









# June 2016 - Community Services Bureau Preschool Menu

ONDAY	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>1</p> <p><b>BREAKFAST</b> CORN CHEX CEREAL FRESH APPLE</p> <p><b>LUNCH</b> <b>*JAMMIN JAMBALYA</b> (diced chicken, brown rice, tomatoes, bell peppers, celery, onion, &amp; okra) FRESH CANTALOUPE</p> <p><b>PM SNACK</b> FRESH ZUCCHINI &amp; CARROT STICKS COTTAGE CHEESE DIP (yogurt, cheddar cheese, worcestershire, &amp; dill weed)</p>	<p>2</p> <p><b>BREAKFAST</b> OATMEAL WITH RAISINS FRESH BANANA</p> <p><b>LUNCH</b> <b>SLOPPY JOE</b> SWEET SUMMER SALAD (cabbage, carrots, &amp; raisins) FRESH KIWI WHOLE WHEAT BUN</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b> FRUIT SALSA (mandarin oranges, pineapple chunks, onions, &amp; green bell peppers) CORN TORTILLA CHIPS</p> 	<p>3</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b> WHOLE WHEAT ENGLISH MUFFIN LOW-FAT CREAM CHEESE FRESH ORANGE</p> <p><b>LUNCH</b> <b>EGG SALAD</b> GREEN SALAD WITH VINAIGRETTE DRESSING FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> FRESH APPLE SUNBUTTER</p>
<p>6</p> <p><b>BREAKFAST</b> BRAN CEREAL FRESH ORANGE</p> <p><b>LUNCH</b> <b>VEGETARIAN BAKED BEANS</b> CHEDDAR CHEESE SLICE TOSSED SALAD WITH ITALIAN DRESSING FRESH APPLE WHEAT CRACKERS</p> <p><b>PM SNACK</b> LOW-FAT PLAIN YOGURT PINEAPPLE CHUNKS</p>	<p>7</p> <p><b>BREAKFAST</b> CHEERIOS FRESH STRAWBERRIES</p> <p><b>LUNCH NUTRITION EXPERIENCE</b> <b>GREEK CHICKEN SALAD</b> (diced chicken, cucumbers, tomatoes, onions, &amp; olives) WITH FETA CHEESE DRESSING FRESH KIWI WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK</b> FRESH BROCCOLI &amp; CAULIFLOWER FLORETS REDUCED FAT RANCH DRESSING WHEAT THINS</p>	<p>8</p> <p><b>BREAKFAST</b> RICE KRISPY CEREAL FRESH BANANA</p> <p><b>LUNCH</b> <b>BBQ TURKEY ON ROLL</b> COLESLAW FRESH WATERMELON WHOLE WHEAT HOT DOG BUN</p> <p><b>PM SNACK</b> FRESH CUCUMBER COINS &amp; CARROT STICKS COTTAGE CHEESE</p> 	<p>9</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b> WHOLE WHEAT BAGEL &amp; SUNBUTTER FRESH APPLE SLICES</p> <p><b>LUNCH</b> <b>TACO SALAD</b> (beef &amp; turkey) SHREDDED CHEESE DICED TOMATOES &amp; SHREDDED LETTUCE FRESH CANTALOUPE CORN TORTILLA CHIPS</p> <p><b>PM SNACK</b> HOMEMADE ZUCCHINI BREAD SQUARES 1% LOW-FAT MILK</p>	<p>10</p> <p><b>BREAKFAST</b> WHOLE WHEAT CINNAMON BREAD FRESH ORANGE</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b> <b>HAWAIIAN CHICKEN WRAP</b> (diced chicken, broccoli, spinach, carrots, &amp; pineapple with poppy seed dressing) FRESH STRAWBERRIES WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK</b> WHOLE GRAIN BAKED FISH CRACKERS 1% LOW-FAT MILK</p>
<p>13</p> <p><b>BREAKFAST</b> CORN CHEX CEREAL FRESH RED APPLE</p> <p><b>LUNCH</b> <b>ARROZ CON QUESO</b> (brown rice, yogurt, cheese &amp; beans) FRESH JICAMA STICKS FRESH ORANGE</p> <p><b>PM SNACK</b> GRAHAM CRACKERS 1% LOW-FAT MILK</p> 	<p>14</p> <p><b>BREAKFAST</b> CORNFLAKES CEREAL FRESH STRAWBERRIES</p> <p><b>LUNCH</b> <b>*CHICKEN CAESAR STYLE SALAD</b> (diced chicken, romaine lettuce, cucumbers, parmesan cheese, bread cubes, &amp; lemon mustard dressing) FRESH CANTALOUPE WHOLE WHEAT ROLL</p> <p><b>PM SNACK</b> PINEAPPLE TIDBITS COTTAGE CHEESE</p>	<p>15</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b> SUNBUTTER ON WHOLE WHEAT TOAST FRESH KIWI</p> <p><b>LUNCH</b> <b>BLACK EYE PEAS</b> SPINACH SALAD WITH ITALIAN DRESSING FRESH ORANGE HOMEMADE WHOLE GRAIN CORNBREAD SQUARE</p> <p><b>PM SNACK</b> FRESH CARROT STICKS &amp; CUCUMBER SLICES VEGETABLE DRESSING WHEAT THINS</p>	<p>16</p> <p><b>BREAKFAST</b> HOMEMADE WHOLE GRAIN OVEN BAKED PANCAKE UNSWEETENED APPLESAUCE</p> <p><b>LUNCH</b> <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> WHOLE GRAIN FISH BREAD PIMENTO CHEESE SPREAD</p>	<p>17</p> <p><b>BREAKFAST</b> RICE CHEX CEREAL FRESH BANANA</p> <p><b>LUNCH</b> <b>TUNA SALAD</b> FRESH BROCCOLI FLORETS LOW-FAT RANCH DRESSING FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> SUNBUTTER FRESH APPLE</p> 
<p>20</p> <p><b>BREAKFAST</b> KIX CEREAL FRESH ORANGE</p> <p><b>LUNCH - NUTRITION EXPERIENCE</b> <b>HAPPY FACE SANDWICH</b> (sunbutter, sliced cheese, raisins, &amp; carrots) SPINACH SALAD WITH CRANBERRIES ITALIAN DRESSING FRESH APPLE WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>21</p> <p><b>BREAKFAST</b> RICE KRISPIES CEREAL FRESH STRAWBERRIES</p> <p><b>LUNCH - TACO TUESDAY</b> <b>TURKEY TACOS &amp; SHREDDED CHEESE</b> SHREDDED LETTUCE &amp; DICED TOMATOES FRESH KIWI SOFT MINI TACOS</p> <p><b>PM SNACK</b> BROCCOLI &amp; CAULIFLOWER FLORETS VEGETABLE DRESSING WHOLE WHEAT CRACKERS</p> 	<p>22</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b> FRESH BANANA &amp; SUNBUTTER WRAP WHOLE WHEAT TORTILLA</p> <p><b>LUNCH</b> <b>CURRY CHICKEN SALAD</b> FRESH BABY CARROTS (no dressing) FRESH ORANGE WHEAT CRACKERS</p> <p><b>PM SNACK</b> FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p>	<p>23</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b> HOMEMADE NUT FREE GRANOLA LOW-FAT PLAIN YOGURT MIXED FRUIT</p> <p><b>LUNCH</b> <b>* PIZZA BURGER</b> SHREDDED CHEESE ORGANIC SPRING SALAD MIX WITH VINAIGRETTE DRESSING FRESH CANTALOUPE WHOLE WHEAT HAMBURGER BUN</p> <p><b>PM SNACK</b> MARINATED FRESH ZUCCHINI &amp; TOMATOES WHOLE GRAIN SALTINE CRACKERS</p>	<p>24</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b> BREAKFAST BURRITO (scrambled eggs &amp; salsa) WHEAT TORTILLA FRESH KIWI</p> <p><b>LUNCH</b> <b>SLICED TURKEY &amp; CHEDDAR CHEESE</b> MAYO &amp; MUSTARD DRESSING FRESH BROCCOLI FLORETS LOW-FAT RANCH DRESSING FRESH WATERMELON WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> HOMEMADE BANANA BREAD SQUARE 1% LOW-FAT MILK</p>
<p>27</p> <p><b>BREAKFAST</b> RICE CHEX CEREAL FRESH APPLE</p> <p><b>LUNCH</b> <b>CHILI SANS CARNE</b> (pinto beans, tomatoes, bell pepper, soy sauce, &amp; onions) JICAMA STICKS FRESH ORANGE WHOLE GRAIN SALTINE CRACKERS</p> <p><b>PM SNACK</b> ANIMAL CRACKERS 1% LOW-FAT MILK</p> 	<p>28</p> <p><b>BREAKFAST</b> CHEERIOS FRESH STRAWBERRIES</p> <p><b>LUNCH</b> <b>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS</b> CHOPPED ROMAINE SALAD BLEND BALSAMIC VINAIGRETTE MANGO CHUNKS</p> <p><b>PM SNACK</b> LETS GO FISHING TRAIL MIX (crispix, pretzels, fish crackers, &amp; cheese crackers) 1% LOW-FAT MILK</p>	<p>29</p> <p><b>BREAKFAST - NUTRITION EXPERIENCE</b> WHOLE WHEAT BAGEL SUNBUTTER FRESH KIWI</p> <p><b>LUNCH</b> <b>LIMA BEANS WITH CARROTS</b> FRESH STRAWBERRIES HOMEMADE CORNBREAD SQUARE</p> <p><b>PM SNACK - NUTRITION EXPERIENCE</b> HUMMUS &amp; WHEAT CRACKERS 1% LOW-FAT MILK</p> 	<p>30</p> <p><b>BREAKFAST</b> WHOLE WHEAT CINNAMON TOAST PINEAPPLE CUBES</p> <p><b>LUNCH</b> <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> ANTS ON THE LOG (sunbutter, celery sticks, raisins) 1% LOW-FAT MILK</p>	 <p>Happy Father's Day</p>