



# MAY 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>BREAKFAST</b></p> <p>BRAN CEREAL FRESH ORANGE</p> <p><b>LUNCH</b></p> <p><b>VEGETARIAN BAKED BEANS</b> CHEDDAR CHEESE SLICE TOSSED SALAD WITH ITALIAN DRESSING FRESH APPLE WHEAT CRACKERS</p> <p><b>PM SNACK</b></p> <p>LOW-FAT YOGURT PINEAPPLE CHUNKS</p>	<p>3</p> <p><b>BREAKFAST</b></p> <p>CHEERIOS FRESH STRAWBERRIES</p> <p><b>LUNCH</b></p> <p><b>GREEK CHICKEN SALAD</b> (diced chicken, cucumbers, tomatoes, &amp; olives) WITH FETA CHEESE DRESSING FRESH CANTALOUPE SLICES WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p>FRESH BROCCOLI &amp; CAULIFLOWER FLORETS REDUCED FAT RANCH DRESSING WHEAT THINS</p>	<p>4</p> <p><b>BREAKFAST</b></p> <p>RICE KRISPY CEREAL FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>BBQ TURKEY ON ROLL</b> COLESLAW FRESH ORANGE WHOLE WHEAT HOT DOG BUN</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p>FRESH CUCUMBER COINS &amp; CARROT STICKS COTTAGE CHEESE DIP</p>	<p>5</p> <p><b>BREAKFAST – NUTRITION EXPERIENCE</b></p> <p>WHOLE WHEAT BAGEL SUNBUTTER FRESH APPLE SLICES</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>REFRIED BEANS &amp; CHEESE BURRITO</b> FRESH SHREDDED LETTUCE FRESH DICED TOMATOES AVOCADO TASTING MANGO CHUNKS WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b></p> <p>HOMEMADE ZUCCHINI BREAD SQUARES 1% LOW-FAT MILK</p>	<p>6</p> <p><b>BREAKFAST</b></p> <p>HOMEMADE WHOLE GRAIN PANCAKE APPLESAUCE</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>HAWAIIAN CHICKEN WRAP</b> (diced chicken, broccoli, spinach, carrots, &amp; pineapple with poppy seed dressing) FRESH KIWI PITA BREAD</p> <p><b>PM SNACK</b></p> <p>WHOLE GRAIN BAKED FISH CRACKERS 1% LOW-FAT MILK</p>
<p>9</p> <p><b>BREAKFAST</b></p> <p>CORN CHEX CEREAL FRESH RED APPLE</p> <p><b>LUNCH</b></p> <p><b>ARROZ CON QUESO</b> (brown rice, cheese &amp; beans) FRESH JICAMA STICKS FRESH ORANGE</p> <p><b>PM SNACK</b></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>10</p> <p><b>BREAKFAST</b></p> <p>CORNFLOAKS CEREAL FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>*CHICKEN CAESAR STYLE SALAD</b> (diced chicken, romaine lettuce, cucumbers, parmesan cheese, bread cubes, &amp; lemon mustard dressing) FRESH STRAWBERRIES WHOLE WHEAT ROLL</p> <p><b>PM SNACK</b></p> <p>PINEAPPLE TIDBITS COTTAGE CHEESE</p>	<p>11</p> <p><b>BREAKFAST – NUTRITION EXPERIENCE</b></p> <p>SUNBUTTER ON WHOLE WHEAT TOAST FRESH KIWI</p> <p><b>LUNCH</b></p> <p><b>BLACKEYE PEAS</b> SPINACH SALAD WITH ITALIAN DRESSING FRESH ORANGE HOMEMADE WHOLE GRAIN CORNBREAD SQUARE</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p>FRESH CARROT STICKS &amp; CUCUMBER SLICES VEGETABLE DRESSING WHEAT THINS</p>	<p>12</p> <p><b>BREAKFAST</b></p> <p>HOMEMADE WHOLE GRAIN OVEN BAKED PANCAKE UNSWEETENED APPLESAUCE</p> <p><b>LUNCH</b></p> <p><b>TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLA CHIPS</b> CHOPPED ROMAINE SALAD WITH VINAIGRETTE DRESSING MANGO CHUNKS</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p>WHOLE GRAIN FISH BREAD PIMENTO CHEESE SPREAD</p>	<p>13</p> <p><b>BREAKFAST</b></p> <p>RICE CHEX CEREAL FRESH BANANA</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>TUNA SALAD</b> FRESH BROCCOLI FLORETS LOW-FAT RANCH DRESSING FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b></p> <p>CHEDDAR CHEESE STICK FRESH APPLE</p>
<p>16</p> <p><b>BREAKFAST</b></p> <p>KIX CEREAL FRESH ORANGE</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>HAPPY FACE SANDWICH</b> (sunbutter, sliced cheese &amp; shredded carrots) SPINACH SALAD WITH CRANBERRIES ITALIAN 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>RICE KRISPIES CEREAL FRESH BANANA</p> <p><b>LUNCH - TACO TUESDAY</b></p> <p><b>TURKEY TACOS &amp; SHREDDED CHEESE</b> SHREDDED LETTUCE &amp; DICED TOMATOES FRESH KIWI SOFT MINI TACOS</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p>HOMEMADE NUT FREE GRANOLA MIXED FRUIT LOW-FAT PLAIN YOGURT</p>	<p>18</p> <p><b>BREAKFAST</b></p> <p>WHOLE WHEAT CHEESE TOAST FRESH APPLE</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>CURRY CHICKEN SALAD</b> FRESH BABY CARROTS (no dressing) FRESH STRAWBERRIES WHEAT CRACKERS</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>19</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b></p> <p>WHOLE WHEAT ENGLISH MUFFIN SUNBUTTER FRESH BANANA</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>* PIZZA BURGER</b> BUILD A BUTTERFLY SALAD (lettuce, pineapple rings, celery sticks, &amp; yogurt) WHOLE WHEAT HAMBURGER BUN</p> <p><b>PM SNACK</b></p> <p>MARNINATED FRESH ZUCCHINI &amp; TOMATOES WHOLE GRAIN SALTINE CRACKERS</p>	<p>20</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b></p> <p>BREAKFAST BURRITO (scrambled eggs &amp; salsa) WHEAT TORTILLA FRESH KIWI</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b></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><b>PM SNACK</b></p> <p>HOMEMADE BANANA BREAD SQUARE 1% LOW-FAT MILK</p>
<p>23</p> <p><b>BREAKFAST</b></p> <p>RICE CHEX CEREAL FRESH APPLE</p> <p><b>LUNCH</b></p> <p><b>CHILI SANS CARNE</b> (pinto beans, tomatoes, bell pepper, soy sauce, &amp; onions) SPINACH WITH SHREDDED CARROTS ITALIAN DRESSING FRESH ORANGE WHOLE GRAIN SALTINE CRACKERS</p> <p><b>PM SNACK</b></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>24</p> <p><b>BREAKFAST</b></p> <p>CHEERIOS FRESH BANANA</p> <p><b>LUNCH</b></p> <p><b>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS</b> CHOPPED ROMAINE SALAD BLEND BALSAMIC VINAIGRETTE MANGO CHUNKS</p> <p><b>PM SNACK</b></p> <p>LETS GO FISHING TRAIL MIX (crispix, pretzels, fish crackers, &amp; cheese crackers) 1% LOW-FAT MILK</p>	<p>25</p> <p><b>BREAKFAST – NUTRITION EXPERIENCE</b></p> <p>WHOLE WHEAT BAGEL SUNBUTTER FRESH KIWI</p> <p><b>LUNCH</b></p> <p><b>LIMA BEANS WITH CARROTS</b> SPINACH SALAD MIX ITALIAN DRESSING FRESH STRAWBERRIES HOMEMADE CORNBREAD SQUARE</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p>HUMMUS &amp; WHEAT CRACKERS 1% LOW-FAT MILK</p>	<p>26</p> <p><b>BREAKFAST</b></p> <p>WHOLE WHEAT CINNAMON TOAST PINEAPPLE CUBES</p> <p><b>LUNCH</b></p> <p><b>OVEN BAKED CHICKEN</b> SPINACH SALAD WITH SHREDDED CARROTS RASPBERRY DRESSING FRESH APPLE BROWN RICE PILAF</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p><b>SPIDER SNACKS</b> RITZ CRACKERS, CREAM CHEESE, PRETZEL STICKS, &amp; SLICED OLIVES 1% LOW-FAT MILK</p>	<p>27</p> <p><b>BREAKFAST</b></p> <p>BRAN CEREAL FRESH ORANGE</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>MAKE YOUR OWN SANDWICH DAY</b> <b>TURKEY HAM &amp; SWISS CHEESE</b> MAYO &amp; MUSTARD DRESSING GREEN LEAF LETTUCE &amp; TOMATO SLICE FRESH CANTALOUPE WHOLE WHEAT BREAD</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p>HARDBOILED EGG 1% LOW-FAT MILK</p>
<p>30</p> <p></p>	<p>31</p> <p><b>BREAKFAST</b></p> <p>BRAN CEREAL FRESH ORANGE</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>VEGGIE PITA POCKET WITH CHEESE</b> SLICED CUCUMBERS, CARROTS, &amp; LETTUCE LOW-FAT RANCH DRESSING FRESH STRAWBERRIES &amp; YOGURT WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK</b></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p></p>	<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>	

