









June 2017 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MEATLESS MONDAY	JAMMIN TUESDAY	KIDS FAVE WEDNESDAY	VEGGIE THURSDAY	PICNIC FRIDAY
	<p align="center">ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p align="center">*Indicates vegetable included in main dish</p> <p align="center">WATER IS OFFERED THROUGHOUT THE DAY</p>		<p align="center">BREAKFAST</p> <p>1 APPLESAUCE WHOLE WHEAT CINNAMON BREAD</p> <p align="center">LUNCH</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 align="center">PM SNACK</p> <p>BROCCOLI & CAULIFLOWER FLORETS COTTAGE CHEESE</p>	<p align="center">BREAKFAST</p> <p>2 FRESH TANGERINE RICE CHEX CEREAL</p> <p align="center">LUNCH</p> <p>*TUNA SALAD TOMATO WEDGES CUCUMBER SLICES WHOLE WHEAT FLAT BREAD</p>  <p align="center">PM SNACK</p> <p>HOMEMADE WHOLE GRAIN BANANA MUFFIN SQUARE 1% LOW-FAT MILK</p>
<p align="center">BREAKFAST</p> <p>5 FRESH KIWI BRAN CEREAL</p> <p align="center">LUNCH</p> <p>WHOLE GRAIN ROTINI NOODLES & CHEESE RAINBOW COLE SLAW FRESH APPLE</p> <p align="center">PM SNACK</p> <p>WHOLE GRAIN BUG BITE CRACKERS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>6 FRESH ORANGE RAISIN BREAD WITH SUNBUTTER</p> <p align="center">LUNCH</p> <p>*GROUND TURKEY & SPANISH RICE (ground turkey, green peppers, tomatoes, tomato paste, & brown rice) MANGO CHUNKS</p> <p align="center">PM SNACK</p> <p>FRESH BANANA 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>7 PINEAPPLE TIDBITS WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p>  <p align="center">LUNCH</p> <p>*CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS JICAMA STICKS FRESH STRAWBERRIES</p> <p align="center">PM SNACK</p> <p>HUMMUS WHOLE GRAIN PITA BREAD 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>8 FRESH KIWI BREAKFAST BURRITO (eggs, salsa & whole wheat tortilla)</p> <p align="center">LUNCH</p> <p>*LIMA BEANS WITH CARROTS FRESH APPLE SLICES HOMEMADE WHOLE GRAIN CORNBREAD</p> <p align="center">PM SNACK</p> <p>BROCCOLI FLORETS & BELL PEPPER STRIPS WHEAT THIN CRACKERS REDUCED FAT RANCH DRESSING</p>	<p align="center">BREAKFAST</p> <p>9 FRESH STRAWBERRIES CORNFLAKES</p> <p align="center">LUNCH</p> <p>TURKEY WRAP WITH LOW-FAT CREAM CHEESE SPINACH LEAVES, SHREDDED CARROTS & BELL PEPPERS FRESH CANTALOUPE WHOLE WHEAT TORTILLA</p> <p align="center">PM SNACK</p> <p>LETS GO FISHING TRAIL MIX (crispix, pretzels, fish & cheese crackers) 1% LOW-FAT MILK</p>
<p align="center">BREAKFAST</p> <p>12 FRESH ORANGE RICE CHEX CEREAL</p> <p align="center">LUNCH</p> <p>*VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) FRESH APPLE WHEAT CRACKERS</p> <p align="center">PM SNACK</p> <p>WHOLE GRAIN ANIMAL CRACKERS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>13 FRESH KIWI WHOLE WHEAT ENGLISH MUFFIN LOW-FAT CREAM CHEESE</p> <p align="center">LUNCH</p> <p>*FILIPINO CHICKEN ADOBO BROCCOLI FLORETS REDUCED FAT RANCH DRESSING FRESH TANGERINE BROWN RICE</p>  <p align="center">PM SNACK</p> <p>CUCUMBER SLICES & BABY CARROTS COTTAGE CHEESE</p>	<p align="center">BREAKFAST</p> <p>14 FRESH BANANA KIX CEREAL</p> <p align="center">LUNCH</p> <p>TURKEY TACOS WITH CHEESE SHREDDED LETTUCE & TOMATOES MANGO CHUNKS SOFT MINI TACO</p> <p align="center">PM SNACK</p> <p>FRESH ORANGE HARD BOILED EGG</p>	<p align="center">BREAKFAST</p> <p>15 FRESH STRAWBERRIES WHOLE WHEAT CINNAMON BREAD</p> <p align="center">LUNCH</p> <p>*BLACK EYED PEAS CREAMY COLESLAW & CRANBERRIES FRESH CANTALOUPE HOMEMADE WHOLE WHEAT CORNBREAD</p> <p align="center">PM SNACK</p> <p>CARROTS & ZUCCHINI STICKS REDUCED FAT RANCH DRESSING WHEAT CRACKERS</p> 	<p align="center">BREAKFAST</p> <p>16 FRESH BANANA CHEERIOS</p> <p align="center">LUNCH</p> <p>TURKEY & SWISS CHEESE MAYO & MUSTARD DRESSING LEAFY GREEN LETTUCE & TOMATO SLICE FRESH APPLE WHOLE WHEAT BREAD</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>ANTS ON A LOG CELERY STICKS, SUNBUTTER & RAISINS 1% LOW-FAT MILK</p>
<p align="center">BREAKFAST</p> <p>19 FRESH KIWI CORN CHEX CEREAL</p> <p align="center">LUNCH</p> <p>*VEGGIE PITA POCKET (shredded cheese, lettuce, carrots, & cucumbers) HARD BOILED EGG REDUCED FAT RANCH DRESSING FRESH STRAWBERRIES WHOLE WHEAT PITA BREAD</p>  <p align="center">PM SNACK</p> <p>FRESH APPLE SUNBUTTER</p>	<p align="center">BREAKFAST</p> <p>20 FRESH ORANGE WHOLE WHEAT BAGEL LOW-FAT CREAM CHEESE</p> <p align="center">LUNCH</p> <p>*B.B.Q. TURKEY BURGER SPINACH SALAD WITH RASPBERRY DRESSING FRESH APPLE WHOLE WHEAT HAMBURGER BUN</p> <p align="center">PM SNACK</p> <p>GRAHAM CRACKERS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>21 PINEAPPLE CHUNKS HOMEMADE ZUCCHINI BREAD</p> <p align="center">LUNCH</p> <p>*VIETNAMESE CHICKEN SALAD (diced chicken, shredded cabbage & carrots with whole grain spaghetti) FRESH KIWI</p> <p align="center">PM SNACK - NUTRITION EXPERIENCE</p> <p>FISH SNACK (celery sticks, goldfish crackers & cream cheese) 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>22 FRESH BANANA CINNAMON OATMEAL WITH VANILLA & RAISINS</p> <p align="center">LUNCH</p> <p>*MEXICAN PIZZA (refried beans, tomato paste & salsa) MOZZARELLA CHEESE MANGO CHUNKS WHOLE WHEAT FLOUR TORTILLA</p> <p align="center">PM SNACK</p> <p>CUCUMBER & TOMATO SALAD WITH ITALIAN DRESSING WHEAT CRACKERS</p>	<p align="center">BREAKFAST</p> <p>23 FRESH KIWI WHOLE WHEAT CHEESE TOAST</p> <p align="center">LUNCH</p> <p>*CURRY CHICKEN SALAD BABY CARROTS (no dressing) FRESH STRAWBERRIES WHOLE WHEAT PITA POCKET BREAD</p> <p align="center">PM SNACK</p> <p>FRUIT SALSA (diced peaches, pineapple tidbits & red pell peppers) CORN TORTILLA CHIPS</p>
<p align="center">BREAKFAST</p> <p>26 FRESH APPLE SLICES KIX CEREAL</p> <p align="center">LUNCH</p> <p>VEGETABLE LASAGNA (cheese, broccoli, mushrooms, zucchini, tomato paste, tomato sauce & lasagna noodles) SPRING SALAD MIX WITH ITALIAN DRESSING FRESH STRAWBERRIES</p> <p align="center">PM SNACK</p> <p>WHOLE GRAIN FISH CRACKERS 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>27 FRESH ORANGE RICE CHEX CEREAL</p> <p align="center">LUNCH</p> <p>*PINTO BEANS CARROT STICKS WATERMELON WHOLE GRAIN BROWN RICE</p> <p align="center">PM SNACK</p> <p>DICED PEACHES LOW-FAT PLAIN YOGURT</p>	<p align="center">BREAKFAST</p> <p>28 FRESH KIWI WHOLE GRAIN BLUEBERRY BREAD</p> <p align="center">LUNCH</p> <p>TURKEY ENCHILADA CASSEROLE WITH CORN TORTILLA CONFETTI SLAW WITH SWEET & SOUR DRESSING FRESH APPLE</p> <p align="center">PM SNACK</p> <p>STRING CHEESE PINEAPPLE TIDBITS</p> 	<p align="center">BREAKFAST</p> <p>29 SUNBUTTER BANANA PINWHEELS WHOLE WHEAT FLOUR TORTILLA</p> <p align="center">LUNCH</p> <p>SWEET & SOUR CHICKEN BROCCOLI FLORETS WITH RANCH DRESSING FRESH ORANGE WHOLE GRAIN BROWN RICE</p> <p align="center">PM SNACK</p> <p>FRESH APPLE 1% LOW-FAT MILK</p>	<p align="center">BREAKFAST</p> <p>30 FRESH STRAWBERRIES WHOLE GRAIN BAGEL LOW-FAT CREAM CHEESE</p> <p align="center">LUNCH</p> <p>*MEXICAN CHICKEN SALAD (diced chicken, corn kernels, green peas, cilantro, lime juice, chilies, & mayo) JICAMA STICKS MANGO CHUNKS WHEAT CRACKERS</p> <p align="center">PM SNACK</p> <p>FRIENDS TRAIL MIX (kix, cheerios, chex, raisins, pretzels, & dried apricots) 1% LOW-FAT MILK</p>