











# April 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>			<p><b>1</b></p> <p><u>BREAKFAST</u></p> <p>CHEERIOS FRESH BANANA</p> <p><u>LUNCH</u></p> <p><b>*HAWAIIAN CHICKEN WRAP</b> (diced chicken, broccoli, carrots, pineapple, &amp; spinach) FRESH KIWI WHOLE GRAIN TORTILLA</p> <p><u>PM SNACK</u></p> <p>HOMEMADE BLUEBERRY BREAD SQUARE 1% LOW-FAT MILK</p>
<p><b>4</b></p> <p><u>BREAKFAST</u></p> <p>CORN CHEX CEREAL FRESH RED APPLE</p> <p><u>LUNCH</u></p> <p><b>MACARONI &amp; CHEESE WITH WHOLE WHEAT ELBOW NOODLES</b> GREEN BEANS FRESH ORANGE</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN DINO GRAHAM CRACKERS 1% LOW-FAT MILK</p> 	<p><b>5</b></p> <p><u>BREAKFAST</u></p> <p>CORNFLAKE CEREAL FRESH KIWI</p> <p><u>LUNCH</u></p> <p><b>*JAMMIN JAMBALAYA</b> (diced chicken, brown rice, tomatoes, bell peppers, celery, &amp; onions) FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p>PINEAPPLE TIDBITS COTTAGE CHEESE</p>	<p><b>6</b></p> <p><u>BREAKFAST – NUTRITION EXPERIENCE</u></p> <p>SUNBUTTER ON WHOLE WHEAT TOAST FRESH BANANA</p> <p><u>LUNCH</u></p> <p><b>BLACKEYE PEAS</b> SPINACH SALAD WITH ITALIAN DRESSING FRESH ORANGE HOMEMADE WHOLE GRAIN CORNBREAD SQUARE</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>CARROT STICKS &amp; CUCUMBER SLICES VEGETABLE DRESSING WHEAT THINS</p> 	<p><b>7</b></p> <p><u>BREAKFAST</u></p> <p>HOMEMADE WHOLE GRAIN OVEN BAKED PANCAKE UNSWEETEND APPLESAUCE</p> <p><u>LUNCH</u></p> <p><b>TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLAS</b> CHOPPED ROMAINE SALAD WITH VINAIGRETTE MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>COWBOY QUINOA SALAD ("KEEN-WAH") 1% LOW-FAT MILK</p>	<p><b>8</b></p> <p><u>BREAKFAST</u></p> <p>RICE CHEX CEREAL FRESH BANANA</p> <p><u>LUNCH</u></p> <p><b>TUNA SALAD</b> BROCCOLI FLORETS LOW-FAT RANCH DRESSING FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>CHEDDAR CHEESE STICK FRESH APPLE</p> 
<p><b>11</b></p> <p><u>BREAKFAST</u></p> <p>KIX CEREAL FRESH ORANGE</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u></p> <p><b>HAPPY FACE SANDWICH</b> (sunbutter, sliced cheese, raisins, &amp; shredded carrots) SPINACH SALAD WITH CRANBERRIES RASPBERRY DRESSING FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>LEMON GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p><b>12</b></p> <p><u>BREAKFAST</u></p> <p>RICE KRISPY CEREAL FRESH BANANA</p> <p><u>LUNCH</u></p> <p><u>TACO TUESDAY</u></p> <p><b>TURKEY TACOS &amp; SHREDDED CHEESE</b> SHREDDED LETTUCE &amp; DICED TOMATOES FRESH KIWI SOFT MINI TACOS</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>HOMEMADE NUT FREE GRANOLA MIXED FRUIT LOW-FAT PLAIN YOGURT</p> 	<p><b>13</b></p> <p><u>BREAKFAST</u></p> <p>WHOLE WHEAT CHEESE TOAST FRESH APPLE</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u></p> <p><b>BIG BIRDS EGGHEAD SALAD</b> (hardboiled egg, lettuce, carrots, corn kernel, olives, &amp; red bell pepper strip) ITALIAN DRESSING FRESH STRAWBERRIES WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p>	<p><b>14</b></p> <p><u>BREAKFAST - NUTRITION EXPERIENCE</u></p> <p>WHOLE WHEAT ENGLISH MUFFIN HALF SUNBUTTER FRESH BANANA</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u></p> <p><b>* PIZZA BURGER</b> BUILD A BUTTERFLY SALAD (lettuce, pineapple ring, celery sticks, plain yogurt) WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>MARNINATED FRESH ZUCCHINI &amp; TOMATOES WHOLE GRAIN SALTINE CRACKERS</p>	<p><b>15</b></p> <p><u>BREAKFAST - NUTRITION EXPERIENCE</u></p> <p>BREAKFAST BURRITO (scrambled eggs &amp; salsa) SPROUTED WHEAT TORTILLA FRESH KIWI</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>SLICED TURKEY &amp; CHEDDAR CHEESE</b> MAYO &amp; MUSTARD DRESSING FRESH BROCCOLI FLORETS LOW-FAT RANCH DRESSING FRESH CANTALOUPE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>HOMEMADE BANANA BREAD SQUARE 1% LOW-FAT MILK</p>
<p><b>18</b></p> <p><u>BREAKFAST</u></p> <p>RICE CHEX CEREAL FRESH BANANA</p> <p><u>LUNCH</u></p> <p><b>CHILI SANS CARNE</b> (pinto beans, tomatoes, bell pepper, soy sauce, &amp; onion) SPINACH WITH SHREDDED CARROTS ITALIAN DRESSING FRESH ORANGE WHOLE GRAIN SALTINE CRACKERS</p> <p><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p> 	<p><b>19</b></p> <p><u>BREAKFAST</u></p> <p>CHEERIOS FRESH BANANA</p> <p><u>LUNCH</u></p> <p><b>CHICKEN CHILAQUILES WITH CORN TORTILLAS</b> CHOPPED ROMAINE SALAD BLENDS BALSAMIC VINAIGRETTE MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>LETS GO FISHING TRAIL MIX (crispix, pretzels, fish crackers, &amp; cheese crackers) 1% LOW-FAT MILK</p>	<p><b>20</b></p> <p><u>BREAKFAST – NUTRITION EXPERIENCE</u></p> <p>WHOLE WHEAT BAGEL HALF SUNBUTTER FRESH KIWI</p> <p><u>LUNCH</u></p> <p><b>LIMA BEANS WITH CARROTS</b> MUSTARD GREENS FRESH STRAWBERRIES HOMEMADE CORNBREAD SQUARE</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>HUMMUS &amp; WHEAT CRACKERS 1% LOW-FAT MILK</p> 	<p><b>21</b></p> <p><u>BREAKFAST</u></p> <p>WHOLE WHEAT CINNAMON TOAST PINEAPPLE CUBES</p> <p><u>LUNCH</u></p> <p><b>CHICKEN RAGU WITH GRATED PARMESIAN CHEESE &amp; WHOLE WHEAT SPAGHETTI</b> RAINBOW COLESLAW (no cheese) FRESH APPLE</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>PEAR BUNNY SALAD (pear half, lettuce, raisins, carrots, &amp; cottage cheese) 1% LOW-FAT MILK</p> 	<p><b>22</b></p> <p><u>BREAKFAST</u></p> <p>BRAN CEREAL FRESH ORANGE</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u></p> <p><b>TURKEY HAM &amp; SWISS CHEESE</b> MAYO &amp; MUSTARD DRESSING GREEN LEAF LETTUCE &amp; TOMATO SLICE FRESH CANTALOUPE WHOLE WHEAT BREAD</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>HARDBOILED EGG 1% LOW-FAT MILK</p>
<p><b>25</b></p> <p><u>BREAKFAST</u></p> <p>CORN CHEX CEREAL FRESH APPLE SLICES</p> <p><u>LUNCH</u></p> <p><b>*VEGETABLE CHILI</b> (yogurt, kidney beans, tomatoes, bulgur wheat &amp; cheddar cheese) FRESH KIWI SLICES WHEAT CRACKERS</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>GRAHAM CRACKERS SUNBUTTER</p>	<p><b>26</b></p> <p><u>BREAKFAST</u></p> <p>BRAN CEREAL FRESH ORANGE</p> <p><u>LUNCH</u></p> <p><b>CHICKEN BBQ SANDWICH</b> (diced chicken, tomato sauce &amp; fresh celery) TOSS GREEN SALAD WITH ITALIAN DRESSING FRESH CANTALOUPE WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>CELERY &amp; CARROT STICKS HERBED COTTAGE CHEESE</p> 	<p><b>27</b></p> <p><u>BREAKFAST – NUTRITION EXPERIENCE</u></p> <p>FRESH BANANA SUNBUTTER WHOLE WHEAT TORTILLA</p> <p><u>LUNCH</u></p> <p><b>*CHILI RICE</b> (ground beef, rice, tomatoes, corn, green chilies, &amp; shredded cheddar cheese) FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>DICED PEACHES LOW-FAT YOGURT</p>	<p><b>28</b></p> <p><u>BREAKFAST</u></p> <p>HOMEMADE OVEN BAKED BLUEBERRY PANCAKE UNSWEETEND APPLESAUCE</p> <p><u>LUNCH</u></p> <p><b>LIME MARINATED CHICKEN BREAST</b> SPRING SALAD MIX WITH VINAIGRETTE DRESSING FRESH ORANGE SLICES DINNER ROLL</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>HONEY WHOLE WHEAT BREAD STICK PIZZA SAUCE 1% LOW-FAT MILK</p>	<p><b>29</b></p> <p><u>BREAKFAST</u></p> <p>CRISPIX CEREAL FRESH BANANA</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>KANGARO POCKET</b> TURKEY &amp; CHEESE ROMAINE LEAF LETTUCE &amp; DICED TOMATOES REDUCED FAT RANCH DRESSING FRESH APPLE SLICES PITA POCKET BREAD</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>ANTS ON THE LOG (celery, sunbutter &amp; raisins) 1% LOW-FAT MILK</p>