
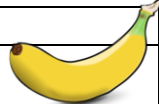













# JULY 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>BREAKFAST</b></p> <p>FRESH BANANA<br/>CORNFLAKE CEREAL</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>TURKEY HAM &amp; SWISS CHEESE</b><br/>MAYO &amp; MUSTARD DRESSING<br/>GREEN LEAF LETTUCE &amp; TOMATO<br/>FRESH CANTALOUPE SLICE<br/>WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b><br/>WHOLE GRAIN FISH CRACKERS<br/>1% LOW-FAT MILK</p>     |
| <p>4</p>                                                                                                                                                                                                                                                                                                                                               | <p>5</p> <p><b>BREAKFAST</b></p> <p>FRESH ORANGE<br/>BRAN CEREAL</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>SUNBUTTER &amp; JELLY SANDWICH</b><br/>STRING CHEESE<br/>BABY CARROTS (no ranch dressing)<br/>FRESH APPLE<br/>WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b><br/>GRAHAM CRACKERS<br/>1% LOW-FAT MILK</p>                                  | <p>6</p> <p><b>BREAKFAST</b></p> <p>FRESH STRAWBERRIES<br/>CORN CHEX CEREAL</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>BAJA BEAN WRAP</b> (refried beans &amp; chunky salsa)<br/>SHREDDED CHEESE<br/>JICMA STICKS WITH CHILI<br/>FRESH KIWI<br/>WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b><br/>ANTS ON THE LOG<br/>(sunbutter, celery sticks &amp; raisins)<br/>1% LOW-FAT MILK</p>  | <p>7</p> <p><b>BREAKFAST – NUTRITION EXPERIENCE</b></p> <p>FRESH APPLE<br/>WHOLE WHEAT BAGEL &amp; SUNBUTTER</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>SLOPPY JOE</b> (ground beef &amp; ground turkey)<br/>SPINACH SALAD<br/>SWEET &amp; SOUR DRESSING<br/>FRESH PEACH<br/>WHOLE WHEAT HAMBURGER BUN</p> <p><b>PM SNACK</b><br/>MOZZARELLA CHEESE STICK<br/>WHEAT CRACKERS</p>                                                                                          | <p>8</p> <p><b>BREAKFAST</b></p> <p>FRESH BANANA<br/>CHEERIOS</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>DEVILED EGG</b><br/>MAYO &amp; MUSTARD DRESSING<br/>CELERY STICKS<br/>FRESH STRAWBERRIES<br/>WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b><br/>FRESH BROCCOLI &amp; CAULIFLOWER FLORETS<br/>VEGETABLE DRESSING<br/>WHEAT THIN CRACKERS</p>  |
| <p>11</p> <p><b>BREAKFAST</b></p> <p>FRESH APPLE<br/>RICE CHEX CEREAL</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>*VEGETABLE CHILI BURRITO</b><br/>(kidney beans, yogurt, tomatoes, cheese, &amp; bulgur wheat)<br/>FRESH KIWI<br/>WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b><br/>WHOLE WHEAT FISH BREAD<br/>SUNBUTTER</p>                                                                            | <p>12</p> <p><b>BREAKFAST</b></p> <p>FRESH STRAWBERRIES<br/>KIX CEREAL</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>BBQ CHICKEN SANDWICH</b><br/>COLESLAW<br/>FRESH PEACH<br/>HAMBURGER BUN</p> <p><b>PM SNACK</b><br/>PINEAPPLE TIDBITS<br/>COTTAGE CHEESE</p>  | <p>13</p> <p><b>BREAKFAST</b></p> <p>FRESH ORANGE<br/>WHOLE WHEAT CINNAMON TOAST</p> <p><b>LUNCH</b></p> <p><b>MAC &amp; CHEESE WITH WHOLE WHEAT PASTA &amp; TURKEY HAM</b><br/>BROCCOLI SALAD<br/>FRESH APPLE</p> <p><b>PM SNACK</b><br/>FRESH ZUCCHINI &amp; CARROT STICKS<br/>LOW-FAT RANCH DRESSING<br/>WHEAT THINS</p>                                                                                            | <p>14</p> <p><b>BREAKFAST</b></p> <p>FRESH BANANA<br/>CHERRIOS</p> <p><b>LUNCH</b></p> <p><b>*GROUND BEEF &amp; SPANISH RICE</b><br/>(ground beef, ground turkey, green bell peppers, tomatoes, &amp; tomato paste)<br/>FRESH CANTALOUPE</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b><br/>RAINBOW PARFAIT<br/>FRESH STRAWBERRIES &amp; BLUEBERRIES<br/>LOW-FAT YOGURT<br/>HOMEMADE GRANOLA</p>  | <p>15</p> <p><b>BREAKFAST – NUTRITION EXPERIENCE</b></p> <p>MANGO CHUNKS<br/>WHOLE WHEAT BAGEL<br/>GARDEN VEGETABLE CREAM CHEESE</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>CHICKEN SALAD SANDWICH</b><br/>BABY CARROTS (no dressing)<br/>FRESH HONEY DEW MELON<br/>WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK</b><br/>FRESH APPLE SLICES<br/>SUNBUTTER</p>                                                                         |
| <p>18</p> <p><b>BREAKFAST</b></p> <p>FRESH ORANGE<br/>BRAN CEREAL</p> <p><b>LUNCH</b></p> <p><b>TOASTED CHEESE SANDWICH</b><br/>VEGETARIAN BAKED BEANS<br/>FRESH NECTARINE<br/>WHOLE WHEAT BREAD</p> <p><b>AM SNACK</b><br/>CINNAMON GRAHAM CRACKERS<br/>1% LOW-FAT MILK</p>                                                                        | <p>19</p> <p><b>BREAKFAST</b></p> <p>FRESH APPLE<br/>CORN CHEX CEREAL</p> <p><b>LUNCH</b></p> <p><b>*BEEFY, TOMATO &amp; CORN BAKE WITH WHOLE WHEAT PENNE PASTA</b><br/>FRESH KIWI</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b><br/>HUMMUS VEGGIE ROLL<br/>(shredded carrots &amp; spinach)<br/>WHOLE GRAIN TORTILLA<br/>1% LOW-FAT MILK</p>             | <p>20</p> <p><b>BREAKFAST – NUTRITION EXPERIENCE</b></p> <p>PINEAPPLE CHUNKS<br/>PLAIN BAGEL WITH LOW-FAT CREAM CHEESE</p> <p><b>LUNCH</b></p> <p><b>*GREEK CHICKEN SALAD</b><br/>(diced chicken, cucumbers, tomatoes, onions, &amp; olives)<br/>WITH FETA CHEESE DRESSING<br/>FRESH WATERMELON<br/>WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK</b><br/>ANIMAL CRACKERS<br/>1% LOW-FAT MILK</p>                        | <p>21</p> <p><b>BREAKFAST – NUTRITION EXPERIENCE</b></p> <p>FRESH BANANA<br/>WHOLE WHEAT ENGLISH MUFFIN &amp; SUNBUTTER</p> <p><b>LUNCH</b></p> <p><b>TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLA CHIPS</b><br/>TOSSED LEAFY GREENS WITH ITALIAN DRESSING<br/>FRESH APRICOT</p> <p><b>PM SNACK</b><br/>COWBOY QUNIOA<br/>1% LOW-FAT MILK</p>                                                                                                                                      | <p>22</p> <p><b>BREAKFAST</b></p> <p>FRESH ORANGE<br/>WHOLE WHEAT CINNAMON BUN</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>TUNA SALAD SANDWICH</b><br/>CARROT &amp; RAISIN SALAD<br/>FRESH STRAWBERRIES<br/>WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b><br/>FRESH APPLE SLICES<br/>CHEDDAR CHEESE</p>                                             |
| <p>25</p> <p><b>BREAKFAST</b></p> <p>FRESH APPLE<br/>RICE CHEX CEREAL</p> <p><b>LUNCH</b></p> <p><b>SPAGHETTI WITH MARINARA SAUCE &amp; SHREDDED PARMESAN CHEESE</b><br/>CHEDDAR CHEESE STICK<br/>ORGANIC SPRING SALAD MIX<br/>FRESH PLUM<br/>WHOLE WHEAT SPAGHETTI</p> <p><b>PM SNACK</b><br/>WHOLE GRAIN CHEESE CRACKERS<br/>1% LOW-FAT MILK</p>  | <p>26</p> <p><b>BREAKFAST</b></p> <p>FRESH ORANGE<br/>BRAN CEREAL</p> <p><b>LUNCH</b></p> <p><b>*VIETNAMESE CHICKEN SALAD</b><br/>(diced chicken, cabbage, carrots, &amp; cilantro marinated in lime juice)<br/>FRESH NECTARINE<br/>WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b><br/>FRESH CANTALOUPE<br/>LOW-FAT PLAIN YOGURT</p>                         | <p>27</p> <p><b>BREAKFAST</b></p> <p>FRESH BANANA<br/>CINNAMON &amp; RAISIN OATMEAL</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>PIZZA BURGER</b><br/>FRESH BROCCOLI FLORETS WITH VEGETABLE DRESSING<br/>FRESH PEACH<br/>WHOLE WHEAT HAMBURGER BUN</p> <p><b>EARLY CLOSURE ALL SITES</b><br/>NO PM SNACK WILL BE SERVED</p>                                                                                                                                                                       | <p>28</p> <p><b>BREAKFAST</b></p> <p>APPLESAUCE<br/>CINNAMON TOAST</p> <p><b>LUNCH</b></p> <p><b>*JAMMIN JAMBALYA</b><br/>(diced chicken, tomatoes &amp; okra)<br/>FRESH KIWI<br/>BROWN RICE</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b><br/>HOMEMADE PICO DE GALLO<br/>CORN TORTILLA CHIPS<br/>1% LOW-FAT MILK</p>                                                                          | <p>29</p> <p><b>BREAKFAST</b></p> <p>FRESH STRAWBERRIES<br/>RICE KRISPY CEREAL</p> <p><b>LUNCH – NUTRITION EXPERIENCE</b></p> <p><b>*KANGAROO POCKET</b><br/>(sliced turkey, spinach leaves, shredded carrots, &amp; cheese)<br/>LOW-FAT RANCH DRESSING<br/>FRESH WATERMELON<br/>WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK</b><br/>GRAHAM CRACKERS<br/>1% LOW-FAT MILK</p>                                                                   |