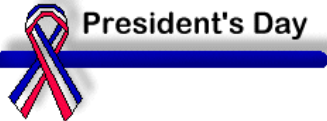


February 2018 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BREAKFAST 1 ea. FRESH BANANA ½ c. CHEERIOS LUNCH <i>Baja Bean Taco</i> ¾ c. KIDNEY BEANS & PINTO BEANS ¼ c. SHREDDED LETTUCE ¼ c. SALSA ¼ c. FRESH KIWI 1 ea. CORN TORTILLA PM SNACK ½ c. DICED PEACHES 1 ea. MOZZARELLA CHEESE STICK	2 BREAKFAST ½ c. UNSWEETENED APPLESAUCE ½ sl. WHOLE WHEAT CINNAMON BREAD LUNCH 1 oz. <i>Roasted Turkey</i> ½ oz. SWISS CHEESE MAYO & MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE & TOMATO SLICE ¼ c. MANGO CHUNKS 1 sl. WHOLE WHEAT BREAD PM SNACK 1 ea. HARD BOILED EGG ½ c. FRESH ORANGE
5 BREAKFAST ½ c. FRESH APPLE ½ c. KIX CEREAL LUNCH ¾ c. <i>Cuban Black Bean</i> ¼ c. BABY CARROTS (no dressing) ¼ c. FRESH KIWI 6 ea. WHOLE CORN TORTILLA CHIPS PM SNACK 1 pkg. GOLDFISH CRACKERS ½ c. 1% LOW-FAT MILK	6 BREAKFAST ½ c. FRESH TANGERINE ½ c. CORN CHEX CEREAL LUNCH ¾ c. <i>*Ground Turkey & Spanish Rice</i> (ground turkey, tomatoes, green pepper, onion) ¼ c. FRESH PEAR PM SNACK ½ c. FRESH APPLE 1 ea. CHEDDAR CHEESE STICK	7 BREAKFAST ½ c. MANGO CHUNKS ½ ea. WHOLE WHEAT BAGEL/ CREAM CHEESE LUNCH ¾ c. <i>*Beef Vegetable Stew</i> (beef cubes, sliced carrots, green peas, potatoes) ¼ c. FRESH ORANGE HALVE ½ ea. WHOLE WHEAT ROLL PM SNACK 2 pkgs. RITZ CRACKERS 1 tbsp. SUNBUTTER	8 BREAKFAST 1 ea. FRESH BANANA ¼ c. CINNAMON OATMEAL & RAISINS LUNCH ¾ c. <i>Pinto Beans</i> ¼ c. RAINBOW COLESLAW ¼ c. FRESH APPLE 1 sq. HOMEMADE MEXICALI CORNBREAD PM SNACK ½ c. SALSA(PICO DE GALLO) 6 ea. WHOLE CORN TORTILLA CHIPS	9 BREAKFAST ½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL LUNCH 1 ½ ozs. <i>TUNA SALAD</i> (tuna, eggs, mayo, relish, celery, onions) ¼ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH KIWI 1 sl. WHOLE WHEAT BREAD PM SNACK ½ c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) ½ c. 1% LOW-FAT MILK
12 BREAKFAST ½ c. FRESH PEAR ½ c. BRAN CEREAL LUNCH * <i>Veggie Wrap</i> ¼ c. LEAFY SALAD GREENS & SHREDDED CARROTS ½ oz. SHREDDED CHEESE 1 ea. HARD BOILED EGG ¼ c. FRESH TANGERINE 1 ea. WHOLE WHEAT TORTILLA PM SNACK 2 pkgs. WHOLE WHEAT CRACKERS/HUMMUS ½ c. 1% LOW-FAT MILK	13 BREAKFAST ½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL LUNCH 1 ½ oz. <i>Sloppy Joe</i> ¼ c. MEXICALI CORN ¼ c. FRESH APPLE SLICES ½ ea. WHOLE WHEAT HAMBURGER BUN PM SNACK 1 pkg. ANIMAL CRACKERS ½ c. 1% LOW-FAT MILK	14 BREAKFAST 1 ea. FRESH BANANA ½ c. KIX CEREAL LUNCH ½ c. <i>Red Pozole Soup</i> (diced chicken, tomato paste, hominy) ¼ c. SHREDDED CABBAGE & CILANTRO ¼ c. MANGO CHUNKS 6 ea. WHOLE CORN TORTILLA CHIPS PM SNACK 1 ea. SOFT PRETZEL STICK ½ c. CUCUMBER & CARROT STICKS/RANCH DRESSING	15 BREAKFAST ½ c. FRESH ORANGE ½ sl. WHOLE WHEAT CINNAMON BREAD LUNCH ¾ c. <i>Hoppin' John Blackeye Peas</i> ¼ c. COLLARD GREENS ¼ c. FRESH PEAR 1 sq. HOMEMADE CORNBREAD SQUARE PM SNACK ½ c. PINEAPPLE TIDBITS ½ c. COTTAGE CHEESE	16 BREAKFAST 1 ea. FRESH BANANA ½ c. CHEERIOS LUNCH ½ c. <i>*Chinese Chicken Salad</i> (diced chicken, napa cabbage, red cabbage, carrots, scallions, chow mein noodles) ¼ c. FRESH TANGERINE ½ ea. WHOLE WHEAT ROLL PM SNACK ½ c. FRESH APPLE 1 tbsp. SUNBUTTER
19 	20 BREAKFAST ½ c. FRESH ORANGE ½ c. CORN CHEX CEREAL LUNCH ¾ c. <i>*Vegetable Chili</i> (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) ¼ c. FRESH KIWI 2 pkgs. WHEAT CRACKERS PM SNACK ½ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, and dried apricots) ½ c. 1% LOW-FAT MILK	21 BREAKFAST 1 ea. FRESH BANANA ½ c. CORNFLAKES LUNCH ½ c. <i>*Turkey Spaghetti Casserole</i> (ground turkey, tomato paste, onions with whole wheat spaghetti) ¼ c. FRESH APPLE PM SNACK ½ c. FRESH BROCCOLI & CAULIFLOWER/RANCH DIP 6 ea. WHEAT THIN CRACKERS	22 BREAKFAST ½ c. FRESH KIWI ½ ea. ENGLISH MUFFIN WITH SUNBUTTER & JELLY LUNCH 1 ea. <i>*Mexican Pizza</i> (refried beans, tomato paste, chunky salsa) ½ oz. SHREDDED MOZZARELLA CHEESE ¼ c. MANGO CHUNKS 1 ea. WHOLE WHEAT TORTILLA PM SNACK – ANTS ON A LOG 2 tbsps. SUNBUTTER ¼ c. CELERY STICKS 1 tbsp. RAISINS ½ c. 1% LOW-FAT MILK	23 BREAKFAST 1 ea. FRESH BANANA ½ c. RICE CHEX CEREAL LUNCH 1 oz. <i>Turkey Ham</i> & ½ oz. <i>Swiss Cheese</i> MAYO & MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE & TOMATO SLICE ¼ c. FRESH TANGERINE 1 sl. WHOLE WHEAT BREAD PM SNACK ¼ c. LOW-FAT PLAIN YOGURT ½ c. MIXED FRUIT
26 BREAKFAST ½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL LUNCH ½ c. <i>Vegetarian Beans</i> ½ ea. TOASTED CHEESE SANDWICH ¼ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH APPLE PM SNACK 2 pkgs. RITZ CRACKERS ½ c. 1% LOW-FAT MILK	27 BREAKFAST ½ c. FRESH KIWI ½ c. BRAN CEREAL LUNCH 1 ½ ozs. <i>Filipino Adobo</i> (beef stew meat, soy sauce, vinegar) ¼ c. FRESH BROCCOLI FLORETS/RANCH DRESSING ¼ c. FRESH TANGERINE ¼ c. BROWN RICE PM SNACK 1 ea. FRESH BANANA 1 tbsp. SUNBUTTER	28 BREAKFAST ½ c. FRESH APPLE ½ ea. WHOLE WHEAT BAGEL/ CREAM CHEESE LUNCH 1 serv. <i>Chicken Chilaquiles With Whole Grain Corn Tortilla Chips</i> ¼ c. GREEN SALAD/ITALIAN DRESSING ¼ c. FRESH PEAR PM SNACK ½ c. TROPICAL FRUIT SALAD 1 pkg. GRAHAM CRACKERS		ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK *Indicates vegetable included in main dish WATER IS OFFERED THROUGHOUT THE DAY