

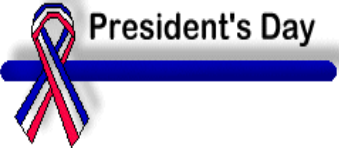



# February 2017 – COMMUNITY SERVICES BUREAU INFANT & TODDLER MENU

MEATLESS - MONDAY	JAMMIN - TUESDAY	WACKY - WEDNESDAY	VEGGIE - THURSDAY	PICNIC - FRIDAY
		<p>1</p> <p><u>BREAKFAST</u> FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u> <b>SLOPPY JOE</b> (ground turkey &amp; beef) MEXICALI CORN THINLY SLICED FRESH APPLE WHOLE GRAIN HAMBURGER BUN</p> <p><u>PM SNACK</u> WHOLE GRAIN FISH CRACKERS WHOLE OR 1% LOW-FAT MILK</p>	<p>2</p> <p><u>BREAKFAST</u> DICED FRESH ORANGE WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u> <b>CHIPOTLE BEAN BURRITO</b> (black beans, kidney bean, chunky salsa, &amp; green chilies) SHREDDED CHEESE SHREDDED ROMAINE &amp; DICED TOMATOES DICED FRESH KIWI WHOLE WHEAT FLOUR TORTILLA</p> <p><u>PM SNACK</u> STEAMED RED BELL PEPPER STRIPS &amp; DICED CUCUMBER REDUCED FAT RANCH DRESSING WHEAT CRACKERS</p>	<p>3</p> <p><u>BREAKFAST</u> MAPLE APPLESAUCE TOPPING OVEN BAKED WHOLE WHEAT PANCAKE</p> <p><u>LUNCH</u> <b>TUNA SALAD SANDWICH</b> STEAMED ORANGE GLAZED CARROTS FRESH OR FROZEN STRAWBERRIES WHOLE WHEAT PITA POCKET BREAD</p> <p><u>PM SNACK</u> FRESH BANANA SUNBUTTER</p>
<p>6</p> <p><u>BREAKFAST</u> THINLY SLICED FRESH APPLE BRAN CEREAL</p> <p><u>LUNCH</u> <b>EAGLE PIZZA</b> (refried beans) CORN, SPINACH, ROMAINE BLEND, &amp; SHREDDED CARROTS FAT FREE SOUR CREAM &amp; SALSA SHREDDED CHEESE DICED FRESH KIWI CORN TORTILLA</p> <p><u>PM SNACK</u> BUG BITES CRACKERS WHOLE OR 1% LOW-FAT MILK</p>	<p>7</p> <p><u>BREAKFAST</u> DICED FRESH ORANGE CORN CHEX</p> <p><u>LUNCH</u> <b>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS</b> STEAMED JICAMA STICKS WITH LIME JUICE &amp; CHILE MANGO CHUNKS</p> <p><u>PM SNACK</u> FRESH BANANA WHOLE OR 1% LOW-FAT MILK</p>	<p>8</p> <p><u>BREAKFAST</u> PINEAPPLE TIDBITS WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u> <b>LIMA BEANS, TURKEY HAM &amp; SLICED CARROTS</b> THINLY SLICED FRESH APPLE WHOLE GRAIN CORNBREAD</p> <p><u>PM SNACK</u> SALSA CORN TORTILLA WHOLE OR 1% LOW-FAT MILK</p>	<p>9</p> <p><u>NUTRITION EXPERIENCE</u> <u>BREAKFAST BEARS</u> WHOLE WHEAT BREAD, BANANA, SUNBUTTER, &amp; BLUEBERRIES</p> <p><u>LUNCH</u> <b>MACARONI CHEESE WITH WHOLE GRAIN MACARONI</b> KALE &amp; BEET SALAD WITH ITALIAN DRESSING DICED FRESH TANGERINE</p> <p><u>PM SNACK</u> STEAMED BROCCOLI &amp; CAULIFLOWER FLORETS VEGETABLE DRESSING WHEAT THINS</p>	<p>10</p> <p><u>BREAKFAST</u> SPICED APPLE TOPPING WHOLE WHEAT ENGLISH MUFFIN</p> <p><u>LUNCH</u> <b>CHICKEN SALAD</b> STEAMED CABBAGE DICED FRESH ORANGE WHOLE WHEAT PITA POCKET BREAD</p> <p><u>PM SNACK</u> TRAIL MIX (crispix, fish &amp; cheese crackers) WHOLE OR 1% LOW-FAT MILK</p>
<p>13</p> <p><u>BREAKFAST</u> DICED FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u> <b>VEGETABLE CHILI</b> (kidney beans, tomatoes, bulgur wheat, yogurt, &amp; cheddar cheese) DICED FRESH KIWI WHEAT CRACKERS</p> <p><u>PM SNACK</u> WHOLE GRAIN ANIMAL CRACKERS WHOLE OR 1% LOW-FAT MILK</p>	<p>14</p> <p><u>BREAKFAST</u> FRESH BANANA KIX CEREAL</p> <p><u>LUNCH</u> <b>FILIPINO BEEF ADOBO</b> (stew meat, soy sauce &amp; vinegar) STEAMED BROCCOLI FLORETS REDUCED FAT RANCH DRESSING DICED FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u> DICED CUCUMBER &amp; STEAMED BABY CARROTS COTTAGE CHEESE DIP</p>	<p>15</p> <p><u>BREAKFAST</u> THINLY SLICED FRESH APPLE WHOLE WHEAT BAGEL VEGETABLE &amp; HERB CREAM CHEESE</p> <p><u>LUNCH</u> <b>TURKEY TACOS WITH CHEESE</b> SHREDDED LETTUCE &amp; DICED TOMATOES MANGO CHUNKS SOFT MINI TACO</p> <p><u>PM SNACK</u> DICED FRESH ORANGE HARD BOILED EGG</p>	<p>16</p> <p><u>BREAKFAST</u> FRESH OR FROZEN STRAWBERRIES WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u> <b>BLACK EYE PEAS</b> SPRING SALAD MIX WITH ITALIAN DRESSING DICED FRESH TANGERINE WHOLE WHEAT CORNBREAD</p> <p><u>PM SNACK</u> STEAMED CARROTS &amp; ZUCCHINI STICKS REDUCED FAT RANCH DRESSING WHOLE GRAIN SALTINE CRACKERS</p>	<p>17</p> <p><u>BREAKFAST</u> FRESH BANANA CHEERIOS CEREAL</p> <p><u>LUNCH</u> <b>DICED TURKEY &amp; SWISS CHEESE</b> MAYO &amp; MUSTARD DRESSING LEAFY GREEN LETTUCE &amp; DICED TOMATOES THINLY SLICED FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> STEAMED CELERY &amp; SUNBUTTER WHOLE OR 1% LOW-FAT MILK</p>
 <p>20</p>	<p>21</p> <p><u>BREAKFAST</u> DICED FRESH ORANGE CORN CHEX CEREAL</p> <p><u>LUNCH</u> <b>TUNA &amp; NOODLES WITH WHOLE GRAIN PASTA</b> (tuna, celery, onion, bell pepper, milk, &amp; whole wheat flour) STEAMED CARROT STICKS (no dressing) THINLY SLICED FRESH APPLE</p> <p><u>PM SNACK</u> GRAHAM CRACKERS WHOLE OR 1% LOW-FAT MILK</p>	<p>22</p> <p><u>BREAKFAST</u> MANGO CHUNKS BRAN CEREAL</p> <p><u>LUNCH</u> <b>SWEET &amp; SOUR CHICKEN</b> STEAMED BROCCOLI DICED FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u> STRING CHEESE WHEAT CRACKERS</p>	<p>23</p> <p><u>BREAKFAST</u> FRESH BANANA CINNAMON OATMEAL WITH VANILLA</p> <p><u>LUNCH</u> <b>PINTO BEANS</b> SPINACH &amp; SHREDDED CARROT SALAD WITH SWEET &amp; TANGY DRESSING FRESH OR FROZEN STRAWBERRIES MEXICAN STYLE CORNBREAD SQUARE</p> <p><u>PM SNACK</u> PINEAPPLE TIDBITS LOW-FAT YOGURT</p>	<p>24</p> <p><u>BREAKFAST</u> THINLY SLICED FRESH APPLE WHOLE WHEAT CHEESE TOAST</p> <p><u>LUNCH</u> <b>STEAMED SESAME ASIAN NOODLE CHICKEN SALAD</b> (diced chicken, soy sauce, cabbage, carrots, red onions, whole grain spaghetti) DICED FRESH ORANGE</p> <p><u>PM SNACK</u> FRUIT SALSA (diced peaches, pineapple tidbits, &amp; steamed red bell peppers) CORN TORTILLA</p>
<p>27</p> <p><u>BREAKFAST</u> THINLY SLICED FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u> <b>VEGETARIAN BAKED BEANS</b> TOASTED CHEESE SANDWICH STEAMED CARROTS FRESH KIWI</p> <p><u>PM SNACK</u> WHEAT CRACKERS SUNBUTTER</p>	<p>28</p> <p><u>BREAKFAST</u> DICED FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u> <b>CHICKEN NOODLE SOUP WITH WHOLE GRAIN SPAGHETTI</b> (diced chicken, diced celery, &amp; carrots) STEAMED BROCCOLI FLORETS REDUCED FAT RANCH DRESSING MANGO CHUNKS</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u> <u>BANANA SPLIT SALAD</u> BANANA &amp; TROPICAL FRUIT COTTAGE CHEESE</p>		<p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH WHOLE OR 1% LOW-FAT MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>	