




# January 2017 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p><b>BREAKFAST</b> FRESH ORANGE BRAN CEREAL</p> <p><b>LUNCH</b> <b>SUNBUTTER &amp; JELLY SANDWICH</b> COTTAGE CHEESE DIP BABY CARROTS &amp; BROCCOLI FLORETS FRESH PEAR WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p>3</p> <p><b>BREAKFAST</b> FRESH ORANGE BRAN CEREAL</p> <p><b>LUNCH</b> <b>SUNBUTTER &amp; JELLY SANDWICH</b> COTTAGE CHEESE DIP BABY CARROTS &amp; BROCCOLI FLORETS FRESH PEAR WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p>4</p> <p><b>BREAKFAST</b> FRESH APPLE RICE CHEX CEREAL</p> <p><b>LUNCH</b> <b>*CHICKEN GUMBO</b> (diced chicken, tomatoes, okra, celery, green peppers) FRESH TANGERINE BROWN RICE</p> <p><b>PM SNACK</b> FRESH KIWI 1% LOW-FAT MILK</p>	<p>5</p> <p><b>BREAKFAST</b> FRESH BANANA CHEERIOS</p> <p><b>LUNCH</b> <b>*VEGETARIAN COWBOY MACARONI</b> (shredded mozzarella, cheddar cheese, kidney beans, tomatoes, tomato paste, corn, dried oregano, parsley, basil, onion) FRESH APPLE WHOLE GRAIN MACARONI</p> <p><b>PM SNACK</b> FRESH PEAR 1% LOW-FAT MILK</p>	<p>6</p> <p><b>BREAKFAST</b> FRESH KIWI WHOLE WHEAT CINNAMON BREAD</p> <p><b>LUNCH</b> <b>CHICKEN PITA SANDWICH</b> CONFETTI SLAW WITH SWEET &amp; SOUR DRESSING MANGO CHUNKS WHOLE WHEAT PITA BREAD</p> <p><b>PM SNACK</b> FRESH ORANGE HARD BOILED EGG</p>
<p>9</p> <p><b>BREAKFAST</b> FRESH APPLE BRAN CEREAL</p> <p><b>LUNCH</b> <b>BLACK BEAN CHILI</b> (black beans, shredded cheese &amp; chunky salsa) JICAMA STICKS SEASONED WITH CHILI FRESH KIWI CORN TORTILLA CHIPS</p> <p><b>PM SNACK</b> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>10</p> <p><b>BREAKFAST</b> FRESH TANGERINE CORN CHEX CEREAL</p> <p><b>LUNCH</b> <b>*GROUND TURKEY &amp; SPANISH RICE</b> (ground turkey, tomatoes, green pepper, onion) FRESH PEAR BROWN RICE</p> <p><b>PM SNACK</b> FRESH APPLE CHEDDAR CHEESE</p>	<p>11</p> <p><b>BREAKFAST</b> PINEAPPLE CUBES WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><b>LUNCH</b> <b>*DAFA DUKA</b> (chicken, pinto beans, cabbage, tomatoes, &amp; curry) FRESH ORANGE BROWN RICE</p> <p><b>PM SNACK</b> FRESH KIWI 1% LOW-FAT MILK</p>	<p>12</p> <p><b>BREAKFAST</b> FRESH BANANA CINNAMON OATMEAL &amp; RAISINS</p> <p><b>LUNCH</b> <b>*MACARONI &amp; CHEESE WITH BROCCOLI</b> FRESH APPLE WHOLE GRAIN MACARONI</p> <p><b>PM SNACK</b> MANGO SALSA CORN TORTILLA CHIPS</p>	<p>13</p> <p><b>BREAKFAST</b> FRESH PEAR WHOLE WHEAT ENGLISH MUFFIN</p> <p><b>LUNCH</b> <b>TUNA SALAD</b> (tuna, eggs, mayo, relish, celery, onions) TANGY COLESLAW FRESH TANGERINE WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> LETS GO FISHING TRAIL MIX (crispix, pretzels, fish &amp; cheese crackers) 1% LOW-FAT MILK</p>
<p>16</p>  <p><b>BREAKFAST</b> FRESH APPLE RICE CHEX CEREAL</p> <p><b>LUNCH</b> <b>SUNBUTTER &amp; BANANA WRAP</b> MOZZARELLA STRING CHEESE BABY CARROTS (NO DRESSING) FRESH BANANA WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b> ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>17</p> <p><b>BREAKFAST</b> FRESH APPLE RICE CHEX CEREAL</p> <p><b>LUNCH</b> <b>SUNBUTTER &amp; BANANA WRAP</b> MOZZARELLA STRING CHEESE BABY CARROTS (NO DRESSING) FRESH BANANA WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b> ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>18</p> <p><b>BREAKFAST</b> FRESH KIWI CORN CHEX CEREAL</p> <p><b>LUNCH</b> <b>*TACO SOUP</b> (ground turkey, tomatoes, salsa, kidney beans, corn) FRESH TANGERINE WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b> BABY CARROTS &amp; CUCUMBER SLICES RANCH DRESSING WHEAT CRACKERS</p>	<p>19</p> <p><b>BREAKFAST</b> MANGO CHUNKS WHOLE WHEAT CINNAMON BREAD</p> <p><b>LUNCH</b> <b>HOPPIN' JOHN BLACKEYE PEAS &amp; RICE</b> SPRING SALAD WITH ITALIAN DRESSING FRESH PEAR</p> <p><b>PM SNACK</b> WHOLE GRAIN BUG BITE CRACKERS 1% LOW-FAT MILK</p>	<p>20</p> <p><b>BREAKFAST</b> FRESH BANANA CHEERIOS</p> <p><b>LUNCH</b> <b>TURKEY HAM &amp; SWISS CHEESE</b> CUCUMBER SLICES WITH RANCH DRESSING FRESH ORANGE WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> FRESH APPLE SUNBUTTER</p>
<p>23</p> <p><b>BREAKFAST</b> FRESH ORANGE BRAN CEREAL</p> <p><b>LUNCH</b> <b>*ARROZ CON QUESO</b> (yogurt, cheese, pinto beans, rice, tomatoes) FRESH GREEN APPLE SLICES</p> <p><b>PM SNACK</b> GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>24</p> <p><b>BREAKFAST</b> FRESH BANANA CORN CHEX CEREAL</p> <p><b>LUNCH</b> <b>*HARVEST STEW</b> (diced chicken, sweet potatoes, red potatoes, carrots, great northern beans, baby spinach) FRESH ORANGE WHOLE WHEAT CRACKERS</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b> ANTS ON A LOG (celery sticks, sunbutter, raisins) 1% LOW-FAT MILK</p>	<p>25</p> <p><b>BREAKFAST</b> BRAN CEREAL FRESH TANGERINE</p> <p><b>LUNCH</b> <b>*CHICKEN BURRITO</b> (diced chicken, shredded cheese, tomato paste, onion) FRESH APPLE WHOLE WHEAT FLOUR TORTILLA</p> <p><b>PM SNACK</b> PIMENTO CHEESE WHEAT CRACKERS</p>	<p>26</p> <p><b>BREAKFAST</b> MANGO CHUNKS ENGLISH MUFFIN WITH SUNBUTTER &amp; JELLY</p> <p><b>LUNCH</b> <b>*VEGETABLE CHILI</b> (kidney beans, tomatoes, kidney beans, bulgur wheat, yogurt, cheese) WHEAT CRACKERS</p> <p><b>PM SNACK</b> FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, dried apricots) 1% LOW-FAT MILK</p>	<p>27</p> <p><b>BREAKFAST</b> FRESH BANANA RICE KRISPY CEREAL</p> <p><b>LUNCH - NEW ITEM</b> <b>*SESAME ASIAN NOODLE CHICKEN SALAD</b> (diced chicken, soy sauce, cabbage, carrots, red onions) FRESH TANGERINE WHOLE GRAIN SPAGHETTI</p> <p><b>PM SNACK</b> FROZEN STRAWBERRIES &amp; BLUEBERRIES LOW-FAT PLAIN YOGURT GRANOLA</p>
<p>30</p> <p><b>BREAKFAST</b> FRESH ORANGE RICE CHEX CEREAL</p> <p><b>LUNCH</b> <b>VEGETARIAN ENCHILADA CASSEROLE</b> (cheese, black beans, corn with corn tortilla chips) TOSSED GREEN SALAD WITH ITALIAN DRESSING FRESH APPLE</p> <p><b>PM SNACK</b> SCOOBY DOO CINNAMON GRAHAMS 1% LOW-FAT MILK</p>	<p>31</p> <p><b>BREAKFAST</b> FRESH KIWI BRAN CEREAL</p> <p><b>LUNCH</b> <b>FILIPINO ADOBO OVER BROWN RICE</b> (diced chicken, soy sauce, vinegar) FRESH BROCCOLI FLORETS WITH RANCH DRESSING FRESH TANGERINE</p> <p><b>PM SNACK</b> PINEAPPLE CUBES COTTAGE CHEESE</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>	