

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>AM Snack Breakfast Cereal Fresh Apple Milk</p> <p>Lunch Cheese Pizza Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Banana Animal Crackers</p>
4	5	6	7	8
<p>AM Snack Breakfast Cereal Fresh Oranges Milk</p> <p>Lunch BBQ Chicken Sandwich Fuji Applesauce Seasoned Vegetables Milk</p> <p>PM Snack Honey Roasted Soy Nuts or Goldfish Crackers Apples</p>	<p>AM Snack French Toast Mixed Berry Compote Milk</p> <p>Lunch The Cheesiest Pizza Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Chicken Salad Wheat Crackers</p>	<p>AM Snack Breakfast Bread Pears Milk</p> <p>Lunch Natural Chicken Tenders Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack String Cheese ABC Pretzels</p>	<p>AM Snack Breakfast Cereal Crisp Apples Milk</p> <p>Lunch Cheese and Bean Baby Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Yogurt Granola</p>	<p>AM Snack Whole Grain English Muffins Tangerines Milk</p> <p>Lunch Spaghetti Turkey Bolognese Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Cinnamon Bread Pears</p>
11	12	13	14	15
<p>AM Snack Breakfast Cereal Pears Milk</p> <p>Lunch Chicken Noodle Casserole Fuji Applesauce Seasoned Vegetables Milk</p> <p>PM Snack Cinnamon Bread Tangerines</p>	<p>AM Snack Biscuits and Jam Red Apples Milk</p> <p>Lunch Chef Ken's Turkey Chili served with a Fresh Roll Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Graham Crackers Banana</p>	<p>AM Snack <i>New</i> Homebaked Breakfast Bread Oranges Milk</p> <p>Lunch Fresh Turkey Meatloaf Fresh Mixed Fruit Golden Potatoes Milk</p> <p>PM Snack String Cheese Goldfish Crackers</p>	<p>AM Snack Buttermilk Pancakes Mixed Berry Compote Milk</p> <p>Lunch Roasted Chicken Stir Fry (w/vegetables) Rice Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Home Made Hummus Pita Bread</p>	<p>AM Snack Bagel + Cream Cheese Kiwi Milk</p> <p>Lunch <i>New</i> Sweet Potato and Chicken Ravioli Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Vanilla Yogurt Yummy Granola</p>
18	19	20	21	22
<p>AM Snack Breakfast Cereal Fresh Oranges Milk</p> <p>Lunch Spaghetti Turkey Bolognese Fuji Applesauce Seasoned Vegetables Milk</p> <p>PM Snack Sweet Cole Slaw Roll</p>	<p>AM Snack Fresh Roll & Butter Crisp Apples Milk</p> <p>Lunch Soft Chicken Tacos Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Vanilla Yogurt Yummy Granola</p>	<p>AM Snack Whole Grain English Muffins Pears Milk</p> <p>Lunch The Cheesiest Pizza Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Chicken Salad Wheat Crackers</p>	<p>AM Snack <i>New</i> Homebaked Breakfast Bread Nectanines Milk</p> <p>Lunch BBQ Chicken Sandwich Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack String Cheese Animal Crackers</p>	<p>AM Snack Breakfast Cereal Whole Fresh Fruit Milk</p> <p>Lunch Cheese and Bean Baby Burrito Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Cinnamon Swirl Pears</p>
25	26	27	28	29
<p>AM Snack Breakfast Cereal Oranges Milk</p> <p>Lunch Natural Chicken Tenders Fuji Applesauce Seasoned Vegetables Milk</p> <p>PM Snack String Cheese Goldfish Crackers</p>	<p>AM Snack Buttermilk Pancakes Mixed Berry Compote Milk</p> <p>Lunch Rice & Black Beans Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Vanilla Yogurt Yummy Granola</p>	<p>AM Snack Bagel + Cream Cheese Crisp Apples Milk</p> <p>Lunch Tenyaki Tilapia and Roll Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack The "Good" Cookie String cheese</p>	<p>AM Snack Whole Grain English Muffins Tangerines Milk</p> <p>Lunch Homemade Turkey Potstickers Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Pretzels Dried Cranberries</p>	<p>AM Snack Waffles Mixed Berry Compote Milk</p> <p>Lunch Soft Chicken Tacos Fresh Mixed Fruit Seasoned Vegetables Milk</p> <p>PM Snack Vanilla Yogurt Yummy Granola</p>

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

white beans - broccoli - orange & white cauliflower - garnet yams
broccoli - bok choy - yellow zucchini - sweet corn - butternut squash -
black beans - broccolini - turnips - pinto beans - carrots rutabaga - fresh
potatoes

Just some of the fruit this month

seedless red watermelon - honeydew melon - fresh pineapple - bananas
- oranges - seasonal apples - fruit yogurt - dried apricots - pears
Mexican papaya - Fuji applesauce - cantaloupe - dried plums
cranberries