

DECEMBER 2016 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK

*Indicates vegetable included in main dish

WATER IS OFFERED THROUGHOUT THE DAY



<p>ALL BREAKFAST & 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 <u>BREAKFAST</u> PINEAPPLE TIDBITS WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> BAJA BEAN WRAP (refried beans & chunky salsa) JICAMA STICKS WITH CHILI FRESH TANGERINE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p>2 <u>BREAKFAST</u> FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH NUTRITION EXPERIENCE</u> CHEF SALAD (sliced turkey, cheese, hardboiled egg, salad greens, & ranch dressing) FRESH PEAR DINNER ROLL</p> <p><u>PM SNACK</u> FRESH BANANA SUNBUTTER</p>
<p>5 <u>BREAKFAST</u> FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u> *VEGGIE SKETTI (diced zucchini, mushrooms, tomatoes, & bell peppers with whole wheat spaghetti) CHEDDAR CHEESE CUBES FRESH KIWI SLICES</p> <p><u>PM SNACK</u> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>6 <u>BREAKFAST</u> FRESH APPLE KIX CEREAL</p> <p><u>LUNCH</u> *DAFA DUKA(NIGERIAN DISH) (diced chicken, pinto beans, cabbage, tomatoes, & curry powder) FRESH PEAR BROWN RICE</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> ANTS ON A LOG (celery sticks, sunbutter & raisins) 1% LOW-FAT MILK</p>	<p>7 <u>BREAKFAST</u> FRESH BANANA WHOLE WHEAT BAGEL VEGGIE & HERB CREAM CHEESE</p> <p><u>LUNCH</u> *TACO SOUP (ground turkey, tomatoes, salsa, kidney beans, & corn) FRESH TANGERINE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u> COTTAGE CHEESE DICED PEACHES</p>	<p>8 <u>BREAKFAST</u> FRESH ORANGE CINNAMON RAISIN OATMEAL</p> <p><u>LUNCH</u> CHICKEN CURRY SALAD SPINACH & LETTUCE MIXTURE ITALIAN DRESSING FRESH APPLE SLICES PITA BREAD</p> <p><u>PM SNACK</u> PIMENTO CHEESE WHEAT CRACKERS</p>	<p>9 <u>BREAKFAST</u> FRESH BANANA BRAN CEREAL</p> <p><u>LUNCH</u> EGG SALAD BABY CARROTS (NO DRESSING) FRESH KIWI WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> MANGO SALSA CORN TORTILLA CHIPS</p>	
<p>12 <u>BREAKFAST</u> FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u> *VEGETABLE CHILI (kidney bean, bulgur wheat, & tomatoes), FRESH PEAR WHOLE GRAIN CRACKERS</p> <p><u>PM SNACK</u> ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>13 <u>BREAKFAST</u> PINEAPPLE CUBES BRAN CEREAL</p> <p><u>LUNCH</u> CHICKEN CHILAQUILES (diced chicken, enchilada sauce, cheese, & green chilies with corn tortilla chips) SPRING SALAD MIX WITH ITALIAN DRESSING FRESH TANGERINE</p> <p><u>PM SNACK</u> BLUEBERRIES & STRAWBERRIES LOW-FAT PLAIN YOGURT GRANOLA</p>	<p>14 <u>BREAKFAST</u> FRESH BANANA RAISIN BREAD</p> <p><u>LUNCH</u> BBQ CHICKEN SANDWICH (diced chicken & tomato paste) COLESLAW (Mayo Base) MANGO CHUNKS WHOLE GRAIN HAMBURGER BUN</p> <p><u>PM SNACK</u> LETS GO FISHING MIX (crispix, gold fish crackers, cheese crackers, & pretzel sticks) 1% LOW-FAT MILK</p>	<p>15 <u>BREAKFAST</u> DICED PEACHES WHOLE WHEAT ENGLISH MUFFIN SUNBUTTER</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> VEGETABLE BEAN BURRITO (refried beans & pico de gallo) SHREDDED LETTUCE & CARROTS FRESH ORANGE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> BUG BITE GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>16 <u>BREAKFAST</u> FRESH BANANA WHOLE WHEAT CINNAMON BUN</p> <p><u>LUNCH</u> TUNA SALAD (tuna, eggs, mayo, relish, celery, & onions) TANGY COLESLAW (green & red cabbage, carrots, & apple cider vinegar) FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> CHEDDAR CHEESE WHEAT THIN CRACKERS</p>	
<p>19 <u>BREAKFAST</u> FRESH PEAR RICE CHEX CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> SUNBUTTER PINWHEELS COTTAGE CHEESE & PINEAPPLE TIDBITS BROCCOLI FLORETS RANCH DRESSING WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> SALSA CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>	<p>20 <u>BREAKFAST</u> FRESH TANGERINE CHEERIOS</p> <p><u>LUNCH</u> TURKEY HAM & SWISS CHEESE MAYO & MUSTARD DRESSING GREEN LEAF LETTUCE & TOMATO SLICE MANGO CHUNKS WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> FRESH BANANA SUNBUTTER</p>	<p>21 <u>BREAKFAST</u> FRESH APPLE CORNFLEAK CEREAL</p> <p><u>LUNCH</u> MARINATED BLACK BEANS & CORN SALAD ZUCCHINI STICKS FRESH ORANGE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u> WHEAT CRACKERS STRING CHEESE</p>	<p>22 <u>BREAKFAST</u> FRESH PEAR BRAN CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> TURKEY & CRANBERRY WRAP (sliced turkey & cranberry cream cheese) SPINACH LEAVES & SHREDDED CARROTS FRESH TANGERINE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> SCOOPY DOO CINNAMON GRAHAMS 1% LOW-FAT MILK</p>	<p>23 <u>BREAKFAST</u> DICED PEACHES CINNAMON BREAD</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> *VEGGIE PITA POCKET (cheese, shredded carrots, lettuce, & cucumbers slices) HARD BOILED EGG FRESH APPLE PITA BREAD</p> <p><u>PM SNACK</u> FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK</p>	
<p>26</p> <p>Happy Holidays</p>	<p>27 <u>BREAKFAST</u> FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH – NUTRITION EXPERIENCE</u> SUNBUTTER & BANANA WRAP STRING CHEESE CELERY STICKS (NO DRESSING) FRESH BANANA WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u> FRESH GREEN APPLE SLICES 1% LOW-FAT MILK</p>	<p>28 <u>BREAKFAST</u> FRESH KIWI WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u> TURKEY HAM & CHEESE MAYO & MUSTARD DRESSING BROCCOLI FLORETS RANCH DRESSING FRESH TANGERINE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> FRESH PEAR SLICES 1% LOW-FAT MILK</p>	<p>29 <u>BREAKFAST</u> FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u> SLICED TURKEY BREAD MAYO & MUSTARD DRESSING BABY CARROTS (NO DRESSING) FRESH PEAR WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> FRESH GOLDEN APPLE SLICES 1% LOW-FAT MILK</p>	<p>30 <u>BREAKFAST</u> FRESH TANGERINE RICE CHEX CEREAL</p> <p><u>LUNCH</u> TURKEY PASTARMI MOZZARELLA CHEESE MAYO & MUSTARD DRESSING SPINACH CRANBERRY SALAD ITALIAN DRESSING FRESH RED APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u> FRESH KIWI 1% LOW-FAT MILK</p>	