




# November 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

	<p><b>1</b> <u>BREAKFAST</u> PINEAPPLE CUBES WHOLE WHEAT BAGEL REDUCED FAT CREAM CHEESE</p> <p><u>LUNCH</u> <b>*CHILI CON CARNE</b> (ground turkey, tomatoes &amp; pinto beans) FRESH ORANGE SALTINE CRACKERS</p> <p><u>PM SNACK</u> WHOLE WHEAT CINNAMON BREAD 1% LOW-FAT MILK</p>	<p><b>2</b> <u>BREAKFAST – NUTRITION EXPERIENCE</u> FRESH APPLE WHOLE WHEAT ENGLISH MUFFIN &amp; SUNBUTTER</p> <p><u>LUNCH</u> <b>*JAMMIN JAMBALAYA</b> (diced chicken, brown rice, tomatoes, &amp; okra) FRESH PEAR</p> <p><u>NATIONAL DEVILED EGG DAY</u> <u>PM SNACK – NUTRITION EXPERIENCE</u> HARDBOTTLED EGG MAYO, MUSTARD &amp; SWEET RELISH WHEAT THIN CRACKERS</p>	<p><b>3</b> <u>BREAKFAST</u> FRESH BANANA ROLLED OATS WITH RAISINS</p> <p><u>NATIONAL SANDWICH DAY</u> <u>LUNCH – NUTRITION EXPERIENCE</u> <b>TURKEY HAM &amp; SWISS CHEESE</b> MAYO &amp; MUSTARD DRESSING GREEN LEAF LETTUCE &amp; TOMATO SLICE FRESH TANGERINE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p><b>4</b> <u>BREAKFAST</u> FRESH ORANGE CORN CHEX</p> <p><u>LUNCH</u> <b>RANCH STYLE CHICKEN SALAD</b> BABY CARROTS (NO DRESSING) FRESH APPLE WHOLE WHEAT PITA</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> STRAWBERRIES &amp; BANANA PARFAIT LOW-FAT YOGURT ALL BRAN CEREAL</p>
<p><b>7</b> <u>BREAKFAST</u> FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u> <b>CHIPOTLE BEANS</b> (kidney &amp; black beans, chunky salsa, &amp; chilies) SHREDDED CHEESE SPINACH SALAD &amp; SHREDDED CARROTS WITH ITALIAN DRESSING FRESH APPLE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p><b>8</b> <u>BREAKFAST</u> FRESH BANANA CORNFLAKE CEREAL</p> <p><u>LUNCH</u> <b>*DAFA DUKA</b> (chicken, pinto beans, cabbage, tomatoes, &amp; curry) STEAMED BROWN RICE FRESH PEAR</p> <p><u>PM SNACK</u> WHEAT CRACKERS HERBED COTTAGE CHEESE</p>	<p><b>9</b> <u>BREAKFAST – NUTRITION EXPERIENCE</u> FRESH KIWI WHOLE WHEAT BAGEL REDUCED FAT CREAM CHEESE</p> <p><u>LUNCH</u> <b>*TACO SOUP</b> (ground beef, tomatoes, salsa, kidney beans, &amp; corn) FRESH TANGERINE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> MANGO SALSA CORN TORTILLA CHIPS</p>	<p><b>10</b> <u>BREAKFAST</u> FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> <b>SUNBUTTER &amp; BANANA SANDWICH</b> MOZZARELLA STRING CHEESE BABY CARROTS (NO DRESSING) WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> SOUND BITE CRACKERS 1% LOW-FAT MILK</p>	
<p><b>14</b> <u>BREAKFAST</u> FRESH APPLE BRAN CEREAL</p> <p><u>LUNCH</u> <b>*VEGETABLE CHILI</b> (kidney beans, bulgur wheat &amp; tomatoes) FRESH PEAR WHOLE GRAIN CRACKERS</p> <p><u>PM SNACK</u> ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p><b>15</b> <u>BREAKFAST</u> FRESH ORANGE CORN CHEX CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> <b>BBQ CHICKEN SANDWICH</b> (diced chicken &amp; tomato paste) COLESLAW (Mayo Base) MANGO CHUNKS WHOLE GRAIN HAMBURGER BUN</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> CUCUMBER &amp; CARROT STICKS VEGETABLE DRESSING 1% LOW-FAT MILK</p>	<p><b>16</b> <u>BREAKFAST</u> APPLESAUCE CINNAMON TOAST</p> <p><u>LUNCH</u> <b>TURKEY &amp; GRAVY</b> (CRANBERRY SAUCE) MASHED POTATOES BROCCOLI SALAD FRESH TANGERINE WHOLE GRAIN BREAD</p> <p><u>PM SNACK</u> LETS GO FISHING MIX (crispix, gold fish crackers, cheese crackers, &amp; pretzel sticks) 1% LOW-FAT MILK</p>	<p><b>17</b> <u>BREAKFAST – NUTRITION EXPERIENCE</u> SUNBUTTER &amp; BANANA WRAP WHOLE WHEAT TORTILLA</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> <b>SLOPPY JOE</b> (ground beef, turkey &amp; tomato paste) SPINACH SALAD WITH SWEET &amp; SOUR DRESSING FRESH ORANGE WHOLE GRAIN HAMBURGER BUN</p> <p><u>PM SNACK</u> WHEAT THIN CRACKERS STRING CHEESE</p>	<p><b>18</b> <u>BREAKFAST</u> STRAWBERRIES (frozen) KIX CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> <b>TUNA SALAD SANDWICH</b> (tuna, eggs, mayo, relish, celery, &amp; onions) TANGY COLESLAW (green &amp; red cabbage, carrots, &amp; apple cider vinegar) FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> ANTS ON A LOG (celery sticks, sunbutter &amp; raisins) 1% LOW-FAT MILK</p>
<p><b>21</b> <u>BREAKFAST</u> FRESH RED APPLE RICE CHEX CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> <b>BAJA BEAN WRAP</b> (refried beans &amp; chunky salsa) CABBAGE SLAW FRESH ORANGE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> WHOLE GRAIN CHEESE CRACKERS 1% LOW-FAT MILK</p>	<p><b>22</b> <u>BREAKFAST</u> FRESH KIWI KIX CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> <b>SUNBUTTER &amp; JELLY SANDWICH</b> TOMATO ORZO SOUP MOZZARELLA STRING CHEESE FRESH TANGERINE WHOLE WHEAT BREAD</p> <p><u>PM SNACK (NUTRITION EXPERIENCE)</u> PUMPKIN SMASH LOW-FAT YOGURT GRAHAM CRACKERS</p>	<p><b>23</b> <u>BREAKFAST</u> FRESH BANANA CORNFLAKE CEREAL</p> <p><u>LUNCH</u> <b>TURKEY WRAP SANDWICH</b> (sliced turkey &amp; swiss cheese) CREAM CHEESE WITH CRANBERRIES FRESH SPINACH FRESH GREEN APPLE WEDGE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> BABY CARROTS &amp; BROCCOLI FLORETS REDUCED-FAT RANCH DRESSING WHOLE GRAIN CRACKERS</p>		<p><b>25</b></p>
<p><b>28</b> <u>BREAKFAST</u> FRESH APPLE CORN CHEX</p> <p><u>LUNCH</u> <b>*BROCCOLI &amp; CAULIFLOWER CHEESE SOUP</b> FRESH PEAR WHOLE GRAIN CRACKERS</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> GRAHAM CRACKERS SUNBUTTER</p>	<p><b>29</b> <u>BREAKFAST</u> FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u> <b>*BEEFY TOMATO &amp; CORN BAKE WITH WHOLE WHEAT PENNE PASTA</b> FRESH KIWI</p> <p><u>PM SNACK</u> HERBED COTTAGE CHEESE ZUCCHINI &amp; CARROT STICKS</p>	<p><b>30</b> <u>BREAKFAST</u> FRESH BANANA CINNAMON OATMEAL WITH RAISINS</p> <p><u>LUNCH</u> <b>*WHITE CHICKEN CHILI</b> (diced chicken, white beans, tomatoes, cheese, &amp; light sour cream) FRESH APPLE WHOLE GRAIN CORNBREAD SQUARE</p> <p><u>PM SNACK</u> FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) 1% LOW-FAT MILK</p>	<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>	