




# January 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</b>  *Indicates vegetable included in main dish  <b>WATER IS OFFERED THROUGHOUT THE DAY</b>				1 
4 <u>BREAKFAST</u> BRAN CEREAL FRESH ORANGE  <u>LUNCH – NUTRITION EXPERIENCE</u> <b>BAJA BEAN WRAP</b> (refried beans, shredded cheese & chunky salsa) JICAMA WITH LIME JUICE FRESH KIWI CORN TORTILLA  <u>PM SNACK</u> GRAHAM CRACKERS 1% LOW-FAT MILK	5 <u>BREAKFAST</u> RICE CHEX CEREAL FRESH BANANA  <u>LUNCH</u> <b>*BEEF VEGETABLE STEW</b> (potatoes, carrots & green peas) FRESH APPLE WHOLE GRAIN DINNER ROLL  <u>PM SNACK – NUTRITION EXPERIENCE</u> HONEY WHOLE WHEAT BREADSTICK PIZZA SAUCE FOR DIPPING 1% LOW-FAT MILK	6 <u>BREAKFAST - NUTRITION EXPERIENCE</u> WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE PINEAPPLE CUBES  <u>LUNCH</u> <b>SWEET &amp; SOUR CHICKEN</b> FRESH TANGERINE GARDEN RICE (brown rice, broccoli, carrots, green onions)  <u>PM SNACK – NUTRITION EXPERIENCE</u> ANTS ON A LOG (fresh celery, sunbutter & raisins) 1% LOW-FAT MILK	7 <u>BREAKFAST</u> CINNAMON OATMEAL WITH RAISINS FRESH PEAR  <u>LUNCH</u> <b>*CHILI CON CARNE</b> (beef, turkey, pinto beans, & tomatoes) FRESH KIWI HOMEMADE MEXICALI CORNBREAD SQUARE  <u>PM SNACK – NUTRITION EXPERIENCE</u> HARDBOILED EGG FRESH ORANGE	8 <u>BREAKFAST - NUTRITION EXPERIENCE</u> SUNBUTTER & BANANA WRAP WHOLE WHEAT TORTILLA  <u>LUNCH</u> <b>TOASTED CHEESE SANDWICH</b> TOMATO ORZO SOUP FRESH GREEN APPLE WHOLE WHEAT BREAD  <u>PM SNACK</u> HOMEMADE BLUEBERRY BREAD SQUARE 1% LOW-FAT MILK
11 <u>BREAKFAST</u> CORN CHEX CEREAL FRESH RED APPLE  <u>LUNCH</u> <b>*MINESTRONE SOUP</b> (white beans, macaroni, cabbage, carrots, zucchini, & Celery) CHEESE CUBES FRESH PEAR WHOLE GRAIN SALTINE CRACKERS  <u>PM SNACK</u> WHOLE GRAIN SOUND BITE CRACKERS 1% LOW-FAT MILK	12 <u>BREAKFAST</u> BRAN CEREAL FROZEN BLUEBERRIES  <u>LUNCH</u> <b>SLICED TURKEY HAM</b> BAKED SWEET POTATOES & APPLES FRESH KIWI WHOLE WHEAT ROLL  <u>PM SNACK</u> PINEAPPLE TIDBITS COTTAGE CHEESE	13 <u>BREAKFAST</u> CHEESY GRITS FRESH PEAR  <u>LUNCH</u> <b>*DAFA DUKA-NIGERIAN DISH</b> (diced chicken, pinto beans, cabbage & diced tomatoes) FRESH TANGERINE BROWN RICE  <u>PM SNACK – NUTRITION EXPERIENCE</u> BABY CARROTS & CUCUMBER STICKS VEGETABLE DRESSING 1% LOW-FAT MILK	14 <u>BREAKFAST</u> WHOLE GRAIN OVEN BAKED PANCAKE UNSWEETEND APPLESAUCE  <u>LUNCH</u> <b>*BROCCOLI, CAULIFLOWER &amp; CHEESE SOUP</b> FRESH KIWI HOMEMADE CORNBREAD SQUARE  <u>PM SNACK</u> COWBOY QUINOA SALAD ("KEEN-WAH") 1% LOW-FAT MILK	15 <u>BREAKFAST</u> CORNFLAKE CEREAL FRESH BANANA  <u>LUNCH</u> <b>CHICKEN SALAD</b> LUCKY LEPRECHAUN GREENS (spinach, pears & bell peppers) BALSAMIC VINEGAR WHOLE WHEAT BREAD  <u>PM SNACK</u> HOMEMADE BANANA BREAD SQUARE 1% LOW-FAT MILK
18 	19 <u>BREAKFAST</u> CORN CHEX CEREAL FRESH PEAR  <u>LUNCH – NUTRITION EXPERIENCE</u> <b>SUNBUTTER &amp; JELLY</b> STRING CHEESE BABY CARROTS (No dressing) FRESH APPLE WHOLE WHEAT BREAD  <u>PM SNACK</u> GRAHAM CRACKERS 1% LOW-FAT MILK	20 <u>BREAKFAST</u> CORNFLAKE CEREAL FRESH BANANA  <u>LUNCH</u> <b>GROUND BEEF &amp; TURKEY SPANISH RICE</b> (ground beef & turkey mix) GREEN SALAD ITALIAN DRESSING FRESH ORANGE  <u>PM SNACK</u> FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK	21 <u>BREAKFAST - NUTRITION EXPERIENCE</u> ENGLISH MUFFIN WITH SUNBUTTER MANGO CHUNKS  <u>LUNCH</u> <b>*BEAN SOUP WITH TURKEY HAM</b> (celery, carrots & tomato paste) FRESH PEAR HOMEMADE CORNBREAD SQUARE  <u>PM SNACK – NUTRITION EXPERIENCE</u> WHOLE GRAIN SALTINE CRACKERS HUMMUS 1% LOW-FAT MILK	22 <u>BREAKFAST - NUTRITION EXPERIENCE</u> BREAKFAST BURRITO (scrambled eggs & salsa) SPROUTED WHEAT TORTILLA FRESH TANGERINE  <u>LUNCH - NUTRITION EXPERIENCE</u> <b>TURKEY WRAP WITH LOW-FAT CREAM CHEESE</b> BUTTERNUT SQUASH & PUMPKIN SOUP FRESH KIWI WHOLE WHEAT TORTILLA  <u>PM SNACKS</u> HOMEMADE BREAD PUDDING WITH RAISINS 1% LOW-FAT MILK
25 <u>BREAKFAST</u> RICE CHEX CEREAL FRESH APPLE  <u>LUNCH – NUTRITION EXPERIENCE</u> <b>BEAN &amp; CHEESE BURRITO</b> SPINACH WITH SHREDDED CARROTS ITALIAN DRESSING FRESH TANGERINE WHOLE WHEAT FLOUR TORTILLA  <u>PM SNACK</u> ANIMAL CRACKERS 1% LOW-FAT MILK	26 <u>BREAKFAST</u> CHEERIOS FRESH BANANA  <u>LUNCH</u> <b>*STOP LIGHT CHICKEN</b> (diced chicken, brown rice, soy sauce, red & yellow bell peppers, diced peaches) FRESH PEAR  <u>PM SNACK – NUTRITION EXPERIENCE</u> SPIDER SNACKS (sunbutter, ritz crackers, raisins, & pretzels) 1% LOW-FAT MILK	27 <u>BREAKFAST</u> CREAM OF WHEAT FRESH KIWI  <u>LUNCH – NUTRITION EXPERIENCE</u> <b>BBQ BEEF ON A HAMBURGER BUN</b> COLESLAW FRESH ORANGE  <u>PM SNACK - NUTRITION EXPERIENCE</u> BROCCOLI & CAULIFLOWER FLORETS VEGETABLE DRESSING 1% LOW-FAT MILK	28 <u>BREAKFAST</u> WHOLE WHEAT CINNAMON BREAD PINEAPPLE CHUNKS  <u>LUNCH</u> <b>*CHICKEN GUMBO</b> (diced chicken, tomatoes, okra, celery, green peppers) FRESH GOLDEN APPLE BROWN RICE  <u>PM SNACK</u> HOMEMADE SWEET POTATO BREAD SQUARE 1% LOW-FAT MILK	29 <u>BREAKFAST</u> BRAN CEREAL FRESH TANGERINE  <u>LUNCH – NUTRITION EXPERIENCE</u> <b>TURKEY &amp; SWISS CHEESE</b> MAYO & MUSTARD DRESSING LETTUCE & TOMATO SLICE FRESH PEAR WHOLE WHEAT BREAD  <u>PM SNACK</u> FRESH BANANA SUNBUTTER