











December 2015 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE KIX CEREAL</p> <p><u>LUNCH</u></p> <p>*JAMMIN JAMBALAYA (chicken, tomatoes, celery, bell peppers, & onions) FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u></p> <p>WHOLE WHEAT CINNAMON BREAD 1% LOW-FAT MILK</p>	<p>2</p> <p><u>BREAKFAST - NUTRITION EXPERIENCE</u></p> <p>PINEAPPLE TIDBITS WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>*BEEF VEGETABLE STEW (beef, potatoes, green peas, & carrots) FRESH PEAR WHOLE WHEAT CORNBREAD SQ.</p> <p><u>PM SNACK</u></p> <p>LET'S GO FISHING MIX (crispix, gold fish crackers, cheese crackers, & pretzel sticks) 1% LOW-FAT MILK</p>	<p>3</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA ROLLED OATS WITH RAISINS</p> <p><u>LUNCH</u></p> <p>*TOMATO & MACARONI BAKE WITH WHOLE WHEAT PENNE (ground beef, turkey, tomatoes, & corn) FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>SOUND BITE CRACKERS 1% LOW-FAT MILK</p> 	<p>4</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>*KANGAROO POCKET (deli sliced turkey, shredded lettuce, carrots, & ranch dressing) BROCCOLI CHEESE SOUP PITA POCKET BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>FRESH APPLE SUNBUTTER</p>	
<p>7</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>*VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, green peppers, & low-fat plain yogurt) FRESH KIWI SALTINE CRACKERS</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>HONEY WHOLE WHEAT BREADSTICK PIZZA SAUCE FOR DIPPING 1% LOW-FAT MILK</p>	<p>8</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE CORN FLAKE CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>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></p> <p>MANGO SALSA CORN TORTILLA CHIPS</p> 	<p>9</p> <p><u>BREAKFAST - NUTRITION EXPERIENCE</u></p> <p>PINEAPPLE CUBES WHOLE WHEAT PLAIN BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>*CHICKEN GUMBO (diced chicken, tomatoes, okra, celery, & green peppers) WITH BROWN RICE FRESH ORANGE SLICES</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>BANANA WALKING SANDWICH WITH SUNBUTTER 1% LOW-FAT MILK</p>	<p>10</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI CREAM OF WHEAT CEREAL</p> <p><u>LUNCH</u></p> <p>MACARONI & CHEESE WITH TURKEY HAM GREEN BEANS FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>HOMEMADE WHOLE GRAIN BLUEBERRY MUFFIN SQ. 1% LOW-FAT MILK</p>	<p>11</p> <p><u>BREAKFAST - NUTRITION EXPERIENCE</u></p> <p>FRESH BANANA SUNBUTTER WHOLE WHEAT ENGLISH MUFFIN</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>CHICKEN SALAD SANDWICH BABY CARROTS (NO DRESSING) FRESH PEAR WHOLE WHEAT BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>HARD BOILED EGG FRESH ORANGE</p> 
<p>14</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>TOASTED CHEDDAR CHEESE SANDWICH LENTIL SOUP WITH POTATOES, ONIONS, CELERY, & CARROTS FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p> 	<p>15</p> <p><u>BREAKFAST</u></p> <p>FRESH PEAR CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>BEEF ADOBO FRESH BROCCOLI WITH VEGETABLE DRESSING FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u></p> <p>PINEAPPLE TIDBITS LOW-FAT COTTAGE CHEESE</p>	<p>16</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA ROLLED OATS WITH RAISINS</p> <p><u>LUNCH</u></p> <p>*CHICKEN POT PIE WITH VEGETABLES FRESH APPLE WHOLE WHEAT BISCUIT</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>HOMEMADE PICO DE GALLO CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>	<p>17</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI SCRAMBLED EGGS & SHREDDED CHEESE PITA POCKET BREAD</p> <p><u>LUNCH</u></p> <p>SPAGHETTI CASSEROLE (ground beef & turkey) WITH WHOLE WHEAT SPAGHETTI SPINACH SALAD & SHREDDED CARROTS WITH ITALIAN DRESSING FRESH ORANGE</p> <p><u>PM SNACK</u></p> <p>HOMEMADE BREAD PUDDING WITH RAISINS 1% LOW-FAT MILK</p> 	<p>18</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u></p> <p>*WHITE CHICKEN CHILI (diced chicken, white beans, tomatoes, cheese, & light sour cream) FRESH PEAR SLICES WHOLE WHEAT CORNBREAD SQ.</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>SUNBUTTER LOGS (celery sticks, sunbutter) NO RAISINS 1% LOW-FAT MILK</p>
<p>21</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI RICE CHEX CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>BEAN & CHEESE BURRITO SHREDDED LETTUCE & TOMATOES FRESH ORANGE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>22</p> <p><u>BREAKFAST</u></p> <p>FRESH PEAR CORNFLAKES CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>TURKEY HAM & CHEDDAR SANDWICH MINISTRONE SOUP (white beans, tomatoes, zucchini, carrots, cabbage, & celery) FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN CRACKERS HUMMUS 1% LOW-FAT MILK</p>	<p>23</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>TURKEY & CRANBERRY SANDWICH MAYO DRESSING GREEN LEAF LETTUCE & TOMATO SLICE FRESH TANGERINE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN SWEET POTATO & RAISIN BREAD SQ. 1% LOW-FAT MILK</p> 	<p>24</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CORN CHEX CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>SUNBUTTER & JELLY SANDWICH MOZZARELLA CHEESE BABY CARROTS (NO DRESSING) FRESH KIWI WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>FRIENDS TRIAL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK</p>	
<p>28</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE HEART TO HEART CEREAL</p> <p><u>LUNCH</u></p> <p>*BROCCOLI, CAULIFLOWER & CHEESE SOUP FRESH KIWI WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u></p> <p>LOW-FAT COTTAGE CHEESE DICED PEACHES</p> 	<p>29</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA KIX CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>CHICKEN SALAD BABY CARROTS (NO DRESSING) FRESH PEAR PITA POCKET BREAD</p> <p><u>PM SNACKS</u></p> <p>CORN TORTILLA CHIPS SALSA 1% LOW-FAT MILK</p>	<p>30</p> <p><u>BREAKFAST - NUTRITION EXPERIENCE</u></p> <p>PINEAPPLE TIDBITS WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>TUNA SALAD CUCUMBER SLICES LOW-FAT RANCH DIP FRESH APPLE WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN PUMPKIN BREAD SQ. 1% LOW-FAT MILK</p>	<p>31</p> <p><u>BREAKFAST</u></p> <p>FRESH TANGERINE BRAN CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p>SUNBUTTER & BANANA WRAP STRING CHEESE CELERY STICKS (NO DRESSING) WHOLE WHEAT TORTILLA</p> <p><u>PM SNACKS</u></p> <p>BUG BITE CRACKERS 1% LOW-FAT MILK</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>