
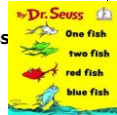



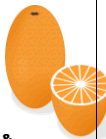





MARCH 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>1</p> <p>BREAKFAST BRAN FLAKES FRESH TANGERINE</p> <p>LUNCH GLAZED TURKEY HAM BAKED SWEET POTATOES & APPLES FRESH KIWI WHOLE GRAIN DINNER ROLL</p> <p>PM SNACK – NUTRITION EXPERIENCE ANTS ON A LOG (fresh celery, sunbutter & raisins) 1% LOW-FAT MILK</p> 	<p>2</p> <p>BREAKFAST WHOLE WHEAT BAGEL HALF LOW-FAT CREAM CHEESE PINEAPPLE CUBES</p> <p>LUNCH *WHITE CHICKEN CHILI (diced chicken, white beans, tomatoes, cheese & lite sour cream) FRESH APPLE HOMEMADE WHOLE GRAIN CORNBREAD SQUARE</p> <p>PM SNACK HAPPY BIRTHDAY DR. SEUSS ONE FISH TWO FISH WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p> 	<p>3</p> <p>BREAKFAST WHOLE WHEAT CINNAMON TOAST FRESH KIWI</p> <p>LUNCH CUBAN BLACK BEANS BABY GREENS & VINAIGRETTE DRESSING FRESH ORANGE BROWN RICE</p> <p>PM SNACK WHOLE WHEAT CRACKERS MOZZARELLA STRING CHEESE</p> 	<p>4</p> <p>BREAKFAST CHEERIOS FRESH BANANA</p> <p>LUNCH *HAWAIIAN CHICKEN WRAP (diced chicken, broccoli, carrots, pineapple, & spinach) FRESH PEAR WHOLE GRAIN TORTILLA</p> <p>PM SNACK HOMEMADE BLUEBERRY BREAD SQUARE 1% LOW-FAT MILK</p>
<p>7</p> <p>BREAKFAST CORN CHEX CEREAL FRESH RED APPLE</p> <p>LUNCH MACARONI & CHEESE WITH WHOLE WHEAT ELBOW NODDLES GREEN BEANS FRESH MANDARIN ORANGE</p> <p>PM SNACK WHOLE GRAIN DINO GRAHAM CRACKERS 1% LOW-FAT MILK</p> 	<p>8</p> <p>BREAKFAST CORNFLAKE CEREAL FRESH BANANA</p> <p>LUNCH *JAMMIN JAMBALAYA (diced chicken, brown rice, tomatoes, bell peppers, celery, onion) FRESH PEAR</p> <p>PM SNACK PINEAPPLE TIDBITS COTTAGE CHEESE</p>	<p>9</p> <p>BREAKFAST SUNBUTTER ON WHOLE WHEAT TOAST FRESH KIWI</p> <p>LUNCH BLACKEYE PEAS SPINACH SALAD WITH ITALIAN DRESSING FRESH ORANGE HOMEMADE WHOLE GRAIN CORNBREAD SQUARE</p> <p>PM SNACK – NUTRITION EXPERIENCE CARROT STICKS & CUCUMBER SLICES VEGETABLE DRESSING WHEAT THINS</p>	<p>10</p> <p>BREAKFAST HOMEMADE WHOLE GRAIN OVEN BAKED PANCAKE UNSWEETEND APPLESAUCE</p> <p>LUNCH TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLAS CHOPPED ROMAINE SALAD WITH VINAIGRETTE FRESH PEAR</p> <p>PM SNACK COWBOY QUINOA SALAD ("KEEN-WAH") 1% LOW-FAT MILK</p>	<p>11</p> <p>BREAKFAST RICE CHEX CEREAL FRESH BANANA</p> <p>LUNCH TUNA SALAD BROCCOLI FLORETS LOW-FAT RANCH DRESSING MANGO CHUNKS WHOLE WHEAT BREAD</p> <p>PM SNACK CHEDDAR CHEESE STICK FRESH APPLE</p> 
<p>14</p> <p>BREAKFAST KIX CEREAL FRESH TANGERINE</p> <p>LUNCH *MEXICAN PIZZA (refried beans, tomato paste & salsa) REDUCED FAT MOZZARELLA CHEESE WHOLE WHEAT TORTILLA FRESH KIWI</p> <p>PM SNACK LEMON GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>15</p> <p>BREAKFAST RICE KRISPY CEREAL FRESH BANANA</p> <p>LUNCH *VIETNAMESE CHICKEN SALAD (diced chicken, cabbage, carrots, & chili peppers) FRESH PEAR WHOLE WHEAT PITA POCKET BREAD</p> <p>PM SNACK – NUTRITION EXPERIENCE MIXED FRUIT HOMEMADE NUT FREE GRANOLA LOW-FAT PLAIN YOGURT</p>	<p>16</p> <p>BREAKFAST WHOLE WHEAT CHEESE TOAST FRESH APPLE</p> <p>LUNCH GROUND TURKEY & SPANISH RICE TOSSED GREEN SALAD ITALIAN DRESSING FRESH ORANGE</p> <p>PM SNACK FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK</p> 	<p>17</p> <p>BREAKFAST - NUTRITION EXPERIENCE WHOLE WHEAT ENGLISH MUFFIN HALF SUNBUTTER FRESH BANANA</p> <p>LUNCH *IRISH STEW (stew meat, potatoes & carrots) LUCKY LEPRECHAN GREENS (spinach, red bell peppers & diced pears) BALSAMIC DRESSING DINNER ROLL</p> <p>PM SNACK – NUTRITION EXPERIENCE FRESH BROCCOLI FLORETS & ZUCCHINI STICKS LOW-FAT RANCH DRESSING WHOLE GRAIN SALTINE CRACKERS</p>	<p>18</p> <p>BREAKFAST - NUTRITION EXPERIENCE BREAKFAST BURRITO (scrambled eggs & salsa) SPROUTED WHEAT TORTILLA FRESH KIWI</p> <p>LUNCH - NUTRITION EXPERIENCE MAKE YOUR OWN SANDWICH DAY SLICED TURKEY & CHEDDAR CHEESE MAYO & MUSTARD DRESSING GREEN LEAF LETTUCE & TOMATO FRESH MANDARIN ORANGE WHOLE WHEAT BREAD</p> <p>PM SNACK HOMEMADE BREAD PUDDING WITH RAISINS 1% LOW-FAT MILK</p>
<p>21</p> <p>BREAKFAST RICE CHEX CEREAL FRESH APPLE</p> <p>LUNCH CHILI SANS CARNE (pinto beans, tomatoes, bell pepper, soy sauce, & onion) SPINACH WITH SHREDDED CARROTS ITALIAN DRESSING FRESH TANGERINE WHOLE GRAIN SALTINE CRACKERS</p> <p>PM SNACK ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>22</p> <p>BREAKFAST CHEERIOS FRESH BANANA</p> <p>LUNCH CHICKEN CHILAQUILES WITH CORN TORTILLAS CHOPPED ROMAINE SALAD BLENDS BALSAMIC VINAIGRETTE MANGO CHUNKS</p> <p>PM SNACK LETS GO FISHING TRAIL MIX (crispix, pretzels, fish crackers, & cheese crackers) 1% LOW-FAT MILK</p> 	<p>23</p> <p>BREAKFAST WHOLE WHEAT BAGEL HALF SUNBUTTER FRESH KIWI</p> <p>LUNCH LIMA BEANS WITH CARROTS MUSTARD GREENS FRESH APPLE HOME MADE CORNBREAD SQUARE</p> <p>PM SNACK – NUTRITION EXPERIENCE HUMMUS & WHEAT CRACKERS 1% LOW-FAT MILK</p>	<p>24</p> <p>BREAKFAST WHOLE WHEAT CINNAMON TOAST PINEAPPLE CUBES</p> <p>LUNCH CHICKEN RAGU WITH GRATED PARMESIAN CHEESE & WHOLE WHEAT SPAGHETTI RAINBOW COLESLAW (no cheese) FRESH APPLE</p> <p>PM SNACK – NUTRITION EXPERIENCE PEAR HALF 1% LOW-FAT MILK</p> 	<p>25</p> <p>BREAKFAST BRAN CEREAL FRESH ORANGE</p> <p>LUNCH – NUTRITION EXPERIENCE MAKE YOUR OWN SANDWICH DAY TURKEY HAM & SWISS CHEESE MAYO & MUSTARD DRESSING GREEN LEAF LETTUCE & TOMATO SLICE FRESH KIWI WHOLE WHEAT BREAD</p> <p>PM SNACK HARDBOILED EGG 1% LOW-FAT MILK</p>
<p>28</p> <p>BREAKFAST CORN CHEX CEREAL FRESH APPLE SLICES</p> <p>LUNCH *VEGETABLE CHILI (yogurt, kidney beans, tomatoes, bulgur wheat & cheddar cheese) FRESH KIWI SLICES WHEAT CRACKERS</p> <p>PM SNACK GRAHAM CRACKERS SUNBUTTER</p> 	<p>29</p> <p>BREAKFAST BRAN CEREAL FRESH TANGERINE</p> <p>LUNCH CHICKEN BBQ SANDWICH (diced chicken, tomato sauce & fresh celery) TOSS GREEN SALAD WITH ITALIAN DRESSING FRESH PEAR SLICES WHOLE WHEAT HAMBURGER BUN</p> <p>PM SNACK – NUTRITION EXPERIENCE CELERY & CARROT STICKS HERBED COTTAGE CHEESE</p>	<p>30</p> <p>BREAKFAST – NUTRITION EXPERIENCE FRESH BANANA SUNBUTTER WHOLE WHEAT TORTILLA</p> <p>LUNCH *BROCCOLI, CAULIFLOWER & CHEESE SOUP FRESH APPLE SLICES HOMEMADE WHOLE WHEAT CORNBREAD</p> <p>PM SNACK DICED PEACHES LOW-FAT YOGURT</p>	<p>31</p> <p>BREAKFAST HOMEMADE OVEN BAKED BLUEBERRY PANCAKE UNSWEETEND APPLESAUCE</p> <p>LUNCH *CHICKEN LO MEIN WITH WHOLE WHEAT SPAGHETTI NOODLES (diced chicken, cabbage, carrots, & green peas) FRESH ORANGE</p> <p>PM SNACK – NUTRITION EXPERIENCE HONEY WHOLE WHEAT BREAD STICK PIZZA SAUCE 1% LOW-FAT MILK</p>	<p>NATIONAL READ ACROSS AMERICA DAY NATIONAL BREAKFAST WEEK 2-6 DAYLIGHT SAVING TIME BEGINS MARCH 8 JOHNNY APPLESEED DAY MARCH 11 ST. PATRICK DAY MARCH 17 NATIONAL CACFP WEEK 15-21 NATIONAL NUTRITION MONTH MARCH 20, FIRST DAY OF SPRING</p>