

February 2013 - MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>AM Snack Home-baked Squash Bagels Whole Fresh Fruit</p> <p>Lunch Moroccan Chicken served with Couscous Fresh Fruit Steamed Vegetables</p> <p>PM Snack String Cheese ABC Pretzels <i>(V) Moroccan Garbanzo beans + couscous</i></p>
<p>4</p> <p>AM Snack Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch The Cheesiest Pizza Fuji Applesauce Steamed Vegetables</p> <p>PM Snack Yogurt Yummy Granola</p> <p><i>(V) Same</i></p>	<p>5</p> <p>AM Snack Home-baked English Muffin Whole Fresh Fruit</p> <p>Lunch Egg & Vegetable Fried Rice Fresh Fruit Steamed Vegetables</p> <p>PM Snack White Bean Puree "Lil" Dippers</p> <p><i>(V) Same</i></p>	<p>6</p> <p>AM Snack Homemade French Toast Berry Compote</p> <p>Lunch Roasted Chicken Soft Tacos Fresh Fruit Salsa "Salad"</p> <p>PM Snack Open Faced Focaccia Cheesy Bread</p> <p><i>(V) Bean Soft Tacos</i></p>	<p>7</p> <p>AM Snack Home-baked Bagels Whole Fresh Fruit</p> <p>Lunch Turkey Pasta Bolognese Fresh Mixed Fruit Steamed Vegetables</p> <p>PM Snack Home-baked Whole Wheat Crackers Whole Fresh Fruit</p> <p><i>(V) Red Bean Pasta Bolognese</i></p>	<p>8</p> <p>AM Snack Oatmeal Bananas</p> <p>Lunch Chicken Tikka Masala served with Quinoa Fresh Fruit Steamed Vegetables</p> <p>PM Snack Three Bean Salad Raisin Bread <i>(V) Lentil Tikka Masala served with Quinoa</i></p>
<p>11</p> <p>AM Snack Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch Natural Chicken Tenders Fuji Applesauce Steamed Vegetables</p> <p>PM Snack "Bestest Cookie" Whole Fresh Fruit</p> <p><i>(V) Brown Rice + Beans</i></p>	<p>12</p> <p>AM Snack Cinnamon Oatmeal Mixed Berry Compote</p> <p>Lunch Turkey Meatloaf served with a home-baked Potato Roll Fresh Fruit Steamed Vegetables</p> <p>PM Snack Yogurt Yummy Granola <i>(V) Toasted Cheese Sandwich</i></p>	<p>13</p> <p>AM Snack Homemade Breakfast Polenta Cakes Whole Fresh Fruit</p> <p>Lunch <i>New</i> Cheese & Butternut Squash Ravioli Fresh Fruit Steamed Vegetables</p> <p>PM Snack Chicken Salad Home-baked Sesame Crackers <i>(V) Same</i></p>	<p>14</p> <p>Happy Valentine's Day!</p> <p>AM Snack <i>New</i> "Bagel of Love" <small>(colored w/ beads)</small> Whole Fresh Fruit</p> <p>Lunch The Cheesiest Pizza Fresh Fruit Red Beets!</p> <p>PM Snack Home-baked Cherry Scone Whole Fresh Fruit</p> <p><i>(V) Same</i></p>	<p>15</p> <p>AM Snack <i>New</i> Home-baked Dates Breakfast Bar Whole Fresh Fruit</p> <p>Lunch Roasted Chicken Chow Mein Fresh Fruit Steamed Vegetables</p> <p>PM Snack String Cheese Home-baked WW Crackers <i>(V) Red Bean Chow Mein</i></p>
<p>18</p> <p>Center Closed Presidents Day!!</p>	<p>19</p> <p>AM Snack Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch Turkey Pasta Bolognese Fuji Applesauce Steamed Vegetables</p> <p>PM Snack Home-baked Graham Cracker String Cheese <i>(V) Red Bean Pasta Bolognese</i></p>	<p>20</p> <p>AM Snack Homemade Pancakes Mixed Berry Compote</p> <p>Lunch BBQ Pork Sandwich Fresh Mixed Fruit Pinto Beans</p> <p>PM Snack Yogurt Yummy Granola</p> <p><i>(V) Cheesiest Pizza</i></p>	<p>21</p> <p>AM Snack <i>New</i> Home-baked Cherry Breakfast Bar Whole Fresh Fruit</p> <p>Lunch Turkey & Cheese Empanada Fresh Fruit Steamed Vegetables</p> <p>PM Snack Hardboiled Egg Whole Fresh Fruit <i>(V) Spinach & Cheese Ravioli</i></p>	<p>22</p> <p>AM Snack Home-baked English Muffin Whole Fresh Fruit</p> <p>Lunch Lentils & Quinoa Fresh Fruit Steamed Vegetables</p> <p>PM Snack Cheesy Bread Stick Baby Carrots</p> <p><i>(V) Same</i></p>
<p>25</p> <p>AM Snack Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch Whole Wheat Chicken & Cheese Baby Burrito Fuji Applesauce Steamed Vegetables</p> <p>PM Snack Home-baked Graham Cracker Whole Fresh Fruit <i>(V) Cheesiest Pizza</i></p>	<p>26</p> <p>AM Snack Homemade Corn Cakes Whole Fresh Fruit</p> <p>Lunch Beef & Broccoli Stir-Fry served with Brown Rice Fresh Fruit Steamed Vegetables</p> <p>PM Snack Chicken Salad Home-baked Carrot Six-Grain Roll <i>(V) Bean & Broccoli Stir-Fry</i></p>	<p>27</p> <p>AM Snack <i>New</i> Ken Mc Muffin <small>(English muffin + eggs)</small> Apple</p> <p>Lunch Turkey Sub Sandwich Fresh Fruit Steamed Vegetables</p> <p>PM Snack Yogurt Yummy Granola</p> <p><i>(V) Toasted Cheese Sandwich</i></p>	<p>28</p> <p>AM Snack <i>New</i> Home-baked Lemon Poppyseed Muffin Whole Fresh Fruit</p> <p>Lunch Roasted Chicken Fried Rice Fresh Fruit Steamed Vegetables</p> <p>PM Snack <i>New</i> Quinoa Salad String Cheese</p> <p><i>(V) Bean & Veggie Fried Rice</i></p>	
<p>Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances</p>				
<p>Just some of the vegetables this month Asian greens – beets – bell peppers – broccoli – Brussels sprouts – carrots – cauliflower – corn – mushrooms – onions – peas – spinach – sweet potatoes – zucchini</p>		<p>Just some of the fruit this month apples – figs – melons – oranges – pears – banana – persimmons – plums</p>		