


# September - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p>* Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>			<p>1</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI WHOLE WHEAT CINNAMON TOAST</p> <p><u>LUNCH</u></p> <p><b>*JAMMIN JAMBALAYA</b> (diced chicken, tomatoes, okra &amp; brown rice) FRESH ORANGE</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>2</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES RICE KRISPY CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>*KANGAROO POCKET</b> (sliced turkey, spinach leaves, shredded carrots, &amp; cheese) LOW-FAT RANCH DRESSING FRESH APPLE WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>HOMEMADE PICO DE GALLO (fresh tomatoes, onions &amp; cilantro) CORN TORTILLA CHIPS</p> 
	<p>5</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>SUNBUTTER &amp; JELLY SANDWICH</b> STRING CHEESE BABY CARROTS (no dressing) FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>CINNAMON BUG BITE CRACKERS 1% LOW FAT MIK</p>	<p>6</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>RANCH STYLE CHICKEN SALAD</b> SHREDDED ROMAINE &amp; TOMATOES FRESH PEACH WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>LOW-FAT YOGURT FRESH BANANA</p> 	<p>7</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE WHOLE WHEAT ENGLISH MUFFIN WITH SUNBUTTER</p> <p><u>LUNCH</u></p> <p><b>CHIPOLTE BEANS</b> (black beans, chunky salsa chilies, cheese, &amp; corn tortilla chips) SPINACH SALAD WITH ITALIAN DRESSING FRESH ORANGE</p> <p><u>PM SNACK</u></p> <p>HUMMUS &amp; WHEAT CRACKERS 1% LOW-FAT MILK</p> 	<p>8</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CORNFLEAK CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>TURKEY HAM &amp; SWISS CHEESE</b> MAYO &amp; MUSTARD DRESSING GREEN LEAF LETTUCE &amp; SLICED TOMATO FRESH CANTALOUPE SLICE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p> 
<p>12</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>BAJA BEAN WRAP</b> (refried beans &amp; chunky salsa) JICAMA STICKS WITH CHILI FRESH KIWI WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>13</p> <p><u>BREAKFAST</u></p> <p>FRESH PLUM RICE KRISPY CEREAL</p> <p><u>LUNCH</u></p> <p><b>TURKEY SPAGHETTI CASSEROLE</b> (ground turkey, whole wheat spaghetti, &amp; tomato paste) ZUCCHINI STICKS WITH RANCH DRESSING FRESH NECTARINE</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>BANANA SPLIT SALAD (mixed fruit, banana &amp; cottage cheese)</p> 	<p>14</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORN CHEX CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>*HAWAIIAN CHICKEN WRAP</b> (diced chicken, broccoli, spinach, carrots, &amp; pineapple with poppy seed dressing) FRESH KIWI WHOLE WHEAT PITA POCKET BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>ANTS ON THE LOG (sunbutter, celery sticks, raisins) 1% LOW-FAT MILK</p> 	<p>15</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE WHOLE WHEAT BAGEL WITH SUNBUTTER</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>SLOPPY JOE</b> (ground beef, turkey &amp; tomato paste) SPINACH SALAD WITH SWEET &amp; SOUR DRESSING FRESH PEACH WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>MOZZARELLA CHEESE STICK WHEAT CRACKERS</p>	<p>16</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>DEVILED EGG</b> (Mayo-Mustard) CELERY STICKS FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH BROCCOLI &amp; CAULIFLOWER FLORETS VEGETABLE DRESSING WHEAT THIN CRACKERS</p> 
<p>19</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>*VEGETABLE CHILI BURRITO</b> (kidney beans, yogurt, tomatoes, cheese, yogurt &amp; bulgur wheat) FRESH KIWI WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>WHOLE WHEAT FISH BREAD SUNBUTTER</p> 	<p>20</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES KIX CEREAL</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>BBQ CHICKEN SANDWICH</b> (diced chicken &amp; tomato paste) COLESLAW (Mayo Base ) FRESH PEACH WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>PINEAPPLE TIDBITS COTTAGE CHEESE</p>	<p>21</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE WHOLE WHEAT CINNAMON TOAST</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>TURKEY ROLLER SANDWICH WITH CREAM CHEESE</b> FRESH SPINACH LEAVES &amp; RED BELL PEPPERS FRESH APPLE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>FRESH ZUCCHINI &amp; CARROT STICKS RANCH DRESSING WHEAT THINS</p> 	<p>22</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u></p> <p><b>*GROUND BEEF &amp; TURKEY SPANISH RICE</b> (ground beef, turkey, green bell peppers, tomatoes, tomato paste, &amp; brown rice) FRESH HONEYDEW MELON</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>RAINBOW PARFAIT (fresh strawberries, blueberries, low-fat yogurt, &amp; granola)</p> 	<p>23</p> <p><u>BREAKFAST</u></p> <p>MANGO CHUNKS WHOLE WHEAT BAGEL GARDEN VEGETABLE CREAM CHEESE</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>CHICKEN SALAD SANDWICH</b> (diced chicken, pickle relish, celery, &amp; mayo) BABY CARROTS (no dressing) FRESH PLUM WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH APPLE SLICES SUNBUTTER</p>
<p>26</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p><b>TOASTED CHEESE SANDWICH</b> VEGETARIAN BAKED BEANS FRESH KIWI WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>CINNAMON GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>27</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*BEEFY, TOMATO &amp; CORN BAKE</b> WHOLE WHEAT PENNE PASTA FRESH NECTARINE</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>HUMMUS VEGGIE ROLL (shredded carrots &amp; spinach) WHOLE GRAIN TORTILLA 1% LOW-FAT MILK</p> 	<p>28</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS WHOLE WHEAT BAGEL WITH CREAM CHEESE</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>*GREEK CHICKEN SALAD</b> (diced chicken, cucumbers, tomatoes, onions, &amp; olives) WITH FETA CHEESE DRESSING FRESH PEAR WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>29</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA WHOLE WHEAT ENGLISH MUFFIN &amp; SUNBUTTER</p> <p><u>LUNCH</u></p> <p><b>TURKEY ENCHILADA CASSEROLE</b> (diced chicken , tomato, enchilada sauce, &amp; corn tortilla chips) TOSSED LEAFY GREENS WITH ITALIAN DRESSING FRESH PLUM</p> <p><u>PM SNACK</u></p> <p>COWBOY QUNIOA 1% LOW-FAT MILK</p>	<p>30</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE WHOLE WHEAT CINNAMON BUN</p> <p><u>LUNCH - NUTRITION EXPERIENCE</u></p> <p><b>TUNA SALAD SANDWICH</b> (tuna, eggs, mayo, relish, celery, &amp; onions) TANGY COLESLAW (green &amp; red cabbage, carrots, &amp; apple cider vinegar) FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH APPLE SLICES CHEDDAR CHEESE</p> 