

December 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



4 BREAKFAST ½ c. Fresh Orange ¼ c. Rice Chex Cereal LUNCH 1 ea. SUNBUTTER & JELLY SANDWICH 1 ea. Cheese Stick ¼ c. Carrot Sticks ¼ c. Fresh Apple Slices 1 sl. W.W. Bread PM SNACK 1 pkg. Graham Crackers ½ c. 1% Low-Fat Milk	5 BREAKFAST ½ c. Fresh Strawberries ¼ c. Cornflake Cereal LUNCH 1.5 ozs. SLICED TURKEY BREAST Honey Mustard Dressing ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Pear ½ ea. W.W. Bun PM SNACK 5 ea. Corn Tortilla Chips/Salsa ½ c. 1% Low-Fat Milk	6 BREAKFAST 1 ea. Fresh Banana ½ ea. W.W. Bagel/Cream Cheese LUNCH 1.5 ozs. RANCH STYLE CHICKEN SALAD ¼ c. Tangy Coleslaw ¼ c. Mango Chunks 4 ea. Wheat Crackers PM SNACK ½ c. Fresh Apple 1 tbsp. Sunbutter	7 BREAKFAST ½ c. Fresh Pear Slices ¼ c. All Bran Cereal LUNCH *SPINACH SALAD WITH HARD BOILED EGG 1 ea. Egg Hard Boiled Egg ¼ c. Baby Spinach /Italian Dressing ¼ c. Shredded Carrots ¼ c. Fresh Tangerine ½ sl. W.W. Bread PM SNACK 1 ea. String Cheese 2 pkgs. Ritz crackers	1 BREAKFAST ½ c. Fresh Pear ¼ c. All Bran Cereal LUNCH 1 ea. TURKEY WRAP Low-Fat Cream Cheese ¼ c. Baby Spinach & Bell Pepper Strips ¼ c. Fresh Apple 1 ea. W.W. Tortilla PM SNACK ¼ c. Celery Sticks 1 tbsp. Sunbutter ½ c. 1% Low-Fat Milk
11 BREAKFAST ½ c. Fresh Apple ¼ c. All Bran Cereal LUNCH ¾ c. *VEGETABLE CHILI (kidney beans, bulgur wheat & tomatoes) ¼ c. Fresh Pear 1 ea. W.W. Tortilla PM SNACK 1 pkg. Goldfish Crackers ½ c. 1% Low-Fat Milk	12 BREAKFAST ½ c. Fresh Orange ¼ c. Corn Chex Cereal LUNCH 1 serv. CHICKEN ENCHILADA CASSEROLE WITH WHOLE GRAIN TORTILLA CHIPS ¼ c. Jicama Sticks ¼ c. Fresh Kiwi PM SNACK – NUTRITION EXPERIENCE ¼ c. Low-fat Yogurt ½ c. Mixed Fruit	13 BREAKFAST ½ c. Applesauce ½ sl. W. W. Cinnamon Toast LUNCH ¾ c. GROUND TURKEY & SPAINSH RICE ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Tangerine PM SNACK 1 pkg. Animal Crackers ½ c. 1% Low-Fat Milk	14 BREAKFAST ½ c. Pineapple Tidbits ½ ea. W.W. Bagel/ Cream Cheese LUNCH 1 c. MAC & CHEESE WITH WHOLE GRAIN NOODLES ¼ c. Leafy Greens & Red Bell Strips Vinaigrette Dressing ¼ c. Fresh Pear Slices PM SNACK ¼ c. Friends Trial Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Low-Fat Milk	15 BREAKFAST 1 ea. Fresh Banana ¼ c. Kix Cereal LUNCH 1.5 ozs. TUNA SALAD (tuna, eggs, mayo, relish, celery, & onions) ¼ c. Baby Carrots (No Dressing) ¼ c. Fresh Apple 1 sl. W.W. Bread PM SNACK – ANTS ON A LOG ¼ c. Celery Sticks 1 tbsp. Sunbutter (Raisins) ½ c. 1% Low-Fat Milk
18 BREAKFAST ½ c. Fresh Red Apple ¼ c. Rice Chex Cereal LUNCH 2.5 ozs. *BEAN BURRITO ½ oz. Shredded Cheese ¼ c. Fresh Tangerine 1 ea. W.W. Tortilla PM SNACK 2 pkgs. Ritz Crackers ½ c. 1% Low-Fat Milk	19 BREAKFAST ½ c. Fresh Orange ¼ c. Kix Cereal LUNCH 1.5 ozs. BBQ CHICKEN ¼ c. Rainbow Slaw ¼ c. Fresh Pear ½ ea. W.W. Hamburger Bun PM SNACK 1 ea. Fresh Banana/Sunbutter ½ c. 1% Low-Fat Milk	20 BREAKFAST ½ c. Pineapple Tidbits ½ ea. W.W.Bagel/ Cream Cheese LUNCH ½ c. *MARINATED BLACK BEAN SALAD (black beans, corn, salsa, chile, lime juice, & cheddar cheese) ¼ c. Fresh Apple 1 ea. W.W. Corn Tortilla PM SNACK ½ c. Mango Chunks ½ c. 1% Low-Fat Milk	21 BREAKFAST 1 ea. Fresh Banana ¼ c. Oatmeal with Raisins LUNCH ¾ c. *RED POZOLE SOUP (chicken breast , tomato paste, hominy, cabbage, & cilantro) ¼ c. Fresh Kiwi 5 ea. Corn Tortilla Chips PM SNACK 1 ea. Mozzarella String Cheese 6 ea. Wheat Thin Crackers	22 BREAKFAST ½ c. Fresh Orange ¼ c. Corn Chex Cereal LUNCH 1.5 ozs. ROASTED TURKEY & SWISS CHEESE Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce & Tomato Slice ¼ c. Fresh Pear 1 sl. W.W. Bread PM SNACK ½ ea. W.W. Gold Fish Bread 1 tbsp. Sunbutter
25 Merry Christmas 	26 BREAKFAST ½ c. Fresh Orange ¼ c. All Bran Cereal LUNCH 1 ea. SUNBUTTER & JELLY SANDWICH 1 oz. Cheese Stick ¼ c. Baby Carrots ¼ c. Fresh Apple 1 sl. W.W. Bread PM SNACK 1 pkg. Graham Crackers ½ c. 1% Low-Fat Milk	27 BREAKFAST ½ c. Fresh Tangerine 1 sl. Raisin Bread LUNCH 1.5 ozs. TURKEY ROLL UP (Low-fat cream cheese) ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Pear Slices 1 ea. W.W. Tortilla PM SNACK 1 pkgs. Animal Crackers ½ c. 1% Low-Fat Milk	28 BREAKFAST 1 ea. Fresh Banana ¼ c. Cornflake Cereal LUNCH 1.5 ozs. SLICED TURKEY HAM Mayo & Mustard Dressing ¼ c. Pineapple Tidbits/ Cottage Cheese ¼ c. Cucumber Slices 1 sl. W.W. Bread PM SNACK 2 pkgs. W.W. Crackers ½ c. 1% Low-Fat Milk	29 BREAKFAST ½ c. Fresh Apple ¼ c. Rice Chex Cereal LUNCH 1 ea. *VEGGIE PITA POCKET (shredded cheese, hard boiled egg, toss salad mix, & cucumbers) Ranch Dressing ¼ c. Fresh Kiwi ½ ea. W.W. Pita Bread PM SNACK 2 pkgs. Ritz Crackers ½ c. 1% Low-Fat Milk