












OCTOBER 2015 — COMMUNITY SERVICES BUREAU PRESCHOOL MENU

	<p align="center">ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p align="center">*Indicates vegetable included in main dish</p> <p align="center">WATER IS OFFERED THROUGHOUT THE DAY</p>		<p align="center">BREAKFAST</p> <p>FRESH STRAWBERRIES CREAM OF WHEAT</p> <p align="center">LUNCH</p> <p>TOMATO & MACARONI BAKE WITH WHOLE GRAIN PASTA (ground beef & turkey, tomatoes, corn) FRESH ORANGE WEDGES</p> <p align="center">PM SNACK</p> <p>HOMEMADE SWEET POTATO BREAD 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH BANANA CORNFLAKES CEREAL</p> <p align="center">LUNCH - NUTRITION EXPERIENCE</p> <p>KANGAROO POCKET (sliced turkey, chopped romaine & diced tomatoes with ranch dressing) FRESH WATERMELON PITA POCKET BREAD</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>HUMMUS TORTILLA ROLL 1% LOW-FAT MILK</p> 
<p align="center">BREAKFAST</p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p align="center">LUNCH</p> <p>CHILI SANS CARNE (MEATLESS) COLE SLAW FRESH ORANGE HOMEMADE WHOLE WHEAT CORNBREAD</p> <p align="center">PM SNACK</p> <p>FRESH KIWI 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH BANANA CORNFLAKES CEREAL</p> <p align="center">LUNCH</p> <p>*GROUND BEEF & SPANISH RICE (ground beef & turkey, brown rice) MANGO CHUNKS</p> <p align="center">PM SNACK</p> <p>MOZZARELLA STRING CHEESE MINI WHOLE GRAIN SALTINE CRACKERS</p> 	<p align="center">BREAKFAST - NUTRITION EXPERIENCE</p> <p>PINEAPPLE CHUNKS WHOLE WHEAT BAGEL & LOW-FAT CREAM CHEESE</p> <p align="center">LUNCH</p> <p>BBQ CHICKEN DRUMSTICK ORANGUTAN SALAD (spinach, mandarin oranges, feta cheese, with sweet & sour dressing) FRESH STRAWBERRIES WHOLE WHEAT ROLL</p> <p align="center">PM SNACK</p> <p>LETS GO FISHING MIX (crispix, gold fish crackers, cheese crackers, & pretzel sticks) 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH PEAR OLD FASHION ROLLED OATS WITH RAISINS</p> <p align="center">LUNCH NUTRITION EXPERIENCE</p> <p>PIZZA BURGER (ground beef & turkey) SHREDDED MOZZARELLA CHEESE RED BELL PEPPER STRIPS FRESH ORANGE WEDGES WHOLE GRAIN HAMBURGER BUN</p>  <p align="center">PM SNACK</p> <p>HOMEMADE PUMPKIN BREAD 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH KIWI CORN CHEX CEREAL</p> <p align="center">LUNCH - NUTRITION EXPERIENCE</p> <p>TURKEY SALAD SANDWICH BABY CARROTS NO DRESSING FRESH WATERMELON WHOLE WHEAT BREAD</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>FRESH APPLE SUNBUTTER</p>
<p align="center">BREAKFAST</p> <p>FRESH ORANGE KIX CEREAL</p> <p align="center">LUNCH</p> <p>TOASTED CHEDDAR CHEESE SANDWICH LENTIL SOUP WITH POTATOES, ONIONS, CELERY, & CARROTS FRESH STRAWBERRIES</p> <p align="center">PM SNACK</p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH PEAR CORN CHEX CEREAL</p> <p align="center">LUNCH</p> <p>SLICED TURKEY HAM SWEET POTATOES & APPLES FRESH KIWI WHOLE WHEAT DINNER ROLL</p> <p align="center">PM SNACK</p> <p>PINEAPPLE CUBES COTTAGE CHEESE</p> 	<p align="center">BREAKFAST</p> <p>FRESH BANANA CHEERIOS</p> <p align="center">LUNCH</p> <p>BROWN RICE & BLACK BEAN CHEESE CASSEROLE LEAFY GREEN SALAD WITH VINAIGRETTA DRESSING FRESH ORANGE WEDGES</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>HOMEMADE PICO DE GALLO CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH KIWI WHOLE WHEAT BLUEBERRY MUFFIN SQUARE</p> <p align="center">LUNCH</p> <p>*SPAGHETTI CASSEROLE (ground beef & turkey) WITH WHOLE WHEAT SPAGHETTI FRESH CANTALOUPE SLICE</p>  <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>BUTTERFLIES (celery sticks, sunbutter & pretzels) 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH STRAWBERRIES RICE KRISPIES CEREAL</p> <p align="center">LUNCH - NUTRITION EXPERIENCE</p> <p>*HAWAIIAN CHICKEN WRAP (diced chicken, broccoli, carrots, pineapple, & spinach) FRESH APPLE SLICES WHOLE WHEAT TORTILLA</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>DEVILED EGGS (hard boiled egg, mayo, mustard, & relish dressing) WHEAT CRACKERS</p> 
<p align="center">BREAKFAST</p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p align="center">LUNCH</p> <p>MAC & CHEESE WITH WHOLE WHEAT PASTA KOOL CABBAGE SLAW (cabbage, carrots & raisins) FRESH STRAWBERRIES</p>  <p align="center">PM SNACK</p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH PEAR CORNFLAKES CEREAL</p> <p align="center">LUNCH</p> <p>*GARDEN VEGETABLE LO MEIN & CHICKEN (diced chicken, broccoli, carrots, green peas, & bell peppers with whole wheat spaghetti) FRESH WATERMELON</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>HONEY WHOLE WHEAT BREADSTICK PIZZA SAUCE FOR DIPPING 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST - NUTRITION EXPERIENCE</p> <p>FRESH KIWI WHOLE WHEAT ENGLISH MUFFIN & SUNBUTTER</p> <p align="center">LUNCH - NUTRITION EXPERIENCE</p> <p>TACOS WITH SHREDDED CHEESE (ground beef & turkey) SHREDDED LETTUCE & DICED TOMATOES MANGO CHUNKS WHOLE CORN TORTILLA</p>  <p align="center">PM SNACK</p> <p>SOUND BITE CRACKERS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>FRESH BANANA ROLLED OATS WITH RAISIN</p> <p align="center">LUNCH - NUTRITION EXPERIENCE</p> <p>SLOPPY JOE (ground beef & turkey) MEXICALI CORN FRESH ORANGE WEDGES WHOLE WHEAT HAMBURGER BUN</p> <p align="center">PM SNACK</p> <p>FRESH APPLE CHEDDAR CHEESE SLICE</p>	<p align="center">BREAKFAST</p> <p>FRESH STRAWBERRIES CORN CHEX CEREAL</p> <p align="center">LUNCH - NUTRITION EXPERIENCE</p> <p>TURKEY ROLLER SANDWICH WITH SLICED TURKEY & LOW-FAT CREAM CHEESE FRESH GREEN LEAF LETTUCE RED BELL PEPPERS & GRATED CARROTS FRESH CANTALOUPE SLICE WHOLE WHEAT FLOUR TORTILLA</p> <p align="center">PM SNACK</p> <p>CARROT & PINEAPPLE BREAD 1% LOW-FAT MILK</p>
<p align="center">BREAKFAST</p> <p>FRESH ORANGE HEART TO HEART CEREAL</p> <p align="center">LUNCH</p> <p>MEXICAN PIZZA (flour tortilla, tomato paste, mild salsa, refried beans, low-fat mozzarella cheese) JICAMA STICKS NO DRESSING FRESH APPLE</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>CUCUMBERS & CARROT STICKS RANCH DRESSING WHEATWORTH CRACKERS</p>	<p align="center">BREAKFAST</p> <p>FRESH PEAR RICE KRISPIES CEREAL</p> <p align="center">LUNCH</p> <p>*BEEF & TURKEY RICE CASSEROLE (onions, green peppers & celery) & BROWN RICE FRESH HONEYDEW MELON</p>  <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>WALKING BANANA SANDWICH FRESH BANANA SUNBUTTER</p>	<p align="center">BREAKFAST - NUTRITION EXPERIENCE</p> <p>FRESH APPLE WHOLE WHEAT PITA POCKET SCRAMBLED EGGS WITH CHEESE</p> <p align="center">LUNCH</p> <p>SEASONED BLACKEYED PEAS WITH TURKEY HAM FRESH CANTALOUPE SLICE MUSTARD GREENS WHOLE WHEAT CORNBREAD SQUARE</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>HERBED COTTAGE CHEESE BROCCOLI FLORETS</p>	<p align="center">BREAKFAST</p> <p>FRESH BANANA CORNFLAKES CEREAL</p> <p align="center">LUNCH</p> <p>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS RED CABBAGE SALAD WITH VINAIGRETTA DRESSING FRESH KIWI</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>ANTS ON A LOG CELERY STICKS, SUNBUTTER & RAISINS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>CINNAMON APPLESAUCE OVEN BAKED WHOLE WHEAT PANCAKE</p> <p align="center">LUNCH - NUTRITION EXPERIENCE</p> <p>TURKEY HAM SANDWICH MUSTARD & MAYO DRESSING GREEN LEAF LETTUCE & TOMATO SLICES FRESH ORANGE HALVE WHOLE WHEAT BREAD</p> <p align="center">PM SNACK</p> <p>COWBOY QUINOA SALAD 1% LOW-FAT MILK</p> 