


FEBRUARY 2015 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p style="text-align: center;"><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p>BEAN & CHEESE BURRITO DICED TOMATOES & CHOPPED ROMAINE FRESH KIWI SPROUTED WHEAT TORTILLA</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>3</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH BANANA RICE KRISPIES CEREAL</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*GROUND BEEF & SPANISH RICE (ground beef, brown rice & vegetables) MANGO CHUNKS</p> <p style="text-align: center;"><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>DEVILED EGG WHEAT CRACKERS</p>	<p>4</p> <p style="text-align: center;"><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>FRESH PEAR SLICES RAISIN BREAD WITH SUNBUTTER</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>MAC & CHEESE WITH TURKEY HAM BROCCOLI SALAD FRESH APPLE SLICES</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>COTTAGE CHEESE DIP CUCUMBERS & CARROTS</p>	<p>5</p> <p style="text-align: center;"><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>FRESH KIWI SLICES SPROUTED WHEAT BAGEL LOW – FAT CREAM CHEESE</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>OVEN BAKED CHICKEN DRUMSTICKS COLLARD GREENS FRESH TANGERINE WHOLE WHEAT CORNBREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>CARROT RAISIN SALAD 1% LOW-FAT MILK</p>	<p>6</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKE CEREAL</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*BEEFY VEGETABLE SOUP WITH VEGETABLES CHEDDAR CHEESE STICK FRESH PEAR SLICES WHEAT CRACKERS</p> <p style="text-align: center;"><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>SUNBUTTER FRESH APPLE SLICES</p>
<p>9</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*LENTIL SOUP & SHREDDED CHEESE (Carrots, Potatoes, Celery) FRESH KIWI SPROUTED SOURDOUGH BREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>WHOLE WHEAT GOLDFISH CRACKERS 1% LOW-FAT MILK</p>	<p>10</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKE CEREAL</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*BEEFY TOMATO & CORN BAKE WITH PENNE PASTA FRESH APPLE SLICES</p> <p style="text-align: center;"><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u> <u>ANTS ON A LOG</u></p> <p>CELERY STICKS SUNBUTTER & RAISINS 1% LOW-FAT MILK</p>	<p>11</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH PEAR WHOLE WHEAT CINNAMON TOAST</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>SESAME BEEF SESAME CABBAGE SLAW FRESH TANGERINE BROWN RICE</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>MOZZARELLA STRING CHEESE WHEAT CRACKERS</p>	<p>12</p> <p style="text-align: center;"><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>FRESH GOLDEN APPLE SLICES BREAKFAST BURRITO (eggs with cheese) SPROUTED WHEAT TORTILLA</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*CONFETTI SOUP (black eye peas, turkey ham, carrots, kale, celery, & parsley) FRESH ORANGE HOMEMADE CORNBREAD</p> <p style="text-align: center;"><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>FRESH ZUCCHINI & TOMATOES LOW-FAT RANCH DRESSING 1% LOW-FAT MILK</p>	<p>13</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH OR FROZEN STRAWBERRIES GRITS</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*WHITE CHICKEN CHILI (diced chicken, white beans, tomatoes, cheese, & light sour cream) FRESH PEAR SPROUTED SOUR FRENCH BREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>HOMEMADE BREAD PUDDING WITH RAISINS 1% LOW-FAT MILK</p>
<p>16</p> <div style="text-align: center;">  </div>	<p>17</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>BAJA BEAN WRAP (refried beans, shredded cheese & chunky salsa) JICMA WITH LIME JUICE FRESH APPLE CORN TORTILLA</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>BUG BITES 1% LOW-FAT MILK</p>	<p>18</p> <p style="text-align: center;"><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>PINEAPPLE CUBES SPROUTED WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*CHILI CON CARNE SWEET & TANGY COLESLAW HOMEMADE MEXICALI CORNBREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>LET'S GO FISHING TRAIL MIX (crispix, pretzels, fish, & cheese crackers) 1% LOW-FAT MILK</p>	<p>19</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH PEAR CINNAMON OATMEAL WITH RAISINS</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>SWEET & SOUR CHICKEN FRESH BROCCOLI WITH LOW-FAT RANCH DRESSING FRESH TANGERINE NOT FRIED RICE</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>20</p> <p style="text-align: center;"><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>SUNBUTTER & BANANA WRAP SPROUTED WHEAT TORTILLA</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>TOASTED CHEESE SANDWICH TOMATO ORZO SOUP APPLESAUCE SPROUTED WHOLE WHEAT BREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>HOMEMADE BLUEBERRY BREAD 1% LOW-FAT MILK</p>
<p>23</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH APPLE KIX CEREAL</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*MINESTRONE SOUP (cabbage, carrots & celery) CHEESE CUBES FRESH PEAR WHEAT CRACKERS</p> <p style="text-align: center;"><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>PLAIN LOW-FAT YOGURT FRESH OR FROZEN STRAWBERRIES</p>	<p>24</p> <p style="text-align: center;"><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>FRESH BANANA SPROUTED RAISIN BREAD WITH SUNBUTTER</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>SLICED TURKEY HAM BAKED SWEET POTATOES & APPLES FRESH KIWI SPROUTED WHOLE WHEAT BREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>PINEAPPLE TIBITS COTTAGE CHEESE</p>	<p>25</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH PEAR CHEESE TOAST</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*DAFA DUKA-NIGERIAN DISH (diced chicken, pinto beans, cabbage & diced tomatoes) FRESH TANGERINE BROWN RICE</p> <p style="text-align: center;"><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>HUMMUS DIP BABY CARROTS & CUCUMBER STICKS 1% LOW-FAT MILK</p>	<p>26</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>CINNAMON SPICED APPLESAUCE OVEN BAKED PANCAKE</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*BROCCOLI, CAULIFLOWER & CHEESE SOUP FRESH APPLE HOMEMADE CORNBREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>COWBOY QUINOA SALAD ("KEEN-WAH") 1% LOW-FAT MILK</p>	<p>27</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKE CEREAL</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>*CHICKEN VEGETABLE SOUP SUNBUTTER SANDWICH FRESH PEAR WHOLE WHEAT BREAD</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>HOMEMADE BANANA BREAD 1% LOW-FAT MILK</p>

ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK

*Indicates vegetable included in main dish
WATER IS OFFERED THROUGHOUT THE DAY