














# August 2015 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>MAC &amp; CHEESE WITH WHOLE WHEAT PASTA</b> KOOL CABBAGE SLAW (cabbage, carrots &amp; raisins) FRESH PLUM</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p> 	<p>4</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORNFLAKES</p> <p><u>LUNCH</u></p> <p><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></p> <p>HONEY WHOLE WHEAT BREADSTICK PIZZA SAUCE FOR DIPPING 1% LOW-FAT MILK</p>	<p>5</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI HARD BOILED EGG WHOLE WHEAT ENGLISH MUFFIN &amp; SUNBUTTER</p> <p><u>LUNCH</u></p> <p><b>BEEF TACOS</b> SHREDDED CHEESE SHREDDED LETTUCE &amp; TOMATOES MANGO CHUNKS WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>SOUND BITE CRACKERS 1% LOW-FAT MILK</p> 	<p>6</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA ROLLED OATS WITH RAISINS</p> <p><u>LUNCH</u></p> <p><b>SLOPPY JOE</b> MEXICALI CORN FRESH ORANGE SLICES SPROUTED HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>BLUEBERRIES &amp; GRANOLA LOW-FAT PLAIN YOGURT</p>	<p>7</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>TURKEY ROLLER SANDWICH WITH CREAM CHEESE</b> FRESH GREEN LEAF LETTUCE RED BELL PEPPERS &amp; GRATED CARROTS FRESH CANTALOUPE SLICE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>CARROT &amp; PINEAPPLE BREAD 1% LOW-FAT MILK</p>
<p>10</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CRISPIX CEREAL</p> <p><u>LUNCH</u></p> <p><b>ARROZ CON QUESO</b> (cheese, rice, beans, onion, &amp; tomatoes) SPINACH SALAD SERVED WITH VINAIGRETTE DRESSING FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p>HUMMUS ROLLED IN WHOLE WHEAT TORTILLA 1% LOW-FAT MILK</p>	<p>11</p> <p><u>BREAKFAST</u></p> <p>FRESH PEACH RICE KRISPIES CEREAL</p> <p><u>LUNCH</u></p> <p><b>*SLOPPY SAMMIES</b> (ground turkey, tomatoes, peppers, &amp; carrots) FRESH HONEYDEW MELON SPROUTED WHOLE WHEAT BUN</p> <p><u>PM SNACK</u></p> <p>FRESH BANANA SUNBUTTER</p> 	<p>12</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS SPROUTED PLAIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><b>SEASONED BLACKKEY'D PEAS WITH TURKEY HAM</b> MUSTARD GREENS FRESH ORANGE WHOLE WHEAT CORNBREAD SQUARE</p> <p><u>PM SNACK</u></p> <p>HERBED COTTAGE CHEESE BROCCOLI &amp; RED BELL PEPPER STRIPS</p>	<p>13</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKES CEREAL</p> <p><u>LUNCH</u></p> <p><b>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS</b> RED CABBAGE SALAD WITH VINAIGRETTE DRESSING MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>ANTS ON A LOG CELERY STICKS, SUNBUTTER &amp; RAISINS</p> 	<p>14</p> <p><u>BREAKFAST</u></p> <p>CINNAMON APPLESAUCE OVEN BAKED WHOLE WHEAT PANCAKE</p> <p><u>LUNCH</u></p> <p><b>TURKEY HAM SANDWICH</b> HONEY MUSTARD DRESSING CUCUMBER SLICES WITH VEGETABLE DRESSING FRESH PLUM WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>COWBOY QUINOA SALAD 1% LOW-FAT MILK</p> 
<p>17</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>BAJA BEANS</b> SHREDDED CHEESE JICAMA WITH LIME &amp; CHILI POWDER FRESH ANJOU PEAR SPROUTED WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p> 	<p>18</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS CEREAL</p> <p><u>LUNCH</u></p> <p><b>TUNA SAMMIES</b> SPINACH SALAD WITH ITALIAN DRESSING CANTALOUPE SLICE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>19</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORNFLAKES CEREAL</p> <p><u>LUNCH</u></p> <p><b>*KANGAROO POCKET</b> DELI STYLE SLICED TURKEY &amp; CHEESE ROMAINE LEAF LETTUCE &amp; DICED TOMATOES REDUCED FAT RANCH DRESSING FRESH APPLE SLICES PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>COTTAGE CHEESE PINEAPPLE TIDBITS</p> 	<p>20</p> <p><u>BREAKFAST</u></p> <p>MANGO CHUNKS SPROUTED SESAME BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><b>SWEET &amp; SOUR CHICKEN</b> GARDEN VEGETABLE BROWN RICE (broccoli, carrots &amp; bell peppers) FRESH WATERMELON</p> <p><u>PM SNACK</u></p> <p>ZUCCHINI BREAD SQUARE 1% LOW-FAT MILK</p>	<p>21</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA SUNBUTTER WHOLE WHEAT TORTILLA</p> <p><u>LUNCH</u></p> <p><b>EGG SALAD SANDWICH</b> LOW-FAT YOGURT FRESH STRAWBERRIES CELERY STICKS WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH BROCCOLI &amp; CAULIFLOWER FLORETS VEGETABLE DRESSING WHEAT THIN CRACKERS</p> 
<p>24</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>SUNBUTTER &amp; JELLY</b> STRING CHEESE BABY CARROTS (NO DRESSING) FRESH PLUM WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p> 	<p>25</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI KIX CEREAL</p> <p><u>LUNCH</u></p> <p><b>BBQ BEEF ON ROLL</b> SWEET SUMMER SALAD (cabbage, raisin &amp; apples) FRESH STRAWBERRIES HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>WHEAT CRACKERS HUMMUS</p> 	<p>26</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS WHOLE WHEAT CINNAMON TOAST</p> <p><u>LUNCH</u></p> <p><b>CHICKEN CURRY &amp; BROWN RICE</b> SPINACH SALAD SWEET &amp; SOUR DRESSING FRESH PEAR SLICES</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>27</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u></p> <p><b>TURKEY &amp; JACK CHEESE SANDWICH</b> MAYO &amp; MUSTARD DRESSING SALAD GREENS &amp; SLICED TOMATOES FRESH APPLE SLICES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>LOW-FAT PLAIN YOGURT FRESH STRAWBERRIES HOMEMADE GRANOLA</p> 	<p>28</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE WHOLE WHEAT BISCUIT</p> <p><u>LUNCH</u></p> <p><b>CHICKEN SALAD SANDWICH</b> BABY CARROTS (NO DRESSING) FRESH HONEYDEW MELON SPROUTED SOURDOUGH BREAD</p> <p><u>PM SNACK</u></p> <p>RAISIN BREAD SUNBUTTER</p>
<p>31</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*VEGGIE SKETTI WITH MIXED VEGGIES, SHREDDED CHEESE &amp; WHOLE WHEAT SPAGHETTI</b> FRESH APPLE SLICES</p> <p><u>PM SNACK</u></p> <p>CINNAMON GRAHAM CRACKERS 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>		 <p><b>It's SUMMER!</b></p>