



# March 2017 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MEATLESS - MONDAY	JAMMIN - TUESDAY	WACKY - WEDNESDAY	VEGGIE - THURSDAY	PICNIC - FRIDAY
<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>	 <p><b>MARCH 12<sup>TH</sup></b></p>	<p>1</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u></p> <p><b>SLOPPY JOE</b> (ground turkey) MEXICALI CORN FRESH APPLE WHOLE GRAIN HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p>2</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p><b>CHIPOTLE BEAN BURRITO</b> (black beans, kidney bean, chunky salsa, &amp; green chilies) SHREDDED CHEESE SHREDDED ROMAINE &amp; DICED TOMATOES FRESH KIWI WHOLE WHEAT FLOUR TORTILLA</p> <p><u>PM SNACK</u></p> <p>RED BELL PEPPER STRIPS &amp; CUCUMBER SLICES REDUCED FAT RANCH DRESSING WHEAT CRACKERS</p>	<p>3</p> <p><u>BREAKFAST</u></p> <p>MAPLE APPLESAUCE TOPPING OVEN BAKED WHOLE WHEAT PANCAKE</p> <p><u>LUNCH</u></p> <p><b>TUNA SALAD</b> STEAMED ORANGE GLAZED CARROTS FRESH OR FROZEN STRAWBERRIES WHOLE WHEAT PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH BANANA SUNBUTTER</p>
<p>6</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p><b>EAGLE PIZZA</b> (refried beans) CORN, SPINACH, ROMAINE BLEND, SHREDDED CARROTS FAT FREE SOUR CREAM &amp; SALSA SHREDDED CHEESE FRESH KIWI CORN TOSTADA SHELL</p> <p><u>PM SNACK</u></p> <p>BUG BITE CRACKERS 1% LOW-FAT MILK</p>	<p>7</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE CORN CHEX</p> <p><u>LUNCH</u></p> <p><b>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS</b> JICAMA STICKS WITH LIME JUICE &amp; CHILE MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>FRESH BANANA 1% LOW-FAT MILK</p>	<p>8</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE TIDBITS WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><b>*LIMA BEANS, TURKEY HAM &amp; SLICED CARROTS</b> FRESH APPLE SLICES WHOLE GRAIN CORNBREAD</p> <p><u>PM SNACK</u></p> <p>SALSA CORN TORTILLA CHIPS 1% LOW-FAT MILK</p>	<p>9</p> <p><u>NUTRITION EXPERIENCE</u></p> <p><u>BREAKFAST BEARS</u></p> <p>WHOLE WHEAT BREAD, BANANA, SUNBUTTER, &amp; BLUEBERRIES</p> <p><u>LUNCH</u></p> <p><b>MACARONI CHEESE WITH WHOLE GRAIN MACARONI</b> KALE &amp; BEET SALAD WITH ITALIAN DRESSING FRESH TANGERINE</p> <p><u>PM SNACK</u></p> <p>BROCCOLI &amp; CAULIFLOWER FLORETS VEGETABLE DRESSING WHEAT THINS</p>	<p>10</p> <p><u>BREAKFAST</u></p> <p>SPICED APPLE TOPPING WHOLE WHEAT ENGLISH MUFFIN</p> <p><u>LUNCH</u></p> <p><b>CHICKEN SALAD</b> RAINBOW COLE SLAW WITH CHEESE FRESH ORANGE WHOLE WHEAT PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>LETS GO FISHING TRAIL MIX (crispix, pretzels, fish &amp; cheese crackers) 1% LOW-FAT MILK</p>
<p>13</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*VEGETABLE CHILI</b> (kidney beans, tomatoes, bulgur wheat, yogurt, &amp; cheddar cheese) FRESH KIWI WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>14</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA KIX CEREAL</p> <p><u>LUNCH</u></p> <p><b>FILIPINO BEEF ADOBO</b> (stew meat, soy sauce &amp; vinegar) BROCCOLI FLORETS REDUCED FAT RANCH DRESSING FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u></p> <p>CUCUMBER SLICES &amp; BABY CARROTS COTTAGE CHEESE DIP</p>	<p>15</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE SLICES WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p><b>TURKEY TACOS WITH CHEESE</b> SHREDDED LETTUCE &amp; DICED TOMATOES MANGO CHUNKS SOFT MINI TACO</p> <p><u>PM SNACK</u></p> <p>FRESH ORANGE HARD BOILED EGG</p>	<p>16</p> <p><u>BREAKFAST</u></p> <p>FRESH OR FROZEN STRAWBERRIES WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p><b>BLACKEYE PEAS</b> SPRING SALAD MIX WITH ITALIAN DRESSING FRESH TANGERINE WHOLE WHEAT CORNBREAD</p> <p><u>PM SNACK</u></p> <p>CARROTS &amp; ZUCCHINI STICKS REDUCED FAT RANCH DRESSING WHOLE GRAIN SALTINE CRACKERS</p>	<p>17</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS CEREAL</p> <p><u>LUNCH</u></p> <p><b>SLICED TURKEY &amp; SWISS CHEESE</b> MAYO &amp; MUSTARD DRESSING LEAFY GREEN LETTUCE &amp; SLICED TOMATO FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>ANTS ON A LOG FRESH CELERY STICKS, SUNBUTTER &amp; RAISINS 1% LOW-FAT MILK</p>
<p>20</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p><b>*ARROZ CON QUESO</b> (pinto beans, cheese, rice, &amp; yogurt) FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>FRESH APPLE SUNBUTTER 1% LOW-FAT MILK</p> 	<p>21</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>TUNA &amp; NOODLES WITH WHOLE GRAIN PASTA</b> (tuna, celery, onion, bell pepper, milk, &amp; whole wheat flour) CARROT STICKS (no dressing) FRESH TANGERINE</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>22</p> <p><u>BREAKFAST</u></p> <p>MANGO CHUNKS BRAN CEREAL</p> <p><u>LUNCH</u></p> <p><b>SWEET &amp; SOUR CHICKEN</b> BROCCOLI SALAD (chopped broccoli, low-fat mayo, red onions, &amp; raisins) FRESH KIWI BROWN RICE</p> <p><u>PM SNACK NUTRITION EXPERIENCE</u></p> <p>MY FAVORITE BUG STRING CHEESE PRETZEL STICKS</p>	<p>23</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CINNAMON OATMEAL WITH VANILLA &amp; RAISINS</p> <p><u>LUNCH</u></p> <p><b>PINTO BEANS</b> SPINACH &amp; SHREDDED CARROT SALAD WITH SWEET &amp; TANGY DRESSING FRESH STRAWBERRIES MEXICAN STYLE CORNBREAD SQUARE</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>BUILD A BUTTERFLY SALAD LETTUCE LEAF, PINEAPPLE RINGS, CELERY STICKS, YOGURT, RAISINS, &amp; RED BELL PEPPER</p>	<p>24</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE WHOLE WHEAT CHEESE TOAST</p> <p><u>LUNCH</u></p> <p><b>*SESAME ASIAN NOODLE CHICKEN SALAD</b> (diced chicken, soy sauce, cabbage, carrots, red onions, whole grain spaghetti) FRESH ORANGE</p> <p><u>PM SNACK</u></p> <p>FRUIT SALSA (diced peaches, pineapple tidbits, red bell peppers) CORN TORTILLA CHIPS</p>
<p>27</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>VEGETARIAN BAKED BEANS</b> TOASTED CHEESE SANDWICH CARROT RAISIN SALAD FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>WHEAT CRACKERS SUNBUTTER</p>	<p>28</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE BRAN CEREAL</p> <p><u>LUNCH</u></p> <p><b>CHICKEN NOODLE SOUP WITH WHOLE GRAIN SPAGHETTI</b> (diced chicken, diced celery, &amp; carrots) BROCCOLI FLORETS REDUCED FAT RANCH DRESSING MANGO CHUNKS</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>BANANA SPLIT SALAD BANANA &amp; TROPICAL FRUIT COTTAGE CHEESE</p>	<p>29</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p><b>*TACO SOUP</b> (ground turkey, tomatoes, salsa, kidney beans, corn) FRESH TANGERINE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>BUG BITE CRACKERS 1% LOW-FAT MILK</p>	<p>30</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CREAM OF WHEAT</p> <p><u>LUNCH</u></p> <p><b>CUBAN RICE &amp; BEANS</b> STEAMED GREEN BEANS FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>BABY CARROTS &amp; CUCUMBER SLICES REDUCED FAT RANCH DRESSING WHEAT CRACKERS</p>	<p>31</p> <p><u>BREAKFAST</u></p> <p>APPLESAUCE HOMEMADE SWEET POTATO BREAD</p> <p><u>LUNCH</u></p> <p><b>EGG SALAD SANDWICH</b> CARROT STICKS FRESH ORANGE WHOLE GRAIN WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>MANGO SALSA CORN TORTILLA CHIPS</p>

