

August 2017 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>BREAKFAST</u> 1 ea. Fresh Orange ½ c. Bran Cereal <u>LUNCH</u> ¾ c. MEXICAN CHICKEN SALAD (diced chicken, corn kernels, green peas, cilantro, lime juice, chilies, & mayo) ¼ c. Jicama Sticks ¼ c. Mango Chunks 2 pkgs. Wheatworth Crackers <u>PM SNACK</u> 2 pkgs. Ritz Crackers 1 tbsp. Sunbutter	2 <u>BREAKFAST</u> ½ ea. Fresh Peach ½ c. Kix Cereal <u>LUNCH</u> *VEGGIE PITA POCKET 1 ea. Hard Boiled Egg ½ oz. Shredded Cheese ¼ c. Lettuce, Carrots & Cucumbers Ranch Dressing ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Bread <u>PM SNACK</u> ½ c. Tropical Fruit Salad ½ c. 1% Low-Fat Milk 	3 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ sl. Whole Wheat Cinnamon Bread <u>LUNCH</u> ½ c. GROUND TURKEY & WHOLE WHEAT SPAGHETTI ¼ c. Fresh Spinach Salad Garnished With Red Bell Peppers Italian Dressing 1 ea. Fresh Plum <u>PM SNACK</u> 2 pkgs. Wheat Crackers 1 ea. Fresh Kiwi	4 <u>BREAKFAST</u> ½ c. Fresh Strawberries ½ c. Cheerios <u>LUNCH</u> 1½ ozs. TURKEY HAM & CHEESE Mayo & Mustard Dressing ¼ c. Broccoli Florets/Ranch Dressing ¼ ea. Fresh Nectarine 1 sl. Whole Wheat Bread <u>PM SNACK</u> ½ ea. Fresh Apple 1 tbsp. Sunbutter 
7 <u>BREAKFAST</u> ½ ea. Fresh Apple ½ c. Mini Wheat Cereal <u>LUNCH</u> 1 c. WHOLE GRAIN ROTINI & CHEESE ¼ c. Rainbow Coleslaw 1 ea. Fresh Plum <u>PM SNACK</u> ½ c. Carrots & Celery Sticks ½ c. Cottage Cheese 	8 <u>BREAKFAST</u> 1 ea. Fresh Orange 1 sl. Raisin Bread/Sunbutter <u>LUNCH</u> ¾ c. GROUND TURKEY & SPANISH RICE (ground turkey, green peppers, tomatoes, tomato paste, & brown rice) ¼ ea. Fresh Nectarine <u>PM SNACK</u> 1 ea. Fresh Banana ½ c. 1% Low-Fat Milk	9 <u>BREAKFAST</u> ½ c. Pineapple Tidbits ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese <u>LUNCH</u> 1 c. CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS ¼ c. Jicama Sticks ¼ c. Mango Chunks <u>PM SNACK</u> 1 ea. Whole Wheat Tortilla/Hummus ½ c. 1% Low-Fat Milk	10 <u>BREAKFAST</u> 1 ea. Fresh Kiwi ½ c. Bran Cereal <u>LUNCH</u> ¾ c. RED BEANS ¼ c. Spring Salad Mix/Italian Dressing ¼ ea. Fresh Peach ¼ c. Whole Grain Brown Rice <u>PM SNACK</u> ½ c. Broccoli Florets & Bell Pepper Strips/Ranch Dressing 6 ea. Wheat Thin Crackers 	11 <u>BREAKFAST</u> ½ c. Fresh Strawberries ¼ c. Low-Fat Plain Yogurt/Granola <u>LUNCH</u> 1 ea. CRUNCHY HAWAIIAN CHICKEN WRAP (diced chicken, broccoli, carrots, pineapple, & spinach) 1 sl. Fresh Cantaloupe 1 ea. Whole Wheat Tortilla <u>PM SNACK</u> ¾ c. LETS GO FISHING TRAIL MIX (crispix, pretzels, fish & cheese crackers) ½ c. 1% Low-Fat Milk
14 <u>BREAKFAST</u> 1 ea. Fresh Orange ½ c. Rice Chex Cereal <u>LUNCH</u> ¾ c. VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) ¼ ea. Fresh Apple 1 ea. Whole Wheat Tortilla <u>PM SNACK</u> 2 pkgs. Wheatworth Crackers 1 ea. String Cheese	15 <u>BREAKFAST</u> 1 ea. Fresh Kiwi ½ ea. Whole Wheat English Muffin/Low-Fat Cream Cheese <u>LUNCH</u> 1½ ozs. OVEN BAKED CHICKEN ¼ c. Broccoli Florets/Ranch Dressing ¼ ea. Fresh Peach 1 ea. Whole Wheat Dinner Roll <u>PM SNACK</u> ½ c. Cucumber Slices & Carrot Sticks ½ c. Chickpea Dip 	16 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ c. Kix Cereal <u>LUNCH</u> 1½ oz. TURKEY TACOS WITH CHEESE ¼ c. Shredded Lettuce & Diced Tomatoes ¼ c. Mango Chunks 2 ea. Whole Grain Mini Corn Tortillas <u>PM SNACK</u> 1 ea. Fresh Orange 1 ea. Hard Boiled Egg	17 <u>BREAKFAST</u> ½ c. Fresh Strawberries ½ sl. Whole Wheat Cinnamon Bread 1 ea. Turkey Sausage <u>LUNCH</u> ¾ c. SEASONED BLACKEYE PEAS ¼ c. Collard Greens 1 sl. Fresh Cantaloupe 1 sq. Homemade Whole Wheat Cornbread <u>PM SNACK</u> ½ c. Cauliflower Florets & Zucchini Sticks/Dill Scallion Dip 2 pkgs. Wheat Crackers	18 <u>BREAKFAST</u> 1 ea. Fresh Plum ½ c. Cheerios <u>LUNCH</u> 1½ ozs. TURKEY & SWISS CHEESE Mayo & Mustard Dressing 1 ea. Leafy Green Lettuce & 1 ea. Tomato Slice ¼ ea. Fresh Apple 1 sl. Whole Wheat Bread <u>PM SNACK – NUTRITION EXPERIENCE</u> ANTS ON A LOG ¼ c. Celery Sticks 1 tbsp. Sunbutter/Raisins ½ c. 1% Low-Fat Milk 
21 <u>BREAKFAST</u> 1 ea. Fresh Kiwi ½ c. Corn Chex Cereal <u>LUNCH</u> 1 ea. SOUTHWEST VEGGIE WRAP (coleslaw mix, cucumbers, black beans, salsa, romaine, spinach, & cheddar cheese) ¼ c. Fresh Strawberries 1 ea. Whole Wheat Tortilla <u>PM SNACK</u> ½ ea. Fresh Apple 1 tbsp. Sunbutter 	22 <u>BREAKFAST</u> 1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese <u>LUNCH</u> 1½ ozs. B.B.Q. GROUND TURKEY ¼ c. Spinach Salad/Raspberry Dressing 1 ea. Fresh Plum 1 ea. Whole Wheat Hamburger Bun <u>PM SNACK</u> 1 pkg. Graham Crackers ½ c. 1% Low-Fat Milk	23 <u>BREAKFAST</u> ½ c. Pineapple Chunks ½ ea. Whole Wheat English Muffin/Sunbutter <u>LUNCH</u> ¾ c. + 1-tbsp. STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & whole wheat spaghetti) ¼ ea. Fresh Peach <u>PM SNACK</u> 1 pkg. Goldfish Pretzel Crackers ½ c. 1% Low-Fat Milk 	24 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla & Raisins <u>LUNCH</u> 1 ea. MEXICAN PIZZA (refried beans, tomato paste, salsa, & mozzarella cheese) 1 sl. Fresh Watermelon 1 ea. Whole Wheat Flour Tortilla <u>PM SNACK</u> ½ c. Cucumber & Tomato With Italian Dressing 2 pkgs. Wheat Crackers	25 <u>BREAKFAST</u> 1 ea. Fresh Apricot ½ sl. Whole Wheat Toast ¾ c. Scrambled Eggs & Turkey Ham <u>LUNCH</u> ¾ c. CURRY CHICKEN SALAD ¼ c. Baby Carrots (No Dressing) ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Bread <u>PM SNACK</u> ¼ c. Homemade Pico De Gallo 5 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Low-Fat Milk
28 <u>BREAKFAST</u> ½ ea. Fresh Apple ½ c. Kix Cereal <u>LUNCH</u> ¾ c. SANTA FE RICE & BEANS (pinto beans, tomatoes, salsa, cheese, sour cream, & whole grain brown rice) 1 ea. Fresh Kiwi <u>PM SNACK</u> 1 pkg. Cheese Crackers ½ c. 1% Low-Fat Milk	29 <u>BREAKFAST</u> 1 ea. Fresh Orange ½ c. Bran Cereal <u>LUNCH</u> 1 ½ ozs ROASTED TURKEY & CHEESE Mayo Mustard Dressing ¼ c. Sesame Coleslaw 1 ea. Fresh Apricot 1 sl. Whole Wheat Bread <u>PM SNACK</u> ¼ c. Low-Fat Plain Yogurt ½ c. Fresh Strawberries	30 Teacher Training No School 	31 <u>BREAKFAST</u> ½ c. Fresh Strawberries ½ c. Cornflakes <u>LUNCH</u> ¾ c. RANCH STYLE CHICKEN SALAD WITH DICED CUCUMBERS & TOMATOES ¼ c. Oven Baked Sweet Potatoes ¼ ea. Fresh Apple ½ ea. Whole Wheat Pita Bread <u>PM SNACK</u> ½ c. Mango Chunks ½ c. 1% Low-Fat Milk 	ALL BREAKFAST & LUNCH SERVED WITH ¾ c. 1% LOW-FAT MILK *Indicates vegetable included in main dish WATER IS OFFERED THROUGHOUT THE DAY