

# Deanza July 2025 Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### 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

07

**Breakfast**  
W Breakfast Cereal of the Day  
Whole Fresh Fruit  
Milk  
**Lunch**  
W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
**P.M. Snack**  
A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats Cereal

14

**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**  
W Homemade Brazilian Cheese and Coconut Stick

21

**Breakfast**  
W Breakfast Cereal of the Day  
Whole Fresh Fruit  
Milk  
**Lunch**  
W Chicken Alfredo Pasta  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
W V Brown Rice & Beans  
**P.M. Snack**  
W Homemade Brazilian Cheese and Coconut Stick

28

**Breakfast**  
W Breakfast Cereal of the Day  
Whole Fresh Fruit  
Milk  
**Lunch**  
W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
**P.M. Snack**  
W Homemade Brazilian Cheese and Coconut Stick

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**Breakfast**  
W Home Baked Blueberry Lemon 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

08

**Breakfast**  
W **NEW** Home Baked Cacao Chip Mantecadas Muffin  
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**  
W Home Baked Crackers  
Fresh Veggies

15

**Breakfast**  
W Home Baked Cheddar Brioche Muffin  
Whole Fresh Fruit  
Milk  
Chefables Very Own Cheese Sticks  
**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

22

**Breakfast**  
W Home Baked Cranberry Orange Muffin  
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**  
W Home Baked Crackers  
Fresh Veggies

29

**Breakfast**  
W Home Baked Blueberry Lemon 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

02

**Breakfast**  
W Home Baked Banana Cacao Breakfast Bread  
Whole Fresh Fruit  
Milk  
A2 Organic Vanilla Yogurt  
**Lunch**  
W Chicken, Butter Noodles & Parmesan Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
W V Brown Rice & Beans  
**P.M. Snack**  
W Homemade Mini Empanadas

09

**Breakfast**  
W Home Baked Toasted Sesame Seed & Lemon Breakfast Bread  
Whole Fresh Fruit  
Milk  
Chefables Very Own Cheese Sticks  
**Lunch**  
W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
**P.M. Snack**  
W Pumpkin Seed & Coconut Biscuit

16

**Breakfast**  
W Home Baked Coconut Cranberry 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 Homemade Mini Empanadas

23

**Breakfast**  
W Home Made Concha!  
Whole Fresh Fruit  
Milk  
Chefables Very Own Cheese Sticks  
**Lunch**  
W Ancho Chili & Chicken, Sour Cream & Brown Rice Burrito  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
W V Cheese Quesadilla  
**P.M. Snack**  
W Homemade Mozzarella Filled Soft Pretzel Roll

30

**Breakfast**  
W Home Baked Lemon Poppy Breakfast Bread  
Whole Fresh Fruit  
Milk  
A2 Organic Vanilla Yogurt  
**Lunch**  
W Chicken, Butter Noodles & Parmesan Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
W V Brown Rice & Beans  
**P.M. Snack**  
W Homemade Mini Empanadas

03

**Breakfast**  
W Home Baked Buttermilk Pancakes  
Whole Fresh Fruit  
Milk  
Chefables Very Own Cheese Sticks  
**Lunch**  
W Bulgogi Beef & Vegetables  
W V Brown Rice  
Fresh Fruit  
Milk  
W V Cheese Quesadilla  
Steamed/Fresh Vegetables  
**P.M. Snack**  
W Homemade Brazilian Cheese and Coconut Stick

10

**Breakfast**  
W Home Baked French Toast Sticks  
Whole Fresh Fruit  
Milk  
A2 Organic Vanilla Yogurt  
**Lunch**  
W Chicken Alfredo Pasta  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk  
W V Cheese Quesadilla  
**P.M. Snack**  
W Homemade Mini Empanadas

17

**Breakfast**  
W **NEW** Home Baked Whole Grain Banana Waffle  
Whole Fresh Fruit  
Milk  
Chefables Very Own Cheese Sticks  
**Lunch**  
W COLD Asian Pasta Chicken Salad  
Fresh Fruit  
Milk  
W V Grilled Cheese Sandwich  
Steamed/Fresh Vegetables  
**P.M. Snack**  
W Homemade Brazilian Cheese and Coconut Stick

24

**Breakfast**  
W **NEW** Home Baked Whole Grain Strawberry Waffles  
Whole Fresh Fruit  
Milk  
A2 Organic Vanilla Yogurt  
**Lunch**  
W Turkey Chili Con Carne + Vegetables  
W V Brown Rice  
Fresh Fruit  
Milk  
W V Brown Rice & Beans  
Steamed/Fresh Vegetables  
**P.M. Snack**  
W Pumpkin Seed & Coconut Biscuit

31

**Breakfast**  
W **NEW** Home Baked Asiago Cheese Twist  
Whole Fresh Fruit  
Milk  
Chefables Very Own Cheese Sticks  
**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

04

**Closed**

11

**Breakfast**  
W Home Baked Ube Breakfast Coquille  
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

18

**Breakfast**  
W Cheddar Cheese & Scallion Bagel  
Whole Fresh Fruit  
Milk  
**Lunch**  
W Beef Burger on Honey WG Bun  
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

25

**Breakfast**  
W COLD Over Night Oats - Cup  
Whole Fresh Fruit  
Milk  
**Lunch**  
W COLD Caesar Chicken Pasta Salad  
Fresh Fruit  
Milk  
W V Cheese Quesadilla  
Steamed/Fresh Vegetables  
**P.M. Snack**  
A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats Cereal

### 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:** Arugula Asian greens avocado beets bok choy broccoli green beans cabbage carrots cauliflower chard celery corn cucumber collard cress eggplant endive kale leeks lettuces mushrooms mustard okra onion peas peppers potato radicchio radishes scallions shallots spinach sprouts summer squash tomatillo tomato turnips Artichoke arugula asparagus Bell pepper rabe Brussels (chile) potatoes



**Just some of the fruits this month:** Apple apricot blackberry blueberry boysenberry cactus pear cherries dates figs grapes lemon melon mulberries nectarine oranges peaches plums pluots raspberries rhubarb strawberry Apples cherimoyas kiwi loquats mandarins nectarines pears

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