


April 2015 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p>*Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>		<p>1 <u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS CINNAMON RAISIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>BBQ CHICKEN DRUMSTICK SPAGHETTI PASTA & VEGETABLE SALAD WITH ITALIAN DRESSING FRESH APPLE SLICES</p> <p><u>PM SNACK</u></p> <p>HARD BOILED EGG FRESH TANGERINE</p>	<p>2 <u>BREAKFAST</u></p> <p>FRESH BANANA OLD FASHIONED ROLLED OATS WITH BROWN SUGAR, VANILLA & RAISINS</p> <p><u>LUNCH</u></p> <p>PIZZA BURGER SHREDDED CHEESE ROMAINE, TOMATO, & CUCUMBER SALAD WITH VINAIGRETTE DRESSING FRESH ORANGE WEDGE SPROUTED HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>BLUEBERRY MUFFIN SQUARES 1% LOW-FAT MILK</p>	<p>3 <u>BREAKFAST</u></p> <p>FRESH KIWI CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>TUNA SALAD SANDWICH RAINBOW COLESLAW FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>PEAR BUNNY (PEAR HALVE, COTTAGE CHEESE, RAISINS, & CARROT STICKS)</p>
<p>6 <u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>*VEGETARIAN COWBOY MACARONI (cheddar & mozzarella cheese, kidney beans, corn, & tomatoes) WITH WHOLE WHEAT MACARONI FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>7 <u>BREAKFAST</u></p> <p>FRESH APPLE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>*TURKEY & BLACK BEAN CHILI MANGO CHUNKS MEXICALI CORNBREAD</p> <p><u>PM SNACK</u></p> <p>COTTAGE CHEESE PINEAPPLE TIBITS</p>	<p>8 <u>BREAKFAST</u></p> <p>FRESH BANANA CREAM OF RICE CEREAL WITH BROWN SUGAR & BLUEBERRIES</p> <p><u>LUNCH</u></p> <p>CURRY CHICKEN SALAD MARINATED CUCUMBER & TOMATOES FRESH PEAR PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>ROLLER SANDWICH SUNBUTTER & RAISINS WHOLE WHEAT TORTILLA</p>	<p>9 <u>BREAKFAST</u></p> <p>FRESH APPLE ZUCCHINI BREAD SQUARE</p> <p><u>LUNCH</u></p> <p>BEEF SPAGHETTI CASSEROLE SHREDDED KALE GREEN SALAD WITH RED CABBAGE & CARROTS FRESH ORANGE WEDGES</p> <p><u>PM SNACK</u></p> <p>SPIDER SNACKS LOW-FAT CREAM CHEESE, CRACKERS, RAISINS, & PRETZELS 1% LOW-FAT MILK</p>	<p>10 <u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORN FLAKE CEREAL</p> <p><u>LUNCH</u></p> <p>*HAWAIIAN CHICKEN WRAP (diced chicken, broccoli, carrots, pineapple, & spinach) MANGO CHUNKS WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>FRESH PEAR CHEDDAR CHEESE CUBES</p>
<p>13 <u>WEEK</u></p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>*LENTILS OF THE SOUTHWEST CHEESE SANDWICH FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>14 <u>OF</u></p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CHEERIOS</p> <p><u>LUNCH</u></p> <p>BEEF TACOS & SHREDDED CHEESE SHREDDED LETTUCE & DICED TOMATOES MANGO CHUNKS SOFT MINI TACOS</p> <p><u>PM SNACK</u></p> <p>BANANA BREAD SQUARE 1% LOW-FAT MILK</p>	<p>15 <u>THE</u></p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CINNAMON TOAST</p> <p><u>LUNCH</u></p> <p>*GARDEN VEGETABLE LO MEIN & CHICKEN (diced chicken, broccoli, carrots, green peas & bell peppers) WITH WHOLE WHEAT SPAGHETTI FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>RYE KRISP CRACKERS STRING CHEESE</p>	<p>16 <u>YOUNG</u></p> <p><u>BREAKFAST</u></p> <p>FRESH GOLDEN APPLE ROLLED OATS</p> <p><u>LUNCH</u></p> <p>SLOPPY JOE CORN NIBLETS FRESH KIWI SPROUTED HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>LET'S GO FISHING MIX (crispix cereal, goldfish crackers, cheese crackers, & pretzels) 1% LOW-FAT MILK</p>	<p>17 <u>CHILD</u></p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RAISIN BREAD & SUNBUTTER</p> <p><u>LUNCH</u></p> <p>PIZZA-IN A-POCKET PIZZA SAUCE, SLICED TURKEY HAM & MOZZARELLA CHEESE SPRING SALAD MIX WITH ITALIAN DRESSING FRESH STRAWBERRIES PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>TROPICAL FRUIT SALAD 1% LOW-FAT MILK</p>
<p>20 <u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>*ARROZ CON QUESO (cheese, rice, tomatoes, & beans) FRESH KIWI SLICES</p> <p><u>PM SNACK</u></p> <p>CINNAMON CRACKERS 1% LOW-FAT MILK</p>	<p>21 <u>BREAKFAST</u></p> <p>FRESH APPLE RICE KRISPY CEREAL</p> <p><u>LUNCH</u></p> <p>GREEK CHICKEN SALAD WITH FETA CHEESE DRESSING BABY CARROTS (No Dressing) FRESH STRAWBERRIES PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>MANDARIN ORANGES & PINEAPPLE TIDBITS LOW-FAT YOGURT HOMEMADE GRANOLA</p>	<p>22 <u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS PLAIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>SEASONED BLACK EYE PEAS WITH TURKEY HAM MUSTARD GREENS FRESH ORANGE WHOLE WHEAT CORNBREAD SQUARES</p> <p><u>PM SNACK</u></p> <p>HERBED COTTAGE CHEESE BROCCOLI & CAULIFLOWER FLORETS</p>	<p>23 <u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKES</p> <p><u>LUNCH</u></p> <p>CHICKEN CHILAQUILES RED CABBAGE SALAD FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>ANTS ON THE LOG CELERY STICKS, SUNBUTTER & RAISINS 1% LOW-FAT MILK</p>	<p>24 <u>BREAKFAST</u></p> <p>MAPLE APPLESauce TOPPING OVEN BAKED WHOLE WHEAT PANCAKE</p> <p><u>LUNCH</u></p> <p>TURKEY HAM & SWISS CHEESE HONEY MUSTARD DRESSING CUCUMBER SLICES & RANCH DRESSING FRESH CANTALOUPE SLICES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>COWBOY QUNINO SALAD 1% LOW-FAT MILK</p>
<p>27 <u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>REFRIED BEAN WRAP SHREDDED CHEESE CHILI LIME JICMA STICKS FRESH KIWI SPROUTED WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p>28 <u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>*CHILI RICE (ground beef, rice, tomatoes, corn, green chilies, & shredded cheddar cheese) MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>HUMMUS SPINACH & SHREDDED CARROTS SPROUTED WHEAT TORTILLA</p>	<p>29 <u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES BREAKFAST EGG BURRITTO WHOLE WHEAT TORTILLA SALSA</p> <p><u>LUNCH</u></p> <p>KANGAROO POCKET SLICED DELI STYLE TURKEY & CHEESE ROMAINE LEAF LETTUCE & DICED TOMATOES REDUCED FAT RANCH DRESSING FRESH APPLE SLICES PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>BANANA SUNBUTTER</p>	<p>30 <u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS SPROUTED SESAME BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>LIME MARINATED CHICKEN BREAST RICE PILAF SPRING SALAD MIX WITH VINAIGRETTE DRESSING FRESH ORANGE SLICES</p> <p><u>PM SNACK</u></p> <p>BLACK EYE PEA SALSA CORN TORTILLA CHIPS</p>	