













# SEPT

# SEPTEMBER 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></p> <p>FRESH BANANA CORNFLAKES 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>MOZZARELLA STRING CHEESE MINI WHOLE GRAIN SALTINE CRACKERS</p> 	<p>2</p> <p><u>BREAKFAST</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>PINEAPPLE CHUNKS CINNAMON RAISIN BAGEL &amp; LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><b>BBQ CHICKEN DRUMSTICKS</b> ORANGUTAN SALAD (spinach, mandarin oranges, feta cheese with sweet &amp; sour sauce) FRESH STRAWBERRIES SPROUTED SOURDOUGH BREAD</p> <p><u>PM SNACK</u></p> <p>LET'S GO FISHING MIX (crispix, gold fish crackers, cheese crackers, &amp; pretzel sticks) 1% LOW-FAT MILK</p>	<p>3</p> <p><u>BREAKFAST</u></p> <p>FRESH PEAR OLD FASHION ROLLED OATS WITH CINNAMON, VANILLA &amp; RAISINS</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>PIZZA BURGER</b> SHREDDED CHEESE RED BELL PEPPER STRIPS FRESH ORANGES SLICES SPROUTED HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>PUMPKIN BREAD 1% LOW-FAT MILK</p> 	<p>4</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>TUNA SALAD SANDWICH</b> FRESH BABY CARROTS (NO DRESSING) FRESH WATERMELON SPROUTED WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH APPLE SLICES SUNBUTTER</p>
<p>7</p> <p><b>LABOR DAY</b></p> 	<p>8</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*TURKEY HAM &amp; LENTIL SOUP</b> (turkey ham, potatoes, onions, celery, &amp; carrots) FRESH STRAWBERRIES WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>SCOOBY-DOO BAKED CINNAMON GRAHAMS 1% LOW-FAT MILK</p>	<p>9</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>CHICKEN BURRITO</b> SHREDDED CHEDDAR CHEESE RED CABBAGE SLAW FRESH KIWI WHOLE WHEAT FLOUR TORTILLA</p> <p><u>PM SNACK</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>HOMEMADE PICO DE GALLO &amp; CORN TORTILLA CHIPS 1% LOW-FAT MILK</p> 	<p>10</p> <p><u>BREAKFAST</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>FRESH ORANGE WHOLE WHEAT RAISIN BREAD &amp; SUNBUTTER</p> <p><u>LUNCH</u></p> <p><b>*BEEF SPAGHETTI CASSEROLE</b> <b>WHOLE WHEAT SPAGHETTI</b> FRESH CANTALOUPE SLICE</p> <p><u>PM SNACK</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>BUTTERFLIES (celery sticks, sunbutter &amp; pretzels) 1% LOW-FAT MILK</p>	<p>11</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES RICE KRISPIES CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>*HAWAIIAN CHICKEN WRAP</b> (diced chicken, broccoli, carrots, pineapple, &amp; spinach) FRESH APPLE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>DEVILED EGGS (hard boiled egg, mayo, mustard, &amp; relish dressing) WHEAT CRACKERS</p> 
<p>14</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>15</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES KASHI HEART TO HEART CEREAL</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><u>NUTRITION EXPERIENCE</u></p> <p>HONEY WHOLE WHEAT BREADSTICK PIZZA SAUCE FOR DIPPING 1% LOW-FAT MILK</p>	<p>16</p> <p><u>BREAKFAST</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>FRESH KIWI WHOLE WHEAT ENGLISH MUFFIN &amp; SUNBUTTER</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>BEEF TACOS</b> SHREDDED CHEESE SHREDDED LETTUCE &amp; DICED TOMATOES MANGO CHUNKS WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>SOUND BITE CRACKERS 1% LOW-FAT MILK</p> 	<p>17</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA ROLLED OATS WITH RAISINS</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>SLOPPY JOE</b> MEXICALI CORN FRESH ORANGE SLICES WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>FRESH APPLE CHEDDAR CHEESE SLICE</p>	<p>18</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>TURKEY ROLLER SANDWICH WITH LOW-FAT 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>21</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CRISPIX CEREAL</p> <p><u>LUNCH</u></p> <p><b>ARROZ CON QUESO</b> (cheese, brown rice, beans, onion, &amp; tomatoes) SPINACH SALAD SERVED WITH VINAIGRETTE DRESSING FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>HUMMUS ROLLED IN WHOLE WHEAT TORTILLA 1% LOW-FAT MILK</p>	<p>22</p> <p><u>BREAKFAST</u></p> <p>FRESH PEACH RICE KRISPIES CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>*SLOPPY SAMMIES</b> (ground turkey, tomatoes, peppers, &amp; carrots) FRESH HONEYDEW MELON WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>WALKING BANANA SANDWICH (fresh banana &amp; sunbutter)</p> 	<p>23</p> <p><u>BREAKFAST</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>PINEAPPLE CHUNKS PLAIN BAGEL &amp; LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>SEASONED BLACKEYED PEAS WITH TURKEY HAM</b> MUSTARD GREENS FRESH CANTALOUPE SLICE WHOLE WHEAT CORNBREAD SQUARE</p> <p><u>PM SNACK</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>HERBED COTTAGE CHEESE BROCCOLI FLORETS</p>	<p>24</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLAKES CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</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><u>NUTRITION EXPERIENCE</u></p> <p>ANTS ON A LOG (celery sticks, sunbutter &amp; raisins)</p>	<p>25</p> <p><u>BREAKFAST</u></p> <p>CINNAMON APPLESAUCE OVEN BAKED WHOLE WHEAT PANCAKE</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>TURKEY HAM SANDWICH</b> MUSTARD &amp; MAYO DRESSING GREEN LEAF LETTUCE &amp; TOMATO SLICES FRESH ORANGE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>COWBOY QUINOA SALAD 1% LOW-FAT MILK</p> 

<p>28</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>SUNBUTTER &amp; JELLY</b></p> <p>STRING CHEESE BABY CARROTS FRESH PLUM WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p> 	<p>29</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI KIX CEREAL</p> <p><u>LUNCH</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p><b>BBQ BEEF ON ROLL</b></p> <p>SWEET SUMMER SALAD (cabbage, carrots, raisins &amp; apples) FRESH STRAWBERRIES WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p><u>NUTRITION EXPERIENCE</u></p> <p>BEAN &amp; SALSA DIP CORN TORTILLA</p>	<p>30</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 CASSEROLE</b></p> <p>SPINACH SALAD WITH SWEET &amp; SOUR DRESSING FRESH PEAR SLICES</p> <p><u>PM SNACK</u></p> <p>FRIENDS TRAIL MIX (kix, cherrios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p> 		<p>Back to School</p> 
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