












# JULY 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>1</p> <p><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u> PINEAPPLE CHUNKS SPROUTED PLAIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u> <b>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS</b> RED CABBAGE SALAD WITH VINAIGRETTE DRESSING MANGO CHUNKS</p> <p><u>PM SNACK</u> HERBED COTTAGE CHEESE BROCCOLI &amp; RED BELL PEPPER STRIPS</p> 	<p>2</p> <p><u>BREAKFAST</u> FRESH BANANA CORNFLAKE CEREAL</p> <p><u>LUNCH</u> <b>TURKEY HAM &amp; SWISS CHEESE</b> HONEY MUSTARD DRESSING CUCUMBER STICKS FRESH CANTALOUPE SLICES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u> ANTS ON THE LOG CELERY STICKS, SUNBUTTER &amp; RAISINS</p>	<p>3</p> 
<p>6</p> <p><u>BREAKFAST</u> FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>BAJA BEAN WRAP</b> (refried beans, shredded cheese &amp; chunky salsa) JICMA WITH LIME JUICE FRESH ORANGE WHOLE WHEAT TORTILLAS</p> <p><u>PM SNACK</u> WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p> 	<p>7</p> <p><u>BREAKFAST</u> FRESH BANANA KIX CEREAL</p> <p><u>LUNCH</u> <b>*BEEF &amp; RICE CASSEROLE</b> FRESH PLUM</p> <p><u>PM SNACK</u> SUNNY SALSA (mandarin oranges, pineapple chunks, bell peppers, &amp; onions) CORN TORTILLA CHIPS</p> 	<p>8</p> <p><u>BREAKFAST</u> FRESH STRAWBERRIES CORNFLAKE CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>SUNBUTTER &amp; JELLY SANDWICH</b> STRING CHEESE BABY CARROTS FRESH APPLE</p> <p><u>PM SNACK</u> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>9</p> <p><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u> MANGO CHUNKS SPROUTED SESAME BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u> <b>LIMEADE CHICKEN BREAST</b> SPRING SALAD MIX WITH VINAIGRETTE DRESSING FRESH ORANGE STEAMED BROWN RICE</p> <p><u>PM SNACK</u> COTTAGE CHEESE PINEAPPLE TIDBITS</p>	<p>10</p> <p><u>BREAKFAST</u> FRESH BANANA SUNBUTTER WHOLE WHEAT TORTILLA</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>EGG SALAD SANDWICH</b> LOW-FAT YOGURT FRESH STRAWBERRIES CELERY STICKS WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> FRESH BROCCOLI &amp; CAULIFLOWER FLORETS VEGETABLE DRESSING WHEAT THIN CRACKERS</p> 
<p>13</p> <p><u>BREAKFAST</u> FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>*VEGGIE PITA POCKET</b> (shredded cheese, lettuce, carrots, sliced cucumbers &amp; low-fat ranch dressing) HARD BOILED EGG FRESH ORANGE SLICES PITA POCKET SLICES</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u> RAISIN BREAD SUNBUTTER</p>	<p>14</p> <p><u>BREAKFAST</u> FRESH KIWI KIX CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>BBQ BEEF ON ROLL</b> SWEET SUMMER SALAD (cabbage, raisin &amp; apples) FRESH STRAWBERRIES HAMBURGER BUN</p> <p><u>PM SNACK</u> WHEAT CRACKERS CHEESE SLICE</p> 	<p>15</p> <p><u>BREAKFAST</u> FRESH ORANGE WHOLE WHEAT CINNAMON TOAST</p> <p><u>LUNCH</u> <b>OVEN BAKED CHICKEN DRUMSTICKS</b> BROCCOLI SALAD FRESH APPLE DINNER ROLL</p> <p><u>PM SNACK</u> FRIENDS TRAIL MIX (kix, cherrios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p>	<p>16</p> <p><u>BREAKFAST</u> FRESH BANANA CHERRIOS</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>TURKEY &amp; JACK CHEESE SANDWICH</b> MAYO &amp; MUSTARD DRESSING SALAD GREENS &amp; SLICED TOMATOES FRESH PEACH WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> LOW-FAT PLAIN YOUTR FRUIT COCKTAIL HOMEMADE GRANOLA</p> 	<p>17</p> <p><u>BREAKFAST</u> MANGO CHUNKS BLUEBERRY MUFFIN SQUARE</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>CHICKEN SALAD SANDWICH</b> BABY CARROTS (NO DRESSING) FRESH HONEYDEW MELON SPROUTED SOURDOUGH BREAD</p> <p><u>PM SNACK</u> FRESH APPLE SLICES SUNBUTTER</p> 
<p>20</p> <p><u>BREAKFAST</u> FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>BEAN BURRITO WITH CHEESE</b> SHREDDED RED CABBAGE &amp; JICMA SALAD FRESH KIWI WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> CINNAMON BUG BITE CRACKERS 1% LOW-FAT MILK</p> 	<p>21</p> <p><u>BREAKFAST</u> FRESH APPLE CRISPIX CEREAL</p> <p><u>LUNCH</u> <b>*GROUND BEEF &amp; SPANISH RICE WITH VEGETABLES</b> (ground beef, brown rice &amp; vegetables) FRESH APRICOT</p> <p><u>PM SNACK</u> HOMEMADE PICO DE GALLO CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>	<p>22</p> <p><u>BREAKFAST</u> <u>NUTRITION EXPERIENCE</u> PINEAPPLE CHUNKS CINNAMON RAISIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u> <b>BBQ CHICKEN DRUMSTICKS</b> POTATO SALAD FRESH WATERMELON SPROUTED SOURDOUGH BREAD</p> <p><u>PM SNACK</u> ANIMAL CRACKERS 1% LOW-FAT MILK</p> 	<p>23</p> <p><u>BREAKFAST</u> FRESH BANANA OLD FASHION ROLLED OATS WITH CINNAMON VANILLA &amp; RAISINS</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>PIZZA BURGER</b> SHREDDED CHEESE ROMAINE LETTUCE, TOMATOES &amp; CUCUMBER SALAD FRESH APPLE SPROUTED HAMBURGER BUN</p> <p><u>PM SNACK</u> <u>NUTRITION EXPERIENCE</u> BUTTERFLIES (celery sticks, sunbutter &amp; pretzels) 1% LOW-FAT MILK</p>	<p>24</p> <p><u>BREAKFAST</u> FRESH KIWI CORN CHEX CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>TUNA SALAD SANDWICH</b> RAINBOW COLESLAW WITH CHEESE FRESH ORANGE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> BANANA BREAD SQUARE 1% LOW-FAT MILK</p>
<p>27</p> <p><u>BREAKFAST</u> FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>*VEGETABLE WRAP</b> (salad greens, romaine, diced tomatoes, green peppers, mushrooms, &amp; shredded carrots) SHREDDED CHEESE HARDBOILED EGG FRESH PEACH WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> WHOLE GRAIN CHEESE CRACKERS 1% LOW-FAT MILK</p>	<p>28</p> <p><u>BREAKFAST</u> FRESH KIWI BRAN CEREAL</p> <p><u>LUNCH</u> <b>*TURKEY &amp; BLACK BEAN CHILI</b> FRESH ORANGE WHOLE WHEAT CRACKERS</p> <p><u>PM SNACK</u> FRESH FRUIT SALAD (low-fat plain yogurt, apples, raisins, strawberries, &amp; cinnamon)</p>	<p>29</p> <p><u>BREAKFAST</u> FRESH BANANA CHERRIOS</p> <p><u>LUNCH</u> <b>CURRY CHICKEN SALAD</b> MARINATED CUCUMBERS &amp; TOMATOES FRESH PLUM PITA POCKET BREAD</p> <p><u>PM SNACK</u> <b>EARLY CLOSURE</b></p>	<p>30</p> <p><u>BREAKFAST</u> FRESH APRICOT CREAM OF WHEAT CEREAL</p> <p><u>LUNCH</u> <b>*BEEF SPAGHETTI CASSEROLE</b> FRESH CANTALOUPE SLICES</p> <p><u>PM SNACK</u> SWEET POTATO BREAD SQUARE 1% LOW-FAT MILK</p> 	<p>31</p> <p><u>BREAKFAST</u> FRESH STRAWBERRIES CORNFLAKE CEREAL</p> <p><u>LUNCH</u> <u>NUTRITION EXPERIENCE</u> <b>HAWAIIAN CHICKEN WRAP</b> (broccoli, carrots, pineapple, &amp; spinach) FRESH APPLE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> FRESH BANANA SUNBUTTER</p>