














October 2016 - COMMUNITY SERVICES BUREAU'S PRESCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>BREAKFAST</p> <p>FRESH KIWI RICE CHEX CEREAL</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>SUNBUTTER & JELLY SANDWICH STRING CHEESE BABY CARROTS (NO DRESSING) FRESH APPLE WHOLE WHEAT BREAD</p> <p>PM SNACK CINNAMON BUG BITE CRACKERS 1% LOW FAT MILK</p> 	<p>4</p> <p>BREAKFAST</p> <p>FRESH ORANGE BRAN CEREAL</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>PIZZA BURGER (ground beef & turkey) SHREDDED MOZZARELLA CHEESE SPRING SALAD MIX WITH ITALIAN DRESSING MANGO CHUNKS WHOLE GRAIN HAMBURGER BUN</p> <p>PM SNACK SUNNY SALSA & CORN TORTILLA CHIPS 1% LOW FAT MILK</p> 	<p>5</p> <p>BREAKFAST</p> <p>FRESH STRAWBERRIES CORN CHEX CEREAL</p> <p>LUNCH</p> <p>RANCH STYLE CHICKEN SALAD SHREDDED ROMAINE & TOMATOES FRESH PEAR WHOLE WHEAT PITA</p> <p>PM SNACK FRESH BANANA LOW-FAT PLAIN YOGURT</p> 	<p>6</p> <p>BREAKFAST</p> <p>FRESH APPLE WHOLE WHEAT ENGLISH MUFFIN WITH SUNBUTTER</p> <p>LUNCH</p> <p>CHIPOTLE BEANS (black beans, chunky salsa chilies) SHREDDED CHEESE SPINACH SALAD WITH ITALIAN DRESSING FRESH ORANGE CORN TORTILLA CHIPS</p> <p>PM SNACK HUMMUS & WHEAT CRACKERS 1% LOW-FAT MILK</p>	<p>7</p> <p>BREAKFAST</p> <p>FRESH BANANA CORNFLAKE CEREAL</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>TURKEY HAM & SWISS CHEESE MAYO & MUSTARD DRESSING GREEN LEAF LETTUCE & SLICED TOMATO FRESH CANTALOUPE WHOLE WHEAT BREAD</p> <p>PM SNACK WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p> 
<p>10</p> <p>BREAKFAST</p> <p>FRESH ORANGE BRAN CEREAL</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>BAJA BEAN WRAP (refried beans & chunky salsa) JICAMA STICKS WITH CHILI FRESH KIWI WHOLE WHEAT TORTILLA</p> <p>PM SNACK GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>11</p> <p>BREAKFAST</p> <p>FRESH STRAWBERRIES RICE KRISPY CEREAL</p> <p>LUNCH</p> <p>TURKEY SPAGHETTI CASSEROLE (ground turkey, whole wheat spaghetti & tomato paste) ZUCCHINI STICKS WITH RANCH DRESSING FRESH PEAR</p> <p>PM SNACK - NUTRITION EXPERIENCE BANANA SPLIT SALAD (mixed fruit, banana & cottage cheese)</p> 	<p>12</p> <p>BREAKFAST</p> <p>FRESH BANANA CORN CHEX CEREAL</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>*HAWAIIAN CHICKEN SALAD (diced chicken, broccoli, spinach, carrots, & pineapple with poppy seed dressing) FRESH APPLE WHOLE WHEAT PITA POCKET BREAD</p> <p>PM SNACK - NUTRITION EXPERIENCE ANTS ON THE LOG (sunbutter, celery sticks & raisins) 1% LOW-FAT MILK</p> 	<p>13</p> <p>BREAKFAST</p> <p>FRESH KIWI WHOLE WHEAT BAGEL WITH SUNBUTTER</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>SLOPPY JOE (ground beef, turkey & tomato paste) SPINACH SALAD WITH SWEET & SOUR DRESSING FRESH ORANGE WHOLE GRAIN HAMBURGER BUN</p> <p>PM SNACK MOZZARELLA CHEESE STICK WHEAT CRACKERS</p>	<p>14</p> <p>BREAKFAST</p> <p>FRESH BANANA CHEERIOS</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>DEVILED EGG (Mayo-Mustard) CELERY STICKS FRESH STRAWBERRIES WHOLE WHEAT BREAD</p> <p>PM SNACK FRESH BROCCOLI & CAULIFLOWER FLORETS VEGETABLE DRESSING WHEAT THIN CRACKERS</p> 
<p>17</p> <p>BREAKFAST</p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p>LUNCH</p> <p>*VEGETABLE CHILI (kidney beans, tomatoes, cheese, yogurt & bulgur wheat) FRESH PEAR WHOLE GRAIN CRACKERS</p> <p>PM SNACK WHOLE WHEAT FISH BREAD SUNBUTTER</p> 	<p>18</p> <p>BREAKFAST</p> <p>FRESH STRAWBERRIES KIX CEREAL</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>BBQ CHICKEN SANDWICH (diced chicken & tomato paste) COLESLAW (Mayo Base) FRESH ORANGE WHOLE GRAIN HAMBURGER BUN</p> <p>PM SNACK PINEAPPLE TIDBITS COTTAGE CHEESE</p> 	<p>19</p> <p>BREAKFAST</p> <p>FRESH KIWI WHOLE WHEAT CINNAMON TOAST</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>TURKEY ROLLER SANDWICH WITH CREAM CHEESE FRESH SPINACH LEAVES & RED BELL PEPPERS FRESH APPLE WHOLE WHEAT TORTILLA</p> <p>PM SNACK FRESH ZUCCHINI & CARROT STICKS RANCH DRESSING WHEAT THINS</p> 	<p>20</p> <p>BREAKFAST</p> <p>FRESH BANANA CHEERIOS</p> <p>LUNCH</p> <p>*GROUND BEEF & TURKEY SPANISH RICE (ground beef, turkey, green bell peppers, tomatoes, tomato paste, & brown rice) FRESH PEAR</p> <p>PM SNACK - NUTRITION EXPERIENCE RAINBOW PARFAIT (fresh strawberries, blueberries, low-fat yogurt, & granola)</p> 	<p>21</p> <p>BREAKFAST</p> <p>MANGO CHUNKS WHOLE WHEAT BAGEL WITH CREAM CHEESE</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>CHICKEN SALAD SANDWICH (diced chicken, pickle relish, celery, & mayo) BABY CARROTS (no dressing) FRESH KIWI WHOLE WHEAT PITA BREAD</p> <p>PM SNACK FRESH APPLE SLICES SUNBUTTER</p> 
<p>24</p> <p>BREAKFAST</p> <p>FRESH ORANGE BRAN CEREAL</p> <p>LUNCH</p> <p>*FARMERS HARVEST CHILI (kidney beans, carrots, corn, & tomatoes) FRESH KIWI WHOLE GRAIN CRACKERS</p> <p>PM SNACK CINNAMON GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>25</p> <p>BREAKFAST</p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p>LUNCH</p> <p>*BEEFY TOMATO & CORN BAKE WITH WHOLE WHEAT PENNE PASTA FRESH PEAR</p> <p>PM SNACK - NUTRITION EXPERIENCE HUMMUS VEGGIE ROLL (shredded carrots & spinach) WHOLE GRAIN TORTILLA 1% LOW-FAT MILK</p>	<p>26</p> <p>BREAKFAST</p> <p>PINEAPPLE CHUNKS WHOLE WHEAT BAGEL WITH CREAM CHEESE</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>*GREEK CHICKEN SALAD (diced chicken, cucumbers, tomatoes, onions, & olives) WITH FETA CHEESE DRESSING FRESH STRAWBERRIES WHOLE WHEAT PITA BREAD</p> <p>EARLY CLOSURE</p>	<p>27</p> <p>BREAKFAST</p> <p>FRESH BANANA WHOLE WHEAT ENGLISH MUFFIN & SUNBUTTER</p> <p>LUNCH</p> <p>TURKEY ENCHILADA CASSEROLE (diced chicken, tomato, enchilada sauce, & corn tortilla chips) TOSSED LEAFY GREENS WITH ITALIAN DRESSING FRESH KIWI</p> <p>PM SNACK COWBOY QUINOA SALAD 1% LOW-FAT MILK</p>	<p>28</p> <p>BREAKFAST</p> <p>FRESH ORANGE WHOLE GRAIN CINNAMON BUN</p> <p>LUNCH - NUTRITION EXPERIENCE</p> <p>TUNA SALAD SANDWICH (tuna, eggs, mayo, relish, celery, & onions) TANGY COLESLAW (green & red cabbage, carrots, & apple cider vinegar) FRESH PEAR WHOLE WHEAT BREAD</p> <p>PM SNACK FRESH APPLE SLICES CHEDDAR CHEESE</p>
<p>31</p> <p>BREAKFAST</p> <p>FRESH ORANGE CORN CHEX CEREAL</p> <p>LUNCH</p> <p>*BROCCOLI & CAULIFLOWER CHEESE SOUP FRESH APPLE WHOLE GRAIN CRACKERS</p> <p>PM SNACK BANANA SANDWICH SUNBUTTER FRESH BANANA</p> 	<p>ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p>* Indicates vegetable included in main dish</p> <p>Fruit subject to change due to availability</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>			