

Deanza May 2025 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

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

05

Breakfast

W Breakfast Cereal of the Day

Whole Fresh Fruit

Milk

Lunch

W Turkey Spaghetti Bolognese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Brown Rice & Beans

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

12

Breakfast

W Breakfast Cereal of the Day

Whole Fresh Fruit

Milk

Lunch

W Chicken, Butter Noodles &

Parmesan Cheese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Brown Rice & Beans

P.M. Snack

W Homemade Brazilian Cheese and

Coconut Stick

19

Breakfast

W Breakfast Cereal of the Day

Whole Fresh Fruit

Milk

Lunch

W NEW Chicken, Red Pepper &

Cheese Burrito

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Grilled Cheese Sandwich

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

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

06

Breakfast

W NEW Home Baked Cacao

Mantecadas Muffin

Whole Fresh Fruit

Milk

Chefables Very Own Cheese Sticks

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Grilled Cheese Sandwich

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

Fresh Veggies

13

Breakfast

W Home Baked Banana, Blueberry

Muffin

Whole Fresh Fruit

Milk

A2 Organic Vanilla Yogurt

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Cheese Quesadilla

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

20

Breakfast

W Home Baked Honey Lemon

Muffin

Whole Fresh Fruit

Milk

Hard Boiled Egg

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Grilled Cheese Sandwich

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

Fresh Veggies

27

Breakfast

W Breakfast Cereal of the Day

Whole Fresh Fruit

Milk

Chefables Very Own Cheese Sticks

Lunch

W V Mac & Cheese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

07

Breakfast

W Home Baked Blueberry Breakfast

Bread

Whole Fresh Fruit

Milk

A2 Organic Vanilla Yogurt

Lunch

W V Mac & Cheese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

W Pumpkin Seed & Coconut Biscuit

14

Breakfast

W NEW Home Baked Toasted

Sesame Seed & Lemon Breakfast

Bread

Whole Fresh Fruit

Milk

Hard Boiled Egg

Lunch

W V Mac & Cheese

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

W Homemade Mini Empanadas

21

Breakfast

W Home Made Concha!

Whole Fresh Fruit

Milk

Chefables Very Own Cheese Sticks

Lunch

W Chicken Fajita Burrito

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Cheese Quesadilla

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

28

Breakfast

W Home Baked Lemon Poppy

Breakfast Bread

Whole Fresh Fruit

Milk

A2 Organic Vanilla Yogurt

Lunch

W Natural Chicken Tenders

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Grilled Cheese Sandwich

P.M. Snack

Chefables Very Own Cheese Sticks

W Home Baked Crackers

May 01

Breakfast

W Home Baked Ube Breakfast

Coquille

Whole Fresh Fruit

Milk

A2 Organic Vanilla Yogurt

Lunch

BBQ Chicken

W V Brown Rice

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Cheese Quesadilla

P.M. Snack

W Homemade Brazilian Cheese and

Coconut Stick

08

Breakfast

W Home Baked Buttermilk

Pancakes

Whole Fresh Fruit

Milk

Hard Boiled Egg

Lunch

W COLD Asian Pasta Chicken Salad

Fresh Fruit

Milk

W V Cheese Quesadilla

Steamed/Fresh Vegetables

P.M. Snack

W Homemade Mini Empanadas

15

Breakfast

W Home Baked Cacao French Toast

Stick

Whole Fresh Fruit

Milk

Chefables Very Own Cheese Sticks

Lunch

W Cold Caesar Chicken & Pasta

Salad

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Cold Bean + Orzo Salad

P.M. Snack

W Homemade Brazilian Cheese and

Coconut Stick

22

Breakfast

W Home Baked Corn Bread Waffles

Whole Fresh Fruit

Milk

A2 Organic Vanilla Yogurt

Lunch

W Beef Burger on Honey WG Bun

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Cold Bean + Orzo Salad

P.M. Snack

W Pumpkin Seed & Coconut Biscuit

29

Breakfast

W Home Baked Cheese Twist

Whole Fresh Fruit

Milk

Hard Boiled Egg

Lunch

W Chicken Chow Mein

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Cheese Quesadilla

P.M. Snack

W Homemade Brazilian Cheese and

Coconut Stick

09

Breakfast

W Home Baked KuKu Squares

Whole Fresh Fruit

Milk

Lunch

W Chicken & Cheese Enchilada

Steamed/Fresh Vegetables

Fresh Fruit

Milk

W V Bean and Cheese Pupusas

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

09

Breakfast

W Orange-Cinnamon Hodge Podge

(Rice Porridge)

Whole Fresh Fruit

Milk

Lunch

W V Bean and Cheese Pupusas

Steamed/Fresh Vegetables

Fresh Fruit

Milk

P.M. Snack

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

16

Breakfast

Closed

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 greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard celery collard kale leeks lettuces mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchokes squash (winter) tomato turnips Bell pepper cucumber green beans (chile) shallots



Just some of the fruits this month: Apple Asian pear cherimoyas cherries dates grapefruit kumquat lemon limes mandarin oranges pomelos rhubarb strawberry Apples apricot blackberry blueberry kiwi loquats mandarins nectarines peaches pears plums pluots raspberries

NEW = New menu offering | **W** = Whole Grain Rich | **V** = Vegetarian Menu Option | = Field Trip Menu Option |