


# March 2015

## – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*VEGGIE SKETTI</b> (diced zucchini, mushrooms, tomatoes, &amp; bell peppers) WITH WHOLE WHEAT SPAGHETTI SHREDDED CHEDDAR CHEESE FRESH KIWI SLICES</p> <p><u>PM SNACK</u></p> <p>Happy Birthday Dr. Seuss ONE FISH, TWO FISH WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p>3 <u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKES</p> <p><u>LUNCH</u></p> <p><b>*JAMMIN JAMBALAYA</b> (diced chicken &amp; vegetables) FRESH ORANGE STEAMED BROWN RICE</p> <p><u>PM SNACK</u></p> <p>HERBED COTTAGE CHEESE FRESH BABY CARROTS &amp; ZUCCHINI STICKS</p>	<p>4 <u>BREAKFAST</u></p> <p>FRESH TANGERINE MALT-O-MEAL</p> <p><u>LUNCH</u></p> <p><b>CHICKEN TETRAZZINI WITH WHOLE WHEAT PASTA</b> BROCCOLI FLORETS WITH LOW-FAT RANCH DRESSING FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>WHEAT CRACKERS PIMENTO CHEESE</p>	<p>5 <u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>MANGO CHUNKS ENGLISH MUFFIN WITH SUNBUTTER</p> <p><u>LUNCH</u></p> <p><b>*BEAN SOUP WITH TURKEY HAM</b> (celery, carrots &amp; tomato paste) FRESH PEAR HOMEMADE CORNBREAD</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>HUMMUS VEGGIE ROLL UP SHREDDED CARROTS AND SPINACH</p>	<p>6 <u>BREAKFAST</u></p> <p>FRESH KIWI WHOLE WHEAT TOAST WITH HARD BOILED EGG</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>TURKEY &amp; SWISS CHEESE</b> HONEY MUSTARD DRESSING ROMINE LETTUCE &amp; TOMATO SLICE FRESH APPLE SLICES SPROUTED SOUR DOUGH BREAD</p> <p><u>PM SNACKS</u></p> <p>FRESH BANANA 1% LOW-FAT MILK</p>
<p>9 <u>BREAKFAST</u></p> <p>FRESH PEAR RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*VEGETABLE CHILI</b> (kidney beans, bulgur wheat, tomatoes, yogurt &amp; Cheese) FRESH KIWI CORN TORTILLA</p> <p><u>PM SNACK</u></p> <p>FROZEN OR FRESH STRAWBERRIES LOW-FAT PLAIN YOGURT GRANOLA</p>	<p>10 <u>BREAKFAST</u></p> <p>FRESH ORANGE CRISPIX CEREAL</p> <p><u>LUNCH</u></p> <p><b>CHICKEN &amp; NOODLES WITH WHOLE WHEAT SPAGHETTI</b> SPINACH SALAD WITH RASPBERRY VINAIGRETTE DRESSING FRESH APPLE SLICES</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKER 1% LOW-FAT MILK</p>	<p>11 <u>BREAKFAST</u></p> <p>FRESH BANANA OATMEAL</p> <p><u>LUNCH</u></p> <p><b>BBQ BEEF ON A HAMBURGER BUN</b> COLESLAW FRESH TANGERINE</p> <p><u>PM SNACK</u></p> <p>BROCCOLI &amp; CAULIFLOWER FLORETS VEGETABLE DRESSING 1% LOW-FAT MILK</p>	<p>12 <u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>PINEAPPLE CHUNKS CINNAMON RAISIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><b>*CHICKEN GUMBO</b> (diced chicken, tomatoes, okra, celery, green peppers) FRESH GOLDEN APPLE BROWN RICE</p> <p><u>PM SNACK</u></p> <p>FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p>	<p>13 <u>BREAKFAST</u></p> <p>MAPLE APPLESauce OVEN BAKED WHOLE WHEAT PANCAKE</p> <p><u>LUNCH</u></p> <p><b>*FIESTA CHILI BEANS</b> CHEESE STICK FRESH PEAR WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>FRESH BANANA SUNBUTTER</p>
<p>16 <u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>BEAN &amp; CHEESE BURRITO</b> DICED TOMATOES &amp; CHOPPED ROMAINE FRESH KIWI SPROUTED WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>17 <u>BREAKFAST</u></p> <p>FRESH BANANA RICE CRISPY CEREAL</p> <p><u>LUNCH</u></p> <p><b>*IRISH STEW</b> (stew meat, potatoes &amp; carrots) LUCKY LEPRECHAN GREENS (spinach, red bell peppers &amp; diced pears) BALSAMIC DRESSING DINNER ROLL</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>DEVELOPED EGG WHEAT CRACKERS</p>	<p>18 <u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>FRESH PEAR SLICES RAISIN BREAD WITH SUNBUTTER</p> <p><u>LUNCH</u></p> <p><b>MAC &amp; CHEESE WITH TURKEY HAM</b> BROCCOLI SALAD WITH RAISINS FRESH APPLE SLICES</p> <p><u>PM SNACK</u></p> <p>COTTAGE CHEESE PINEAPPLE TIDBITS</p>	<p>19 <u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u></p> <p>FRESH KIWI SLICES SPROUTED WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><b>SALSA OVEN BAKED CHICKEN</b> SPRING SALAD MIX WITH OREGANO DRESSING FRESH TANGERINE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>CARROT RAISIN SALAD 1% LOW-FAT MILK</p>	<p>20 <u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKE CEREAL</p> <p><u>LUNCH</u></p> <p><b>BEEFY VEGETABLE SOUP WITH VEGETABLES</b> CHEDDAR CHEESE STICK FRESH PEAR SLICES HOMEMADE CORNBREAD</p> <p><u>PM SNACK</u></p> <p>SUNBUTTER FRESH APPLE SLICES</p>
<p>23 <u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*LENTIL SOUP &amp; SHREDDED CHEESE</b> (carrots, potatoes &amp; celery) FRESH KIWI SPROUTED SOURDOUGH BREAD</p> <p><u>PM SNACK</u></p> <p>CUCUMBER SLICES &amp; YAM STICKS VEGETABLE DRESSING 1% LOW-FAT MILK</p>	<p>24 <u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKE CEREAL</p> <p><u>LUNCH</u></p> <p><b>*BEEFY TOMATO &amp; CORN BAKE WITH PENNE PASTA</b> FRESH APPLE SLICES</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>ANTS ON A LOG CELERY STICKS SUNBUTTER &amp; RAISINS 1% LOW-FAT MILK</p>	<p>25 <u>BREAKFAST</u></p> <p>FRESH PEAR WHOLE WHEAT CINNAMON TOAST</p> <p><u>LUNCH</u></p> <p><b>BEEF ADOBO</b> SESAME CABBAGE SLAW FRESH TANGERINE STEAMED BROWN RICE</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>26 <u>BREAKFAST</u></p> <p>FRESH KIWI SLICES CREAM OF WHEAT CEREAL</p> <p><u>LUNCH</u></p> <p><b>*CONFETTI SOUP</b> (black eye peas, turkey ham, carrots, kale, celery, &amp; parsley) FRESH ORANGE HOMEMADE CORNBREAD</p> <p><u>PM SNACK</u></p> <p>FRESH ZUCCHINI STICKS &amp; TOMATOES LOW-FAT RANCH DRESSING WHEAT THIN CRACKERS</p>	<p>27 <u>BREAKFAST</u></p> <p>FRESH OR FROZEN STRAWBERRIES KIX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*WHITE CHICKEN CHILI</b> (diced chicken, white beans, tomatoes, cheese, &amp; light sour cream) FRESH PEAR WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>FRESH APPLE SLICES 1% LOW-FAT MILK</p>
<p>30 <u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>BAJA BEAN WRAP</b> (refried beans, shredded cheese &amp; chunky salsa) JICMA WITH LIME JUICE FRESH KIWI CORN TORTILLA</p> <p><u>PM SNACK</u></p> <p>BUG BITES CINNAMON GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>31 <u>BREAKFAST</u></p> <p>FRESH BANANA CRISPIX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*GROUND BEEF &amp; SPANISH RICE WITH VEGETABLES</b> (ground beef, brown rice &amp; vegetables) MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>HOMEMADE SALSA CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>		<p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>	