












November 2015 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

<p>2 <u>BREAKFAST</u> FRESH GREEN APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u> *BEAN SOUP CHEDDAR CHEESE SLICE FRESH PEAR WHEAT CRACKERS</p> <p><u>PM SNACK</u> BANANA WALKING SANDWICH WITH SUNBUTTER 1% LOW-FAT MILK</p> 	<p>3 <u>BREAKFAST</u> FRESH KIWI KIX CEREAL</p> <p><u>LUNCH</u> *JAMMIN JAMBALAYA (chicken, tomatoes, celery, bell peppers, onions) FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u> WHOLE WHEAT CINNAMON BREAD 1% LOW-FAT MILK</p>	<p>4 <u>BREAKFAST - NUTRITION EXPERIENCE</u> PINEAPPLE TIDBITS WHOLE WHEAT BAGEL CREAM CHEESE</p> <p><u>LUNCH</u> *BEEF VEGETABLE STEW (beef, potatoes, green peas, & carrots) FRESH WATERMELON WHOLE WHEAT CORNBREAD SQUARE</p> <p><u>PM SNACK</u> LETS GO FISHING MIX (crispix, gold fish crackers, cheese crackers, & pretzel sticks) 1% LOW-FAT MILK</p>	<p>5 <u>BREAKFAST</u> FRESH BANANA ROLLED OATS WITH RAISINS</p> <p><u>LUNCH</u> *TOMATO & MACARONI BAKE WITH WHOLE WHEAT PENNE (ground beef & turkey, tomatoes, & corn) FRESH HONEYDEW MELON</p> <p><u>PM SNACK</u> MINI WHOLE WHEAT SALTINE CRACKERS 1% LOW-FAT MILK</p> 	<p>6 <u>BREAKFAST</u> FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u> *KANGAROO POCKET (deli sliced turkey, shredded lettuce, carrots & ranch dressing) BROCCOLI CHEESE SOUP PITA POCKET BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u> FRESH APPLE SUNBUTTER</p> 
<p>9 <u>BREAKFAST</u> FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u> *VEGETABLE CHILI FRESH KIWI SALTINE CRACKERS</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u> HONEY WHOLE WHEAT BREADSTICK PIZZA SAUCE FOR DIPPING 1% LOW-FAT MILK</p>	<p>10 <u>BREAKFAST</u> FRESH APPLE CORN FLAKE CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u> TURKEY HAM & SWISS CHEESE SANDWICH MAYO & MUSTARD DRESSING GREEN LEAF LETTUCE & TOMATO SLICE FRESH TANGERINE WHOLE WHEAT BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u> MANGO SALSA CORN TORTILLA CHIPS</p> 	<p>11</p> <p>Veterans Day</p> 	<p>12 <u>BREAKFAST</u> FRESH KIWI CORN CHEX CEREAL</p> <p><u>LUNCH</u> MACARONI & CHEESE WITH TURKEY HAM GREEN BEANS FRESH APPLE</p> <p><u>PM SNACK</u> SOUND BITE CRACKERS 1% LOW-FAT MILK</p>	<p>13 <u>BREAKFAST - NUTRITION EXPERIENCE</u> FRESH BANANA SUNBUTTER WHOLE WHEAT ENGLISH MUFFIN</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u> CHICKEN SALAD SANDWICH BABY CARROTS NO DRESSING FRESH PEAR HALVE WHOLE WHEAT BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u> HARD BOILED EGG FRESH ORANGE</p>
<p>16 <u>BREAKFAST</u> FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u> TOASTED CHEDDAR CHEESE SANDWICH LENTIL SOUP WITH POTATOES, ONIONS, CELERY, & CARROTS FRESH APPLE</p> <p><u>PM SNACK</u> ANIMAL CRACKERS 1% LOW-FAT MILK</p> 	<p>17 <u>BREAKFAST</u> FRESH PEAR CORN CHEX CEREAL</p> <p><u>LUNCH</u> CHICKEN ADOBO FRESH BROCCOLI VEGETABLE DRESSING FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u> PINEAPPLE CUBES LOW-FAT COTTAGE CHEESE</p>	<p>18 <u>BREAKFAST</u> FRESH BANANA ROLLED OATS WITH RAISINS</p> <p><u>LUNCH</u> *CHICKEN POT PIE WITH VEGETABLES FRESH APPLE WHOLE WHEAT BISCUIT</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u> HOMEMADE PICO DE GALLO CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>	<p>19 <u>BREAKFAST</u> FRESH KIWI CREAM OF WHEAT</p> <p><u>LUNCH</u> SPAGHETTI CASSEROLE (ground beef & turkey) WITH WHOLE WHEAT SPAGHETTI SPINACH SALAD WITH SHREDDED CARROTS FRESH ORANGE</p> <p><u>PM SNACK</u> HOMEMADE BREAD PUDDING WITH RAISINS 1% LOW-FAT MILK</p> 	<p>20 <u>BREAKFAST</u> FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u> *WHITE CHICKEN CHILI (diced chicken, white beans, tomatoes, cheese, & light sour cream) FRESH PEAR WHOLE WHEAT CORNBREAD SQUARE</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u> SUNBUTTER LOGS (celery sticks, sunbutter) NO RAISINS 1% LOW-FAT MILK</p>
<p>23 <u>BREAKFAST</u> FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u> BEAN & CHEESE BURRITO SHREDDED LETTUCE & TOMATOES FRESH ORANGE HALF WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>24 <u>BREAKFAST</u> FRESH PEAR CORNFLAKES CEREAL</p> <p><u>LUNCH</u> SLICED TURKEY & GRAVY BREAD STUFFING CRANBERRY SAUCE PUMPKIN CASSEROLE FRESH TANGERINE</p> <p><u>PM SNACK</u> MOZZARELLA STRING CHEESE MINI WHOLE GRAIN SALTINE CRACKERS</p> 	<p>25 <u>BREAKFAST</u> FRESH BANANA WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u> SUNBUTTER & JELLY SANDWICH STRING CHEESE BABY CARROTS NO DRESSING FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> FRIENDS TRIAL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK</p>	<p>26</p> <p>Happy Thanksgiving</p> 	<p>27</p>
<p>30 <u>BREAKFAST</u> FRESH ORANGE HEART TO HEART CEREAL</p> <p><u>LUNCH</u> *BROCCOLI, CAULIFLOWER & CHEESE SOUP FRESH KIWI WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u> LOW-FAT COTTAGE CHEESE DICED PEACHES</p> 		<p>change your clock</p> 	<p>ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p>*Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>	