

November 2017 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

	ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK *Indicates vegetable included in main dish WATER IS OFFERED THROUGHOUT THE DAY	1 BREAKFAST ½ c. PINEAPPLE TIDBITS ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE LUNCH ¾ c. *CHICKEN VEGETABLE GUMBO (diced chicken, tomatoes, & okra) ¼ c. FRESH APPLE ¼ c. BROWN RICE PM SNACK 1 pkg. ANIMAL CRACKERS ½ c. 1% LOW-FAT MILK	2 BREAKFAST ½ c. UNSWEETENED APPLESAUCE ½ sl. WHOLE WHEAT CINNAMON BREAD LUNCH - NATIONAL DEVILED EGG DAY 1 ea. DEVILED EGG/MAYO & MUSTARD ¼ c. CELERY STICKS ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD PM SNACK ½ c. FRESH ORANGE 6 ea. WHEAT THIN CRACKERS	3 BREAKFAST 1 ea. FRESH BANANA ½ c. CHEERIOS LUNCH 1 ea. TURKEY WRAP LOW-FAT CREAM CHEESE ¼ c. BABY SPINACH & BELL PEPPERS STRIPS 1 sl. FRESH CANTALOUPE 1 ea. WHOLE WHEAT TORTILLA PM SNACK 1 tbsp. SUNBUTTER ½ c. FRESH APPLE SLICES
6 BREAKFAST ½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL LUNCH 1 ea. BAJA BEAN WRAP (refried Beans, chunky salsa) ¼ c. FRESH JICAMA STICKS ¼ c. FRESH KIWI 1 ea. WHOLE WHEAT TORTILLA PM SNACK 1 pkg. GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK	7 BREAKFAST ½ c. FRESH STRAWBERRIES ½ c. CORNFLAKE CEREAL LUNCH ¾ c. + 1 tbsp. *CHICKEN STIR FRY (diced chicken, mixed oriental vegetables & whole wheat spaghetti) ¼ c. FRESH HONEYDEW MELON PM SNACK 2 pkgs. WHEAT CRACKERS ½ c. 1% LOW-FAT MILK	8 BREAKFAST ½ c. FRESH APPLE SLICES ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE LUNCH 1½ oz. TURKEY TACOS WITH CHEESE ¼ c. SHREDDED LETTUCE & TOMATOES ¼ c. FRESH ORANGE 2 ea. WHOLE GRAIN MINI CORN TORTILLAS PM SNACK ½ c. MANGO SALSA 5 ea. CORN TORTILLA CHIPS	9 BREAKFAST ½ c. FRESH PEAR SLICES ½ c. BRAN CEREAL LUNCH NUTRITION EXPERIENCE 1 ea. SUNBUTTER & BANANA WRAP 1 ea. MOZZARELLA STRING CHEESE ¼ c. BABY CARROTS (No Dressing) 1 ea. WHOLE WHEAT TORTILLA PM SNACK 2 pkgs. RITZ CRACKERS ½ c. 1% LOW-FAT MILK	
13 BREAKFAST ½ c. FRESH APPLE ½ c. BRAN CEREAL LUNCH ¾ c. *VEGETABLE CHILI (kidney beans, bulgur wheat & tomatoes) ¼ c. FRESH PEAR 1 ea. WHOLE WHEAT TORTILLA PM SNACK 1 pkg. GOLDFISH CRACKERS ½ c. 1% LOW-FAT MILK	14 BREAKFAST ½ c. FRESH ORANGE ½ c. CORN CHEX CEREAL LUNCH 1 serv. CHICKEN ENCHILADA CASSEROLE WITH WHOLE GRAIN TORTILLA CHIPS ¼ c. SPRING SALAD/ITALIAN DRESSING ¼ c. FRESH KIWI PM SNACK – NUTRITION EXPERIENCE ½ c. CUCUMBER & CARROT STICKS DILL SCALLION DIP ½ c. 1% LOW-FAT MILK	15 BREAKFAST ½ c. APPLESAUCE ½ sl. WHOLE WHEAT CINNAMON TOAST LUNCH ¾ c. GROUND TURKEY & SPAINSH RICE ¼ c. BROCCOLI FLORETS/RANCH DRESSING ¼ c. FRESH TANGERINE PM SNACK ¾ c. LETS GO FISHING MIX (crispix, gold fish crackers, cheese crackers, & pretzel sticks) ½ c. 1% LOW-FAT MILK	16 BREAKFAST ½ c. PINEAPPLE TIDBITS ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE LUNCH 1 ea. MEXICAN PIZZA (refried beans, tomato paste, salsa, & mozzarella cheese) ¼ c. JICAMA STICKS ¼ c. FRESH ORANGE 1 ea. WHOLE WHEAT TORTILLA PM SNACK 6 ea. WHEAT THIN CRACKERS 1 ea. MOZZARELLA STRING CHEESE	17 BREAKFAST 1 ea. FRESH BANANA ½ c. KIX CEREAL LUNCH 1 ½ ozs. TUNA SALAD (tuna, eggs, mayo, relish, celery, & onions) ¼ c. BABY CARROTS (No Dressing) ¼ c. FRESH APPLE 1 sl. WHOLE WHEAT BREAD PM SNACK – ANTS ON A LOG ¼ c. CELERY STICKS 1 tbsp. SUNBUTTER (RAISINS) ½ c. 1% LOW-FAT MILK
20 BREAKFAST ½ c. FRESH RED APPLE ½ c. RICE CHEX CEREAL LUNCH 2.5 ozs. REFRIED BEAN BURRITO ½ oz. SHREDDED CHEESE ¼ c. SHREDDED LETTUCE & DICED TOMATOES ¼ c. FRESH TANGERINE 1 ea. WHOLE WHEAT TORTILLA PM SNACK 2 pkgs. RITZ CRACKERS ½ c. 1% LOW-FAT MILK	21 BREAKFAST ½ c. FRESH KIWI ½ c. KIX CEREAL LUNCH 1 ½ ozs. TURKEY HAM & CHEDDAR CHEESE MAYO & MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE & TOMATO SLICE ¼ c. FRESH PEAR 1 sl. WHOLE WHEAT BREAD PM SNACK ½ c. FRESH APPLE 1 tbsp. SUNBUTTER	22 BREAKFAST 1 ea. FRESH BANANA ½ c. CORNFLAKE CEREAL LUNCH 1 ea. TURKEY ROLLER SANDWICH WITH CRANBERRY SAUCE ¼ c. BROCCOLI FLORETS/RANCH DRESSING ¼ c. FRESH ORANGE 1 ea. WHOLE WHEAT TORTILLA PM SNACK 2 pkgs. WHEATWORTH CRACKERS ½ oz. CHEESE SLICE		24
27 BREAKFAST ½ c. FRESH ORANGE ½ c. BRAN CEREAL LUNCH 2 tbsp. SUNBUTTER & JELLY SANDWICH 1 oz. CHEESE STICK ¼ c. BABY CARROTS ¼ c. FRESH PEAR 1 sl. WHOLE WHEAT BREAD PM SNACK 1 pkg. GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK	28 BREAKFAST ½ c. FRESH APPLE ½ c. RICE CHEX CEREAL LUNCH ¾ c. *TURKEY TOMATO & CORN BAKE WITH WHOLE WHEAT PENNE PASTA ¼ c. FRESH KIWI PM SNACK ½ c. MANGO CHUNKS ½ c. 1% LOW-FAT MILK	29 BREAKFAST ½ c. FRESH TANGERINE 1 sl. RAISIN BREAD LUNCH 1 c. *WHITE CHICKEN CHILI (diced chicken, white beans, tomatoes, cheese, & light sour cream) ¼ c. FRESH APPLE 6 ea. WHOLE GRAIN TORTILLA CHIPS PM SNACK ¾ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% LOW-FAT MILK	30 BREAKFAST 1 ea. FRESH BANANA ½ c. CORNFLAKE CEREAL LUNCH ¾ c. BLACKEYE PEAS ¼ c. RAINBOW CABBAGE SLAW ¼ c. FRESH ORANGE 1 sq. WHOLE GRAIN CORNBREAD PM SNACK ½ c. COTTAGE CHEESE ½ c. DICED PEACHES	