



January 2018 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  BREAKFAST FRESH APPLE SPECIAL K CEREAL LUNCH BLACK BEAN CHILI (black beans, shredded cheese & chunky salsa) JICAMA STICKS SEASONED WITH CHILI FRESH KIWI WHOLE CORN TORTILLA CHIPS PM SNACK GOLDFISH CRACKERS 1% LOW-FAT MILK	2 BREAKFAST FRESH ORANGE ALL BRAN CEREAL LUNCH SUNBUTTER & JELLY SANDWICH STRING CHEESE BABY CARROTS FRESH PEAR WHOLE WHEAT BREAD PM SNACK PINEAPPLE TIDBITS COTTAGE CHEESE	3 BREAKFAST FRESH APPLE RICE CHEX CEREAL LUNCH *CHICKEN GUMBO (diced chicken, tomatoes, okra, celery, green peppers) FRESH TANGERINE BROWN RICE PM SNACK GRAHAM CRACKERS 1% LOW-FAT MILK	4 BREAKFAST FRESH BANANA CHEERIOS LUNCH BROCCOLI, CAULIFLOWER & CHEESE SOUP FRESH KIWI WHEATWORTH CRACKERS PM SNACK DICED PEACHES LOW-FAT PLAIN YOGURT	5 BREAKFAST UNSWEETENED APPLESAUCE WHOLE WHEAT CINNAMON BREAD LUNCH CHICKEN CURRY SALAD CUCUMBER SLICES/RANCH DRESSING FRESH PEAR WHOLE WHEAT PITA BREAD PM SNACK FRESH ORANGE HARDBOILED EGG
8 BREAKFAST FRESH APPLE SPECIAL K CEREAL LUNCH BLACK BEAN CHILI (black beans, shredded cheese & chunky salsa) JICAMA STICKS SEASONED WITH CHILI FRESH KIWI WHOLE CORN TORTILLA CHIPS PM SNACK GOLDFISH CRACKERS 1% LOW-FAT MILK	9 BREAKFAST FRESH TANGERINE CORN CHEX CEREAL LUNCH *GROUND TURKEY & SPANISH RICE (ground turkey, tomatoes, green pepper, onion) FRESH PEAR PM SNACK FRESH APPLE CHEDDAR CHEESE	10 BREAKFAST MANGO CHUNKS WHOLE WHEAT BAGEL/LOW-FAT CREAM CHEESE LUNCH *BEEF VEGETABLE STEW (beef cubes, sliced carrots, green peas, potatoes) FRESH ORANGE HALVE WHOLE WHEAT BREAD PM SNACK RITZ CRACKERS SUNBUTTER	11 BREAKFAST FRESH BANANA CINNAMON OATMEAL & RAISINS LUNCH PINTO BEANS RAINBOW COLESLAW FRESH APPLE WILD RICE PM SNACK SALSA(PICO DE GALLO) WHOLE CORN TORTILLA CHIPS	12 BREAKFAST FRESH ORANGE RICE CHEX CEREAL LUNCH TUNA SALAD (tuna, eggs, mayo, relish, celery, onions) SPRING SALAD MIX/ITALIAN DRESSING FRESH TANGERINE WHOLE WHEAT BREAD PM SNACK LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) 1% LOW-FAT MILK
15 	16 BREAKFAST FRESH ORANGE RICE CHEX CEREAL LUNCH SUNBUTTER SANDWICH MOZZARELLA STRING CHEESE BABY CARROTS (NO DRESSING) FRESH APPLE SLICES WHOLE WHEAT BREAD PM SNACK ANIMAL CRACKERS 1% LOW-FAT MILK	17 BREAKFAST FRESH KIWI KIX CEREAL LUNCH *TACO SOUP (ground turkey, tomatoes, salsa, kidney beans, corn) FRESH TANGERINE WHOLE CORN TORTILLA CHIPS PM SNACK FRESH BANANA 1% LOW-FAT MILK	18 BREAKFAST FRESH ORANGE WHOLE WHEAT CINNAMON BREAD LUNCH HOPPIN' JOHN BLACKEYE PEAS SPINACH SALAD FRESH PEAR HOMEMADE CORNBREAD SQUARE PM SNACK DICED PEACHES COTTAGE CHEESE	19 BREAKFAST FRESH BANANA CHEERIOS LUNCH TURKEY HAM & SWISS CHEESE MAYO & MUSTARD DRESSING GREEN LEAF LETTUCE & TOMATO SLICE FRESH TANGERINE WHOLE WHEAT BREAD PM SNACK FRESH APPLE SUNBUTTER
22 BREAKFAST FRESH ORANGE KIX CEREAL LUNCH *VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, cheese) FRESH KIWI WHOLE WHEAT TORTILLA PM SNACK GRAHAM CRACKERS 1% LOW-FAT MILK	23 BREAKFAST FRESH PEAR CORN CHEX CEREAL LUNCH *DAFA DUKA (NIGERIAN DISH) (pinto beans, chicken, cabbage, & tomatoes) BROWN RICE FRESH TANGERINE PM SNACK – NUTRITION EXPERIENCE ANTS ON A LOG (celery sticks, sunbutter, raisins) 1% LOW-FAT MILK	24 BREAKFAST FRESH BANANA CORNFLAKES LUNCH *TURKEY SPAGHETTI CASSEROLE (ground turkey, tomato paste, onions) FRESH APPLE WHOLE WHEAT SPAGHETTI PM SNACK FRESH BROCCOLI & CAULIFLOWER/RANCH DIP WHEAT THIN CRACKERS	25 BREAKFAST FRESH KIWI ENGLISH MUFFIN WITH SUNBUTTER & JELLY LUNCH *MEXICAN PIZZA (refried beans, tomato paste, chunky salsa) SHREDDED MOZZARELLA CHEESE MANGO CHUNKS WHOLE WHEAT TORTILLA PM SNACK FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, dried apricots) 1% LOW-FAT MILK	26 BREAKFAST FRESH BANANA RICE CHEX CEREAL LUNCH - NEW ITEM CHICKEN PITA SALAD SHREDDED LETTUCE & DICED TOMATOES FRESH TANGERINE WHOLE WHEAT PITA BREAD PM SNACK LOW-FAT PLAIN YOGURT MIXED FRUIT
29 BREAKFAST FRESH ORANGE RICE CHEX CEREAL LUNCH VEGETARIAN BEANS TOASTED CHEESE SANDWICH SPRING SALAD MIX/ITALIAN DRESSING FRESH APPLE WHOLE WHEAT BREAD PM SNACK RITZ CRACKERS 1% LOW-FAT MILK	30 BREAKFAST FRESH KIWI SPECIAL K CEREAL LUNCH FILIPINO ADOBO OVER BROWN RICE (diced chicken, soy sauce, vinegar) FRESH BROCCOLI FLORETS/RANCH DRESSING FRESH TANGERINE PM SNACK FRESH BANANA SUNBUTTER	31 BREAKFAST FRESH APPLE WHOLE WHEAT BAGEL/LOW-FAT CREAM CHEESE LUNCH CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS GREEN SALAD/ITALIAN DRESSING FRESH PEAR PM SNACK TROPICAL FRUIT SALAD GRAHAM CRACKERS	ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK * Indicates vegetable included in main dish WATER IS OFFERED THROUGHOUT THE DAY	