

May 2017 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MEATLESS MONDAY	JAMMIN TUESDAY	KIDS FAVE WEDNESDAY	VEGGIE THURSDAY	PICNIC FRIDAY
<p>1</p> <p><u>BREAKFAST</u></p> <p>FRESH APPLE CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>*VEGGIE SKETTI WITH WHOLE GRAIN SPAGHETTI, DICED CARROTS, ZUCCHINI, MUSHROOMS, & SHREDDED CHEESE</p> <p>BROCCOLI FLORETS WITH VEGETABLE DRESSING FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p> 	<p>2</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>*WHITE CHICKEN CHILI (diced chicken, white beans, tomatoes, cheese, & light sour cream) FRESH STRAWBERRIES CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u></p> <p>FRIENDS TRAIL MIX (kix, cheerios, chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK</p> 	<p>3</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u></p> <p>SLOPPY JOE (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>4</p> <p><u>BREAKFAST</u></p> <p>APPLESAUCE WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p>CHIPOTLE BEANS (black beans, kidney beans, chunky salsa, green chilies, sour cream, & cheddar cheese) SHREDDED LETTUCE & TOMATOES FRESH ORANGE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u></p> <p>BROCCOLI & CAULIFLOWER FLORETS COTTAGE CHEESE RANCH DIP</p>	<p>5</p> <p>"Cinco de Mayo"</p> <p><u>BREAKFAST</u></p> <p>FRESH TANGERINE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>"MEXICAN CHICKEN SALAD" (corn kernels, green peas, cilantro lime juice, chilies, mayo) JICAMA STICKS FRESH STRAWBERRIES WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN BANANA BREAD 1% LOW-FAT MILK</p> 
<p>8</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>WHOLE GRAIN ROTINI & CHEESE</p> <p>RAINBOW COLE SLAW FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN BUG BITE CRACKERS 1% LOW-FAT MILK</p>	<p>9</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RAISIN BREAD WITH SUNBUTTER</p> <p><u>LUNCH</u></p> <p>*GROUND TURKEY & SPANISH RICE (ground turkey, green peppers, tomatoes, tomato paste, & brown rice) FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p>FRESH BANANA 1% LOW-FAT MILK</p>	<p>10</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE TIDBITS WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS</p> <p>JICAMA STICKS MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>HUMMUS WHOLE GRAIN PITA BREAD 1% LOW FAT MILK</p> 	<p>11</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI BREAKFAST BURRITO (eggs, salsa & whole wheat tortilla)</p> <p><u>LUNCH</u></p> <p>*LIMA BEANS WITH CARROTS</p> <p>FRESH APPLE SLICES HOMEMADE WHOLE GRAIN CORNBREAD</p> <p><u>PM SNACK</u></p> <p>BROCCOLI FLORETS & BELL PEPPER STRIPS WHEAT THIN CRACKERS RANCH DRESSING</p>	<p>12</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES CORNFLAKES</p> <p><u>LUNCH</u></p> <p>TURKEY WRAP WITH LOW-FAT CREAM CHEESE</p> <p>SPINACH LEAVES, SHREDDED CARROTS & BELL PEPPERS FRESH CANTALOUPE WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>LETS GO FISHING TRAIL MIX (crispix, pretzels, fish & cheese crackers) 1% LOW-FAT MILK</p>
<p>15</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>*VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) FRESH APPLE WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>WHOLE GRAIN ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p>16</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI WHOLE WHEAT ENGLISH MUFFIN LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>FILIPINO CHICKEN ADOBO</p> <p>BROCCOLI FLORETS REDUCED FAT RANCH DRESSING FRESH TANGERINE BROWN RICE</p> <p><u>PM SNACK</u></p> <p>CUCUMBER SLICES & BABY CARROTS COTTAGE CHEESE DIP</p> 	<p>17</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA KIX CEREAL</p> <p><u>LUNCH</u></p> <p>TURKEY TACOS WITH CHEESE</p> <p>SHREDDED LETTUCE & TOMATOES MANGO CHUNKS SOFT MINI TACO</p> <p><u>PM SNACK</u></p> <p>FRESH ORANGE HARD BOILED EGG</p>	<p>18</p> <p><u>BREAKFAST</u></p> <p>FRESH STRAWBERRIES WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p>BLACKEYE PEAS</p> <p>CREAMY COLESLAW & CRANBERRIES FRESH CANTALOUPE HOMEMADE WHOLE WHEAT CORNBREAD</p> <p><u>PM SNACK</u></p> <p>CARROT & ZUCCHINI STICKS REDUCED FAT RANCH DRESSING WHEAT CRACKERS</p> 	<p>19</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CHEERIOS</p> <p><u>LUNCH</u></p> <p>TURKEY & SWISS CHEESE</p> <p>MAYO & MUSTARD DRESSING LEAFY GREEN LETTUCE & TOMATO SLICES FRESH APPLE WHOLE WHEAT BREAD</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>ANTS ON A LOG CELERY STICKS, SUNBUTTER & RAISINS 1% LOW-FAT MILK</p>
<p>22</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI CORN CHEX</p> <p><u>LUNCH</u></p> <p>*VEGGIE PITA POCKET (shredded cheese, fresh hard boiled egg toss salad mix & cucumbers) RANCH DRESSING FRESH STRAWBERRIES WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH APPLE SUNBUTTER</p> 	<p>23</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>B.B.Q. TURKEY BURGER</p> <p>SPINACH SALAD WITH RASBERRY DRESSING FRESH APPLE WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p>24</p> <p><u>BREAKFAST</u></p> <p>PINEAPPLE CHUNKS HOMEMADE ZUCCHINI BREAD</p> <p><u>LUNCH</u></p> <p>*VIETNAMESE CHICKEN SALAD (diced chicken, shredded cabbage & carrots) FRESH KIWI BROWN RICE</p> <p><u>PM SNACK - NUTRITION EXPERIENCE</u></p> <p>FISH SNACK (celery sticks, goldfish crackers & cream cheese) 1% LOW-FAT MILK</p>	<p>25</p> <p><u>BREAKFAST</u></p> <p>FRESH BANANA CINNAMON OATMEAL WITH VANILLA & RAISINS</p> <p><u>LUNCH</u></p> <p>*MEXICAN PIZZA (refried beans, tomato paste & salsa) MOZZARELLA CHEESE MANGO CHUNKS WHOLE WHEAT FLOUR TORTILLA</p> <p><u>PM SNACK</u></p> <p>CUCUMBER & TOMATO SALAD WITH ITALIAN DRESSING WHEAT CRACKERS</p>	<p>26</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI WHOLE WHEAT CHEESE TOAST</p> <p><u>LUNCH</u></p> <p>CURRY CHICKEN SALAD</p> <p>BABY CARROTS (no dressing) FRESH STRAWBERRIES WHOLE WHEAT PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>FRUIT SALSA (diced peaches, pineapple tidbits & red pell peppers) CORN TORTILLA CHIPS</p>
<p>29</p> <p>memorial DAY</p> 	<p>30</p> <p><u>BREAKFAST</u></p> <p>FRESH ORANGE RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>ABC SANDWICH (sunbutter & cheese slice) CARROT STICKS(NO DRESSING) FRESH APPLE SLICES WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>FRESH STRAWBERRIES LOW-FAT YOGURT</p>	<p>31</p> <p><u>BREAKFAST</u></p> <p>FRESH KIWI KIX CEREAL</p> <p><u>LUNCH</u></p> <p>*CHILI RICE (ground turkey, corn, tomatoes, chilies, rice, & cheddar cheese) FRESH CANTALOUPE</p> <p><u>PM SNACK</u></p> <p>STRING CHEESE PINEAPPLE TIDBITS</p> 	<p>HAPPY MOTHER'S DAY!</p> 	<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>