

December 2014 - COMMUNITY SERVICES BUREAU PRE- SCHOOL CHILDREN'S MENU

<p>1</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE SLICES RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>*MINESTRONE SOUP (carrots, cabbage, celery, & zucchini) CHEDDAR CHEESE CUBES FRESH PEAR SLICES SPROUTED 7-GRAIN BREAD</p> <p><u>PM SNACK</u></p> <p>PLAIN LOW-FAT YOGURT FRESH BANANA</p>	<p>2</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE SPROUTED RAISIN BREAD & SUNBUTTER</p> <p><u>LUNCH</u></p> <p>SLICED TURKEY HAM BAKED SWEET POTATOES & APPLES FRESH KIWI SLICES SPROUTED WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>PINEAPPLE TIDBITS COTTAGE CHEESE</p>	<p>3</p> <p><u>BREAKFAST</u></p> <p>FRESH PEAR SLICES WHOLE WHEAT CHEESE TOAST</p> <p><u>LUNCH</u></p> <p>*DAFA DUKA-NIGERIAN DISH (diced chicken, pinto beans, cabbage & diced tomatoes) FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u></p> <p>BABY CARROTS & CUCUMBER STICKS HUMMUS FOR DIPPING 1% LOW-FAT MILK</p>	<p>4</p> <p><u>BREAKFAST</u></p> <p>CINNAMON SPICED APPLESAUCE OVEN BAKED PANCAKE</p> <p><u>LUNCH</u></p> <p>*BROCCOLI, CAULIFLOWER & CHEESE SOUP FRESH KIWI SLICES HOMEMADE CORNBREAD SQUARE</p> <p><u>PM SNACK</u></p> <p>SPANISH QUINOA TASTING ("KEEN-WAH") FRESH APPLE SLICES 1% LOW-FAT MILK</p>	<p>5</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKES</p> <p><u>LUNCH</u></p> <p>*MANDARIN SESAME CHICKEN SALAD (chicken, coleslaw & mandarin oranges) FRESH PEAR SLICES SPROUTED DINNER ROLL</p> <p><u>PM SNACK</u></p> <p>HOMEMADE BANANA BREAD 1% LOW-FAT MILK</p>
<p>8</p> <p><u>BREAKFAST</u></p> <p>FRESH TANGERINE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>*VEGGIE SKETTI (diced zucchini, mushrooms, tomatoes, & bell peppers) WITH WHOLE WHEAT SPAGHETTI SHREDDED CHEDDAR CHEESE FRESH KIWI SLICES</p> <p><u>PM SNACK</u></p> <p>HUMMUS VEGGIE ROLL SPINACH & SHREDDED CARROTS 1% LOW-FAT MILK</p>	<p>9</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE CUBES SPROUTED WHEAT CINNAMON RAISIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>*JAMMIN JAMBALAYA WITH STEAMED BROWN RICE (diced chicken & vegetables) FRESH ORANGE SLICES</p> <p><u>PM SNACK</u></p> <p>HERBED COTTAGE CHEESE FRESH BABY CARROTS & ZUCCHINI STICKS</p>	<p>10</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI SLICES BREAKFAST BURRITO (scrambled eggs & salsa)</p> <p><u>LUNCH</u></p> <p>GROUND BEEF SPAGHETTI CASSEROLE WITH WHOLE WHEAT PASTA GREEN BEANS FRESH PEAR SLICES</p> <p><u>PM SNACK</u></p> <p>FRESH BANANA SUNBUTTER</p>	<p>11</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u></p> <p>*BEAN SOUP WITH VEGETABLES & TURKEY HAM MANGO CHUNKS HOMEMADE CORNBREAD</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p>12</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>TURKEY WRAP WITH LOW-FAT CREAM CHEESE FILLING BUTTERNUT SQUASH AND PUMPKIN SOUP FRESH APPLE SLICES WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>HOMEMADE FRUIT COCKTAIL BREAD PUDDING 1% LOW-FAT MILK</p>
<p>15</p> <p><u>BREAKFAST</u></p> <p>FRESH PEAR CRISPIX CEREAL</p> <p><u>LUNCH</u></p> <p>VEGETARIAN ENCHILADA CASSEROLE (cheese, black beans, corn, & tomato) TOSSED GREEN SALAD ITALIAN DRESSING FRESH KIWI SLICES</p> <p><u>PM SNACK</u></p> <p>FROZEN STRAWBERRIES LOW-FAT PLAIN YOGURT GRANOLA</p>	<p>16</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>CHICKEN & NOODLES WITH WHOLE WHEAT SPAGHETTI SWEET POTATOES FRESH APPLE SLICES</p> <p><u>PM SNACK</u></p> <p>CUCUMBER & CARROT STICKS VEGETABLE DIP WHEAT THIN CRACKERS</p>	<p>17</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA OATMEAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>BBQ BEEF ON A HAMBURGER BUN COLESLAW FRESH TANGERINE</p> <p><u>PM SNACK</u></p> <p>CHEDDAR CHEESE STICKS FRESH PEAR</p>	<p>18</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE CUBES SPROUTED WHEAT PLAIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>*CHICKEN GUMBO (diced chicken, tomatoes, okra, celery, & green peppers) WITH BROWN RICE FRESH GOLDEN APPLE SLICES</p> <p><u>PM SNACK</u></p> <p>FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK</p>	<p>19</p> <p><u>BREAKFAST</u></p> <p>MAPLE APPLESAUCE OVEN BAKED FRENCH TOAST</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>TUNA SALAD BROCCOLI FLORETS REDUCED FAT RANCH DRESSING MANGO CHUNKS WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>HOMEMADE CARROT RAISIN PINEAPPLE BREAD 1% LOW-FAT MILK</p>
<p>22</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>BEAN & CHEESE BURRITO DICED TOMATOES & SHREDDED ROMAINE FRESH KIWI SLICES SPROUTED WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>LOW-FAT COTTAGE CHEESE DICED PEACHES</p>	<p>23</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE SLICES CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>SLICED ROAST TURKEY BREAST SPINACH CRANBERRY SALAD LOW-FAT ITALIAN DRESSING FRESH PEAR SLICES DINNER ROLL</p> <p><u>PM SNACK</u></p> <p>FRESH TANGERINE 1% LOW-FAT MILK</p>	<p>24</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA RICE KRISPIES</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>*GARDEN VEGETABLE PITA POCKET (shredded cheese, lettuce, carrots, & cucumbers)-PITA BREAD REDUCED FAT RANCH DRESSING FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>WHOLE WHEAT CINNAMON BREAD 1% LOW-FAT MILK</p>	<p>25</p> <p><i>Christmas Holiday</i></p>	<p>26</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CHERRIOS</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>SUNBUTTER & JELLY SANDWICH MOZZARELLA STRING CHEESE BABY CARROTS NO DRESSING FRESH RED APPLE SLICES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>WHEAT CRACKERS 1%LOW-FAT MILK</p>
<p>29</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI SLICES KIX CEREAL</p> <p><u>LUNCH</u></p> <p>*LENTIL SOUP (potatoes, celery & carrots) SHREDDED CHEESE FRESH ORANGE SLICES SPROUTED SOUR DOUGH BREAD</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>30</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKES</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>SLICED TURKEY HAM MAYO & MUSTARD DRESSING BROCCOLI FLORETS WITH RANCH DRESSING FRESH RED APPLE SLICES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>ZUCCHINI BREAD 1%LOW-FAT MILK</p>	<p>31</p> <p><u>BREAKFAST</u></p> <p>FRESH PEAR SLICES WHOLE WHEAT CINNAMON TOAST</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>DEVELOPED EGGS HARD BOILED EGG GARDEN SALAD W ITALIAN DRESSING FRESH TANGERINE WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>FRESH GREEN APPLE SLICES 1% LOW-FAT MILK</p>		

