









# February 2016 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>BREAKFAST</b></p> <p>CORN CHEX CEREAL FRESH APPLE</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b></p> <p><b>BAJA BEAN WRAP</b> (refried beans &amp; chunky salsa) SHREDDED CHEESE JICAMA WITH CHILI FRESH KIWI CORN TORTILLA</p> <p><b>PM SNACK</b></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>2</p> <p><b>BREAKFAST</b></p> <p>RICE CHEX CEREAL FRESH ORANGE</p> <p><b>LUNCH</b></p> <p><b>*BEEF VEGETABLE STEW</b> (stew meat, potatoes, carrots, &amp; green peas) FRESH PEAR WHOLE GRAIN DINNER ROLL</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b></p> <p>ANTS ON A LOG (fresh celery, sunbutter &amp; raisins) 1% LOW-FAT MILK</p> 	<p>3</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b></p> <p>WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE PINEAPPLE CUBES</p> <p><b>LUNCH</b></p> <p><b>WHITE CHICKEN CHILI</b> (diced chicken, white beans, tomatoes, cheese &amp; lite sour cream) FRESH APPLE WHEAT CRACKERS</p> <p><b>PM SNACK</b></p> <p>FRESH BANANA 1% LOW-FAT MILK</p>	<p>4</p> <p><b>BREAKFAST</b></p> <p>WHOLE WHEAT CINNAMON TOAST FRESH KIWI</p> <p><b>LUNCH</b></p> <p><b>CUBAN BLACK BEANS</b> BABY GREENS &amp; VINAIGRETTE DRESSING FRESH ORANGE BROWN RICE</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b></p> <p>HONEY WHOLE WHEAT BREADSTICK PIZZA SAUCE FOR DIPPING 1% LOW-FAT MILK</p> 	<p>5</p> <p><b>BREAKFAST</b></p> <p>CHEERIOS FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>*HAWAIIAN CHICKEN WRAP</b> (diced chicken, broccoli, carrots, pineapple, &amp; spinach) FRESH PEAR WHOLE GRAIN TORTILLA</p> <p><b>PM SNACK</b></p> <p>HOMEMADE BLUEBERRY BREAD SQUARE 1% LOW-FAT MILK</p>
<p>8</p> <p><b>BREAKFAST</b></p> <p>KIX CEREAL FRESH RED APPLE</p> <p><b>LUNCH</b></p> <p><b>HARD BOILED EGG</b> ORIENTAL STIR-FRY VEGETABLES OVER WHOLE WHEAT SPAGHETTI NOODLES FRESH MANDARIN ORANGE</p> <p><b>PM SNACK</b></p> <p>WHOLE GRAIN DINO GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>9</p> <p><b>BREAKFAST</b></p> <p>CORNFLAKES FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>*JAMMIN JAMBALYA</b> (diced chicken, brown rice, tomatoes, bell peppers, celery, onion, &amp; okra) FRESH PEAR</p> <p><b>PM SNACK</b></p> <p>PINEAPPLE TIDBITS COTTAGE CHEESE</p>	<p>10</p> <p><b>BREAKFAST</b></p> <p>CHEESE TOAST FRESH KIWI</p> <p><b>LUNCH</b></p> <p><b>BLACKE EYE PEAS</b> SPINACH SALAD WITH ITALIAN DRESSING FRESH ORANGE HOMEMADE WHOLE GRAIN CORNBREAD SQUARE</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b></p> <p>BABY CARROTS &amp; CUCUMBER STICKS VEGETABLE DRESSING 1% LOW-FAT MILK</p> 	<p>11</p> <p><b>BREAKFAST</b></p> <p>HOMEMADE WHOLE GRAIN OVEN BAKED PANCAKE UNSWEETEND APPLESAUCE</p> <p><b>LUNCH</b></p> <p><b>TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLAS</b> CHOPPED ROMAINE SALAD WITH VINAIGRETTE FRESH PEAR</p> <p><b>PM SNACK</b></p> <p>COWBOY QUINOA SALAD ("KEEN-WAH") 1% LOW-FAT MILK</p>	<p>12</p> <p><b>BREAKFAST</b></p> <p>CORN CHEX CEREAL FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>CHICKEN SALAD</b> LIGHTLY STEAMED BROCCOLI FLORETS LOW-FAT RANCH DRESSING MANGO CHUNKS WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b></p> <p>HOMEMADE BANANA BREAD SQUARE 1% LOW-FAT MILK</p> 
<p>15</p>  <p><b>RESIDENTS DAY</b></p>	<p>16</p> <p><b>BREAKFAST</b></p> <p>RICE CHEX CEREAL FRESH PEAR</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b></p> <p><b>SUNBUTTER &amp; JELLY</b> STRING CHEESE BABY CARROTS (No dressing) FRESH APPLE WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b></p> <p>LEMON GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>17</p> <p><b>BREAKFAST</b></p> <p>CORNFLAKE CEREAL FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>GROUND TURKEY &amp; SPANISH RICE</b> TOSSED GREEN SALAD ITALIAN DRESSING FRESH ORANGE</p> <p><b>PM SNACK</b></p> <p>FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p>	<p>18</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b></p> <p>ENGLISH MUFFIN WITH SUNBUTTER MANGO CHUNKS</p> <p><b>LUNCH</b></p> <p><b>*BEAN SOUP</b> (navy beans, celery, carrots &amp; tomato paste) FRESH PEAR HOMEMADE CORNBREAD SQUARE</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b></p> <p>WHEAT CRACKERS HUMMUS 1% LOW-FAT MILK</p>	<p>19</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b></p> <p>BREAKFAST BURRITO (scrambled eggs &amp; salsa) SPROUTED WHEAT TORTILLA FRESH KIWI</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b></p> <p><b>*KANGAROO POCKET</b> (sliced turkey, spinach leaves, shredded carrots, &amp; cheese) LOW-FAT RANCH DRESSING FRESH MANDARIN ORANGE PITA BREAD</p> <p><b>PM SNACKS</b></p> <p>HOMEMADE BREAD PUDDING WITH RAISINS 1% LOW-FAT MILK</p>
<p>22</p> <p><b>BREAKFAST</b></p> <p>RICE CHEX CEREAL FRESH APPLE</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b></p> <p><b>CHILI SANS CARNE</b> (pinto beans, tomatoes, bell pepper soy sauce &amp; onion) SPINACH WITH SHREDDED CARROTS ITALIAN DRESSING FRESH MANDARIN WHOLE GRAIN CRACKERS</p> <p><b>PM SNACK</b></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>23</p> <p><b>BREAKFAST</b></p> <p>CHEERIOS FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>CHICKEN CHILAQUILES WITH CORN TORTILLAS</b> CHOPPED ROMAINE SALAD BLENDS BASLAMIC VINAIGRETTE FRESH PEAR</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b></p> <p>BUTTERFLIES (celery, pretzels &amp; low-fat cream cheese) 1% LOW-FAT MILK</p> 	<p>24</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b></p> <p>WHOLE WHEAT BAGEL SUNBUTTER FRESH KIWI</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b></p> <p><b>VEGETARIAN SLOPPY JOE</b> (black beans, bell peppers, onions &amp; tomatoes) JICMA WITH CHILI FRESH APPLE HAMBURGER BUN</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b></p> <p>CUCUMBER SLICES &amp; BABY CARROTS VEGETABLE DRESSING 1% LOW-FAT MILK</p>	<p>25</p> <p><b>BREAKFAST</b></p> <p>WHOLE WHEAT CINNAMON BREAD PINEAPPLE CHUNKS</p> <p><b>LUNCH</b></p> <p><b>CHICKEN RAGU WITH GRATED PARMESIAN CHEESE &amp; WHOLE WHEAT SPAGHETTI</b> MAYO &amp; MUSTARD DRESSING RAINBOW COLESLAW (no cheese) FRESH PEAR</p> <p><b>PM SNACK</b></p> <p>HOMEMADE SWEET POTATO BREAD SQUARE 1% LOW-FAT MILK</p> 	<p>26</p> <p><b>BREAKFAST</b></p> <p>BRAN CEREAL FRESH ORANGE</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b></p> <p><b>TURKEY HAM &amp; SWISS CHEESE</b> MAYO &amp; MUSTARD DRESSING LETTUCE &amp; TOMATO SLICE FRESH KIWI WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b></p> <p>FRESH BANANA SUNBUTTER</p>
<p>29</p> <p><b>BREAKFAST</b></p> <p>CORN CHEX CEREAL FRESH ORANGE</p> <p><b>LUNCH</b></p> <p><b>*VEGETABLE CHILI</b> (yogurt, kidney beans, tomatoes, bulgur wheat &amp; cheddar cheese) FRESH PEAR WHOLE GRAIN SALTINE CRACKERS</p> <p><b>PM SNACK</b></p> <p>FRESH APPLE SUNBUTTER</p>	<p><b>BLACK HISTORY MONTH</b> <b>CHINESE NEW YEAR</b> <b>GIVE A KID A SMILE DAY</b> <b>MARDI GRAS</b> <b>PRESIDENTS DAY</b> <b>SUPER BOWL</b> <b>VALENTINE'S DAY</b></p>		<p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH</b></p> <p><b>1% LOW-FAT MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>	