

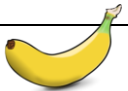










# August 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>1</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH APPLE</div><div>RICE CHEX CEREAL</div></div></div><div><div><div>LUNCH – NUTRITION EXPERIENCE</div><div>CHIPOLTE BEAN BURRITO</div><div>(black beans, cheese &amp; chunky salsa)</div><div>SHREDDED ROMAINE &amp; DICED TOMATOES</div><div>FRESH KIWI</div><div>WHOLE WHEAT TORTILLA</div></div></div><div><div><div>PM SNACK</div><div>WHEAT CRACKERS WITH HUMMUS</div><div>1% LOW-FAT MILK</div></div></div></div><div></div></div></div>		<div>2</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH ORANGE</div><div>BRAN CEREAL</div></div></div><div><div><div>LUNCH</div><div>*GARDEN VEGETABLE LO MEIN WITH CHICKEN</div><div>(diced chicken, broccoli, carrots, red bell pepper, peas, whole wheat spaghetti, &amp; teriyaki sauce)</div><div>FRESH PEACH</div></div></div><div><div><div>PM SNACK</div><div>FRESH BANANA</div><div>SUNBUTTER</div></div></div></div></div></div>		<div>3</div> <div><div><div><div><div><div>BREAKFAST</div><div>PINEAPPLE CHUNKS</div><div>CINNAMON BREAD</div></div></div><div><div><div>LUNCH</div><div>BLACK EYE PEAS</div><div>BABY CARROTS (No Dressing)</div><div>FRESH WATERMELON</div><div>WHOLE WHEAT CORNBREAD</div></div></div><div><div><div>PM SNACK</div><div>FRESH TOMATOES &amp; SLICED CUCUMBERS</div><div>HERBED COTTAGE CHEESE</div></div></div></div><div></div></div></div>		<div>4</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH APPLE</div><div>WHOLE WHEAT ENGLISH MUFFIN</div><div>SUNBUTTER</div></div></div><div><div><div>LUNCH</div><div>CHICKEN CHILAQUILES WITH CORN TORTILLAS</div><div>SPINACH SALAD WITH ITALIAN DRESSING</div><div>FRESH NECTARINE</div></div></div><div><div><div>PM SNACK</div><div>FRESH BROCCOLI FLORETS &amp; RED BELL PEPPER STRIPS</div><div>VEGETABLE DRESSING</div><div>WHEAT THINS</div></div></div></div></div></div>		<div>5</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH BANANA</div><div>CORNFLAKE CEREAL</div></div></div><div><div><div>LUNCH – NUTRITION EXPERIENCE</div><div>TURKEY HAM &amp; SWISS CHEESE</div><div>MAYO &amp; MUSTARD DRESSING</div><div>GREEN LEAF LETTUCE &amp; TOMATO</div><div>FRESH CANTALOUPE SLICE</div><div>WHOLE WHEAT BREAD</div></div></div><div><div><div>PM SNACK</div><div>WHOLE GRAIN FISH CRACKERS</div><div>1% LOW-FAT MILK</div></div></div></div><div></div></div></div>	
<div>8</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH ORANGE</div><div>BRAN CEREAL</div></div></div><div><div><div>LUNCH - NUTRITION EXPERIENCE</div><div>SUNBUTTER &amp; JELLY</div><div>STRING CHEESE</div><div>BABY CARROTS (Low-fat Ranch Dressing)</div><div>FRESH APPLE</div><div>WHOLE WHEAT BREAD</div></div></div><div><div><div>PM SNACK</div><div>GRAHAM CRACKERS</div><div>1% LOW-FAT MILK</div></div></div></div></div></div>		<div>9</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH PLUM</div><div>RICE KRISPY CEREAL</div></div></div><div><div><div>LUNCH</div><div>TURKEY SPAGHETTI CASSEROLE WITH WHOLE WHEAT SPAGHETTI</div><div>ZUCCHINI STICKS (No Dressing)</div><div>FRESH NECTARINE</div></div></div><div><div><div>PM SNACK - NUTRITION EXPERIENCE</div><div>BANANA SPLIT SALAD</div><div>(banana, tropical fruit &amp; cottage cheese)</div></div></div></div><div></div></div></div>		<div>10</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH STRAWBERRIES</div><div>CORN CHEX CEREAL</div></div></div><div><div><div>LUNCH - NUTRITION EXPERIENCE</div><div>BAJA BEAN WRAP</div><div>(refried beans, shredded cheese &amp; chunky salsa)</div><div>JICAMA STICKS WITH CHILI</div><div>FRESH KIWI</div><div>WHOLE WHEAT TORTILLA</div></div></div><div><div><div>PM SNACK – NUTRITION EXPERIENCE</div><div>ANTS ON THE LOG</div><div>(sunbutter, celery sticks &amp; raisins)</div><div>1% LOW-FAT MILK</div></div></div></div></div></div>		<div>11</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH APPLE</div><div>WHOLE WHEAT BAGEL &amp; SUNBUTTER</div></div></div><div><div><div>LUNCH – NUTRITION EXPERIENCE</div><div>SLOPPY JOE</div><div>(ground beef &amp; ground turkey)</div><div>FRESH SPINACH SALAD WITH SWEET &amp; SOUR DRESSING</div><div>FRESH PEACH</div><div>WHOLE WHEAT HAMBURGER BUN</div></div></div><div><div><div>PM SNACK</div><div>MOZZARELLA CHEESE STICK</div><div>WHEAT CRACKERS</div></div></div></div><div></div></div></div>		<div>12</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH BANANA</div><div>CHEERIOS</div></div></div><div><div><div>LUNCH - NUTRITION EXPERIENCE</div><div>DEVILED EGG</div><div>CELERY STICKS (No Dressing)</div><div>FRESH STRAWBERRIES</div><div>WHOLE WHEAT BREAD</div></div></div><div><div><div>PM SNACK</div><div>FRESH BROCCOLI &amp; CAULIFLOWER FLORETS</div><div>VEGETABLE DRESSING</div><div>WHEAT THINS</div></div></div></div></div></div>	
<div>15</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH APPLE</div><div>RICE CHEX CEREAL</div></div></div><div><div><div>LUNCH</div><div>*VEGETABLE CHILI BURRITO</div><div>(kidney beans, tomatoes, cheese, bulgur wheat, &amp; low-fat yogurt)</div><div>FRESH KIWI</div><div>WHOLE WHEAT TORTILLA</div></div></div><div><div><div>PM SNACK</div><div>WHOLE WHEAT FISH BREAD</div><div>SUNBUTTER</div></div></div></div><div></div></div></div>		<div>16</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH STRAWBERRIES</div><div>KIX CEREAL</div></div></div><div><div><div>LUNCH - NUTRITION EXPERIENCE</div><div>BBQ CHICKEN SANDWICH</div><div>COLESLAW</div><div>FRESH PEACH</div><div>HAMBURGER BUN</div></div></div><div><div><div>PM SNACK</div><div>PINEAPPLE TIBITS</div><div>COTTAGE CHEESE</div></div></div></div></div></div>		<div>17</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH ORANGE</div><div>WHOLE WHEAT CINNAMON TOAST</div></div></div><div><div><div>LUNCH</div><div>MAC &amp; CHEESE WITH TURKEY HAM &amp; WHOLE WHEAT PASTA</div><div>BROCCOLI SALAD</div><div>FRESH APPLE</div></div></div><div><div><div>PM SNACK</div><div>FRESH ZUCCHINI &amp; CARROT STICKS</div><div>LOW-FAT RANCH DRESSING</div><div>WHEAT THINS</div></div></div></div><div></div></div></div>		<div>18</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH BANANA</div><div>CHEERIOS</div></div></div><div><div><div>LUNCH</div><div>*GROUND BEEF &amp; TURKEY SPANISH RICE</div><div>(ground beef, ground turkey, green bell peppers, tomatoes, tomato paste, &amp; brown rice)</div><div>FRESH HONEY DEW MELON</div></div></div><div><div><div>PM SNACK – NUTRITION EXPERIENCE</div><div>RAINBOW PARFAIT</div><div>FRESH STRAWBERRIES &amp; BLUEBERRIES</div><div>LOW-FAT YOGURT</div><div>HOMEMADE GRANOLA</div></div></div></div></div></div>		<div>19</div> <div><div><div><div><div><div>BREAKFAST</div><div>MANGO CHUNKS</div><div>WHOLE WHEAT BAGEL</div><div>GARDEN VEGETABLE CREAM CHEESE</div></div></div><div><div><div>LUNCH - NUTRITION EXPERIENCE</div><div>CHICKEN SALAD SANDWICH</div><div>BABY CARROTS (No Dressing)</div><div>FRESH PLUM</div><div>WHOLE WHEAT PITA BREAD</div></div></div><div><div><div>PM SNACK</div><div>FRESH APPLE SLICES</div><div>SUNBUTTER</div></div></div></div><div></div></div></div>	
<div>22</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH ORANGE</div><div>BRAN CEREAL</div></div></div><div><div><div>LUNCH</div><div>TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD</div><div>VEGETARIAN BAKED BEANS</div><div>FRESH KIWI</div></div></div><div><div><div>PM SNACK</div><div>CINNAMON GRAHAM CRACKERS</div><div>1% LOW-FAT MILK</div></div></div></div><div></div></div></div>		<div>23</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH APPLE</div><div>CORN CHEX CEREAL</div></div></div><div><div><div>LUNCH</div><div>*BEEFY TOMATO &amp; CORN BAKE WITH WHOLE WHEAT PENNE PASTA</div><div>FRESH NECTARINE</div></div></div><div><div><div>PM SNACK – NUTRITION EXPERIENCE</div><div>HUMMUS VEGGIE ROLL</div><div>(hummus, shredded carrots &amp; spinach)</div><div>WHOLE GRAIN TORTILLA</div><div>1% LOW-FAT MILK</div></div></div></div></div></div>		<div>24</div> <div><div><div><div><div><div>BREAKFAST</div><div>PINEAPPLE CHUNKS</div><div>PLAIN BAGEL WITH LOW-FAT CREAM CHEESE</div></div></div><div><div><div>LUNCH – NUTRITION EXPERIENCE</div><div>GREEK CHICKEN SALAD</div><div>(diced chicken, cucumbers, tomatoes, onions, &amp; olives) WITH FETA CHEESE DRESSING</div><div>FRESH WATERMELON</div><div>WHOLE WHEAT PITA BREAD</div></div></div><div><div><div>PM SNACK</div><div>ANIMAL CRACKERS</div><div>1% LOW-FAT MILK</div></div></div></div></div></div>		<div>25</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH BANANA</div><div>WHOLE WHEAT ENGLISH MUFFIN &amp; SUNBUTTER</div></div></div><div><div><div>LUNCH</div><div>TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLA CHIPS</div><div>TOSSED LEAFY GREENS WITH ITALIAN DRESSING</div><div>FRESH APRICOT</div></div></div><div><div><div>PM SNACK</div><div>COWBOY QUINOA</div><div>1% LOW-FAT MILK</div></div></div></div><div></div></div></div>		<div>26</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH ORANGE</div><div>WHOLE WHEAT CINNAMON BUN</div></div></div><div><div><div>LUNCH - NUTRITION EXPERIENCE</div><div>TUNA SALAD</div><div>CARROT RAISIN SALAD</div><div>FRESH STRAWBERRIES</div><div>WHOLE WHEAT BREAD</div></div></div><div><div><div>PM SNACK</div><div>FRESH APPLE SLICES</div><div>CHEDDAR CHEESE</div></div></div></div></div></div>	
<div>29</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH APPLE</div><div>RICE CHEX CEREAL</div></div></div><div><div><div>LUNCH</div><div>WHOLE WHEAT SPAGHETTI WITH MARINARA SAUCE &amp; SHREDDED PARMESAN CHEESE</div><div>ORGANIC SPRING MIX SALAD WITH VINAIGRETTE DRESSING</div><div>FRESH PLUM</div></div></div><div><div><div>PM SNACK</div><div>WHOLE GRAIN CHEESE CRACKERS</div><div>1% LOW-FAT MILK</div></div></div></div></div></div>		<div>30</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH ORANGE</div><div>BRAN CEREAL</div></div></div><div><div><div>LUNCH – NUTRITION EXPERIENCE</div><div>VIETNAMESE CHICKEN SALAD</div><div>(diced chicken, cabbage, carrots, &amp; cilantro marinated in lime juice)</div><div>FRESH NECTARINE</div><div>WHOLE WHEAT TORTILLA</div></div></div><div><div><div>PM SNACK</div><div>FRESH KIWI</div><div>LOW-FAT PLAIN YOGURT</div></div></div></div><div></div></div></div>		<div>31</div> <div><div><div><div><div><div>BREAKFAST</div><div>FRESH BANANA</div><div>CINNAMON &amp; RAISIN OATMEAL</div></div></div><div><div><div>LUNCH – NUTRITION EXPERIENCE</div><div>PIZZA BURGER</div><div>FRESH BROCCOLI FLORETS</div><div>VEGETABLE DRESSING</div><div>FRESH CANTALOUPE</div><div>WHOLE WHEAT HAMBURGER BUN</div></div></div><div><div><div>PM SNACK</div><div>LET’S GO FISHING MIX</div><div>(crispix cereal, goldfish crackers, cheese crackers, &amp; pretzels)</div><div>1% LOW-FAT MILK</div></div></div></div></div></div>		<div>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</div> <div>*Indicates vegetable included in main dish</div> <div>WATER IS OFFERED THROUGHOUT THE DAY</div>			