ Brown Rice Fresh Fruit Steamed Vegetables **PM Snack** Home-baked Whole Wheat Scone Fresh Fruit *(V) Lentils Tomato & Rice*	6 **AM Snack** Home-baked Bagel Whole Fresh Fruit **Lunch** Red Bean Fried Rice Fresh Fruit Steamed Vegetables **PM Snack** Low Fat Cottage Cheese Home-baked whole wheat crackers *(V) Same*	7 **AM Snack** Homemade Pancakes *New* Apricot Carrot Puree **Lunch** The Cheesiest Pizza Fresh Fruit Steamed Vegetables **PM Snack** Yogurt Yummy Granola *(V) Same*	8 **AM Snack** Home-baked English Muffin Whole Fresh Fruit **Lunch** Roasted Chicken Soft Tacos Fresh Fruit "Salsa" Salad **PM Snack** Open Faced Focaccia Cheesy Bread *(V) Black Bean Soft Tacos*
11 **AM Snack** Breakfast Cereal Whole Fresh Fruit **Lunch** Brown Rice & Beans Fuji Applesauce Steamed Vegetables **PM Snack** Home-baked Graham Crackers Whole Fresh Fruit *(V) Same*	12 **AM Snack** Home-baked Corn Muffin Whole Fresh Fruit **Lunch** Natural Chicken Tenders Fresh Fruit Steamed Vegetables **PM Snack** Hardboiled Egg Biscuit Stick *(V) The Cheesiest Pizza*	13 **AM Snack** Home-baked English Muffin Whole Fresh Fruit **Lunch** *New* Greek Style Lamb served with Yogurt Sauce & Brown Rice Fresh Fruit Steamed Vegetables **PM Snack** Chicken Salad Home-baked Six Grain Roll *(V) Lentils Tomato & Brown Rice*	14 **AM Snack** Home-baked Whole Wheat Scone Whole Fresh Fruit **Lunch** Chicken & Broccoli Stir Fry served with brown rice Fresh Fruit **PM Snack** White Bean Puree Celery Sticks *(V) Red Bean & Broccoli Stir Fry served with Brown Rice*	15 **AM Snack** Banana Oatmeal Whole Fresh Fruit **Lunch** *New* Turkey & Egg "Omlette" Sandwich Fresh Fruit Steamed Vegetables **PM Snack** Yogurt Yummy Granola *(V) Toasted Cheese Sandwich*
18 **AM Snack** Breakfast Cereal Whole Fresh Fruit **Lunch** Whole Wheat Chicken & Cheese Baby Burrito Fuji Applesauce Steamed Vegetables **PM Snack** String Cheese ABC Pretzels *(V) Brown Rice + Beans*	19 **AM Snack** Home-baked English Muffin Whole Fresh Fruit **Lunch** Red Bean Chow Mein Fresh Fruit Steamed Vegetables **PM Snack** Bestest Cookie Baby Carrots *(V) Same*	20 **AM Snack** Homemade Breakfast Bar Whole Fresh Fruit **Lunch** Natural Chicken Tenders Fresh Fruit Steamed Vegetables **PM Snack** Three Bean Salad Home-baked WW Roll *(V) Toasted Cheese Sandwich*	21 **AM Snack** Home-baked Bagel Whole Fresh Fruit **Lunch** *New* Buffalo Grove Style Cheese Pizza Fresh Fruit Steamed Vegetables **PM Snack** Yogurt Yummy Granola *(V) Same*	22 **AM Snack** *New* Cinnamon Apple Bites **Lunch** Roasted Chicken Soft Tacos Fresh Fruit Salsa "Salad" **PM Snack** Home-baked Pumpkin Scone Fresh Fruit *(V) Black Bean Soft Taco*
25 **AM Snack** Breakfast Cereal Whole Fresh Fruit **Lunch** Turkey Dumplings Fuji Applesauce Steamed Vegetables **PM Snack** Quinoa Salad Cheese Stick *(V) The Cheesiest Pizza*	26 **AM Snack** Home-baked English Muffin Whole Fresh Fruit **Lunch** Moroccan Chicken served w/ seasoned couscous Fresh Fruit Steamed Vegetables **PM Snack** Yogurt Yummy Granola *(V) Moroccan Black Beans with couscous*	27 **AM Snack** Home-baked Corn Cakes Mixed Berry Compote **Lunch** Egg Fried Rice Fresh Fruit Steamed Vegetables **PM Snack** Chicken Salad Home-baked Rye Roll *(V) Same*	28 **AM Snack** Banana Oatmeal Whole Fresh Fruit **Lunch** Chicken Ravioli Fresh Fruit Steamed Vegetables **PM Snack** Home-baked Cheese Crackers Whole Fresh Fruit *(V) Brown Rice & Beans*	29 **AM Snack** Home-baked Bagel Whole Fresh Fruit **Lunch** BBQ Shredded Pork served with Corn Bread Muffin Fresh Fruit Steamed Vegetables **PM Snack** *New* Mixed Berry "Power" Bar Whole Fresh Fruit *(V) Toasted Cheese Sandwich*

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	Just some of the fruit this month
Asian greens – beets – bell peppers – broccoli – Brussels sprouts – cabbage – carrots – cauliflower – corn – green beans – mushrooms – onions – peas – spinach – sweet potatoes - yams	oranges – pears – persimmons – pineapple – bananas – honeydew – cantaloupe – strawberries – mutsu apples – fuji apples – golden delicious apples – other seasonal apples