



# MAY 2015 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				<p><b>1</b></p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA RICE KRISPIES CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>EGG SALAD SANDWICH</b> LOW-FAT YOGURT FRESH STRAWBERRIES CARROT STICKS WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> BROCCOLI FLORETS HERBED COTTAGE CHEESE</p>
<p><b>4</b></p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE RICE CHEX</p> <p><u>LUNCH</u> <b>*SANTA FE RICE &amp; BEANS</b> (black beans, corn, tomatoes, salsa, olives, cheese, rice, &amp; fat free sour cream) MANGO CHUNKS</p> <p><u>PM SNACK</u> LOW-FAT PLAIN YOGURT DICED PEACHES</p>	<p><b>5</b></p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI KIX CEREAL</p> <p><u>LUNCH</u> <b>BARBECUED BEEF ON ROLL</b> COLESLAW FRESH ORANGE HAMBURGER BUN</p> <p><u>PM SNACK</u> ZUCCHINI &amp; CARROT STICKS REDUCED FAT RANCH DRESSING CHEDDAR CHEESE</p>	<p><b>6</b></p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CINNAMON TOAST</p> <p><u>LUNCH</u> <b>DICED TERIYAKI CHICKEN</b> NOT FRIED RICE BROCCOLI SALAD FRESH STRAWBERRIES</p> <p><u>PM SNACK</u> FRIENDS TRIAL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p>	<p><b>7</b></p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHERRIOS</p> <p><u>LUNCH</u> <b>TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLA CHIPS</b> TOSSED SALAD WITH VEGETABLE DRESSING FRESH APPLE</p> <p><u>PM SNACK</u> MEXICAN STYLE CORNBREAD SQUARES 1% LOW-FAT MILK</p>	<p><b>8</b></p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE SLICES WHOLE WHEAT BISCUIT SUNBUTTER MIXED WITH FRUIT JELLY</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>*RANCH CHICKEN PITA POCKET WITH RANCH DRESSING, FRESH TOMATOES &amp; GREEN LEAF LETTUCE</b> FRESH CANTALOUPE PITA BREAD</p> <p><u>PM SNACK</u> FRESH ORANGE SLICES SUNBUTTER &amp; RAISINS</p>
<p><b>11</b></p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE 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) JICAMA WITH LIME JUICE FRESH KIWI WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> BUG BITES CINNAMON GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p><b>12</b></p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CRISPIX CEREAL</p> <p><u>LUNCH</u> <b>*GROUND BEEF &amp; SPANISH RICE WITH VEGETABLES</b> (ground beef, brown rice &amp; vegetables) MANGO CHUNKS</p> <p><u>PM SNACK</u> HOMEMADE PICO DE GALLO CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>	<p><b>13</b></p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS CINNAMON RAISIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u> <b>BARBECUED CHICKEN DRUMSTICK</b> WHOLE WHEAT PENNE PASTA VEGETABLE SALAD (mixed vegetable &amp; broccoli) FRESH APPLE</p> <p><u>PM SNACK</u> HARD BOILED EGG FRESH ORANGE</p>	<p><b>14</b></p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA OLD FASHION ROLLED OATS WITH CINNAMON, VANILLA &amp; RAISINS</p> <p><u>LUNCH</u> <b>PIZZA BURGER</b> SHREDDED CHEESE ROMAINE, TOMATOES &amp; CUCUMBER SALAD FRESH ORANGE SPROUTED HAMBURGER BUN</p> <p><u>PM SNACK</u> BLUEBERRY MUFFIN SQUARES 1% LOW-FAT MILK</p>	<p><b>15</b></p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI CORN CHEX CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>TUNA SALAD SANDWICH</b> RAINBOW COLESLAW FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> WHOLE WHEAT CRACKERS SUNBUTTER</p>
<p><b>18</b></p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u> <b>*VEGETARIAN COWBOY MACARONI</b> (cheddar, mozzarella cheese, kidney beans, corn, tomatoes, &amp; whole wheat macaroni) FRESH STRAWBERRIES</p> <p><u>PM SNACK</u> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p><b>19</b></p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE BRAN CEREAL</p> <p><u>LUNCH</u> <b>*TURKEY &amp; BLACK BEAN CHILI</b> MANGO CHUNKS MEXICALI CORNBREAD</p> <p><u>PM SNACK</u> COTTAGE CHEESE PINEAPPLE TIBITS</p>	<p><b>20</b></p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CREAM OF RICE CEREAL WITH BROWN SUGAR &amp; BLUEBERRIES</p> <p><u>LUNCH</u> <b>CURRY CHICKEN SALAD</b> MARINATED CUCUMBERS &amp; TOMATOES FRESH CANTALOUPE PITA POCKET BREAD</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>ROLLER SANDWICH SUNBUTTER &amp; RAISINS WHOLE WHEAT TORTILLA</p>	<p><b>21</b></p> <p><u>BREAKFAST</u></p> <p>APPLESAUCE ZUCCHINI BREAD SQUARE</p> <p><u>LUNCH</u> <b>BEEF SPAGHETTI CASSEROLE</b> SHREDDED KALE GREEN SALAD WITH RED CABBAGE &amp; CARROTS FRESH ORANGE WEDGES</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u></p> <p>SPIDER SNACKS CREAM CHEESE, CRACKERS, RAISINS, &amp; PRETZELS 1% LOW-FAT MILK</p>	<p><b>22</b></p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORNFLEAK CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>HAWAIIAN CHICKEN WRAP</b> (broccoli, carrots, pineapple, &amp; spinach) MANGO CHUNKS WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> FRESH APPLE CHEDDAR CHEESE CUBES</p>
<p><b>25</b></p> 	<p><b>26</b></p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CHERRIOS</p> <p><u>LUNCH</u> <b>LENTILS OF THE SOUTHWEST</b> CHEESE SANDWICH BABY CARROTS FRESH STRAWBERRIES</p> <p><u>PM SNACK</u> ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p><b>27</b></p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u> <b>*GARDEN VEGETABLE LO MEIN &amp; CHICKEN</b> (diced chicken, broccoli, carrots, green peas, &amp; bell peppers with whole wheat spaghetti) FRESH WATERMELON</p> <p><u>PM SNACK</u> CARROT-PINEAPPLE BREAD 1% LOW-FAT MILK</p>	<p><b>28</b></p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA ROLLED OATS</p> <p><u>LUNCH</u> <b>SLOPPY JOE</b> CORN NIBLETS FRESH KIWI SPROUTED HAMBURGER BUN</p> <p><u>PM SNACK</u> LET'S GO FISHING MIX (crispix cereal, goldfish crackers, cheese crackers, &amp; pretzels) 1% LOW-FAT MILK</p>	<p><b>29</b></p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES RAISIN BREAD &amp; SUNBUTTER</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u></p> <p><b>PIZZA-IN A-POCKET</b> SLICED TURKEY HAM &amp; MOZZARELLA CHEESE SPRING SALAD MIX WITH ITALIAN DRESSING FRESH ORANGE SLICES PITA POCKET BREAD</p> <p><u>PM SNACK</u> <b>EARLY CLOSURE</b></p>