


April 2018 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BREAKFAST</p> <p>½ c. FRESH APPLE ½ c. KIX CEREAL</p> <p>LUNCH</p> <p>¾ c. <i>Cuban Black Bean</i> ¼ c. BABY CARROTS (no dressing) ¼ c. FRESH KIWI 6 ea. WHOLE CORN TORTILLA CHIPS</p> <p>PM SNACK</p> <p>1 pkg. GOLDFISH CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>3</p> <p>BREAKFAST</p> <p>½ c. FRESH TANGERINE ½ c. CORN CHEX CEREAL</p> <p>LUNCH</p> <p>¾ c. * <i>Ground Turkey & Spanish Rice</i> (ground turkey, tomatoes, green pepper, onion) ¼ c. FRESH PEAR</p> <p>PM SNACK</p> <p>¼ c. LOW-FAT YOGURT ½ c. PINEAPPLE TIBITS</p>	<p>4</p> <p>BREAKFAST</p> <p>½ c. MANGO CHUNKS ½ ea. WHOLE WHEAT BAGEL/ CREAM CHEESE</p> <p>LUNCH</p> <p>¾ c. * <i>Beef Vegetable Stew</i> (beef cubes, sliced carrots, green peas, potatoes) ¼ c. FRESH ORANGE ½ ea. WHOLE WHEAT ROLL</p> <p>PM SNACK</p> <p>½ c. SALSA 6 ea. WHOLE CORN TORTILLA CHIPS</p>	<p>5</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ¼ c. COOKED CINNAMON OATMEAL & RAISINS</p> <p>LUNCH</p> <p>¾ c. <i>Pinto Beans</i> ¼ c. RAINBOW COLESLAW ¼ c. FRESH APPLE 1 sq. WHOLE WHEAT MEXICALI CORNBREAD</p> <p>PM SNACK</p> <p>1 tbsp. SUNBUTTER 2 pkgs. RITZ CRACKERS</p>	<p>6</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>1 ½ ozs. <i>Tuna Salad</i> (tuna, eggs, mayo, relish, celery, onions) ¼ c. SPRING SALAD MIX/ ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD</p> <p>PM SNACK</p> <p>¼ c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) ½ c. 1% LOW-FAT MILK</p>
<p>9</p> <p>BREAKFAST</p> <p>½ c. FRESH PEAR ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>½ c. * <i>Chickpeas & Tomatoes</i> (garbanzo beans, tomatoes, ginger) 1 tbsp. SHREDDED CHEESE ¼ c. LEAFY SALAD GREENS & SHREDDED CARROTS ¼ c. FRESH TANGERINE 2 pkgs. WHOLE GRAIN CRACKERS</p> <p>PM SNACK</p> <p>6 ea. WHEAT THIN CRACKERS 1 ea. CHEDDAR CHEESE STICK</p>	<p>10</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>1 ½ ozs. <i>Sloppy Joe Mix</i> (ground turkey) ¼ c. BROCCOLI SLAW ¼ c. FRESH APPLE SLICES ½ ea. WHOLE WHEAT HAMBURGER BUN</p> <p>PM SNACK</p> <p>1 pkg. ANIMAL CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>11</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. KIX CEREAL</p> <p>LUNCH</p> <p>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</p> <p>PM SNACK</p> <p>1 ea. SOFT PRETZEL STICK ½ c. CUCUMBER & CARROT STICKS/RANCH DRESSING</p>	<p>12</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ sl. WHOLE WHEAT CINNAMON BREAD</p> <p>LUNCH</p> <p>¾ c. <i>Blackeye Peas</i> ¼ c. COLESLAW ¼ c. FRESH PEAR 1 sq. WHOLE WHEAT CORNBREAD SQUARE</p> <p>PM SNACK</p> <p>½ c. PINEAPPLE TIDBITS ½ c. COTTAGE CHEESE</p>	<p>13</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CHEERIOS</p> <p>LUNCH</p> <p>½ c. <i>Chicken Salad</i> ¼ c. TOSS SALAD/ ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT PITA BREAD</p> <p>PM SNACK</p> <p>½ c. FRESH APPLE 1 tbsp. SUNBUTTER</p>
<p>16</p> <p>Week</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. CORN CHEX CEREAL</p> <p>LUNCH</p> <p>¾ c. <i>Mac & Cheese</i> ¼ c. SPINACH SALAD/RASPBERRY DRESSING ¼ c. FRESH APPLE</p> <p>PM SNACK</p> <p>1 pkg. GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>17</p> <p>Of</p> <p>BREAKFAST</p> <p>½ c. FRESH KIWI ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>TACO TUESDAY</p> <p>1 oz. <i>Ground Turkey</i> ½ oz. <i>Cheese</i> ¼ c. LETTUCE & TOMATOES ¼ c. FRESH STRAWBERRIES 2 ea. WHOLE CORN MINI TORTILLAS</p> <p>PM SNACK</p> <p>½ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% LOW-FAT MILK</p>	<p>18</p> <p>The</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CORNFLAKES</p> <p>LUNCH</p> <p>½ c. * <i>Turkey Spaghetti</i> (ground turkey, tomato paste, onions with whole wheat spaghetti) ¼ c. FRESH APPLE</p> <p>PM SNACK</p> <p>½ c. FRESH BROCCOLI & CAULIFLOWER/RANCH DIP 6 ea. WHEAT THIN CRACKERS</p>	<p>19</p> <p>Young</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ ea. ENGLISH MUFFIN/CREAM CHEESE</p> <p>LUNCH</p> <p>1 ea. * <i>Mexican Pizza</i> (refried beans, tomato paste, chunky salsa) ½ oz. SHREDDED MOZZARELLA CHEESE ¼ c. FRESH PEAR 1 ea. WHOLE WHEAT TORTILLA</p> <p>PM SNACK - NUTRITION EXPERIENCE</p> <p>FRUITY SUNBUTTER PITAS 1 tbsp. SUNBUTTER ¼ c. FRESH BANANA & ¼ c. FRESH APPLE</p>	<p>20</p> <p>Child</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>1 oz. <i>Turkey Breast</i> ½ oz. <i>Cheddar Cheese</i> MAYO & MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE & TOMATO SLICE ¼ c. FRESH STRAWBERRIES ½ EA. WHOLE WHEAT BUN</p> <p>PM SNACK</p> <p>½ c. COTTAGE CHEESE ½ c. MANGO CHUNKS</p>
<p>23</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>½ c. <i>Vegetarian Baked Beans</i> ½ ea. TOASTED CHEESE SANDWICH ¼ c. SPRING SALAD MIX/ ITALIAN DRESSING ¼ c. FRESH APPLE</p> <p>PM SNACK</p> <p>1 tbsp. SUNBUTTER 2 pkgs. RITZ CRACKERS</p>	<p>24</p> <p>BREAKFAST</p> <p>½ c. FRESH KIWI ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>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</p> <p>PM SNACK</p> <p>½ c. FRUIT SALSA (mandarin oranges, pineapple chunks, onions, & green bell peppers) 6 ea. WHOLE CORN TORTILLA CHIPS</p>	<p>25</p> <p>BREAKFAST</p> <p>½ c. PINEAPPLE TIDBITS ½ ea. WHOLE WHEAT BAGEL/ CREAM CHEESE</p> <p>LUNCH</p> <p>1 serv. <i>Chicken Chilaquiles with Whole Grain Corn Tortilla Chips</i> ¼ c. GREEN SALAD/ ITALIAN DRESSING ¼ c. FRESH PEAR</p> <p>PM SNACK</p> <p>1 ea. FRESH BANANA 1 tbsp. SUNBUTTER</p>	<p>26</p> <p>BREAKFAST</p> <p>½ c. MANGO CHUNKS ½ c. CORN CHEX CEREAL</p> <p>LUNCH</p> <p>½ c. <i>Egg Salad</i> ¼ c. BABY CARROTS (no dressing) ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD</p> <p>PM SNACK</p> <p>½ c. JICAMA & CUCUMBER STICKS VEGETABLE DRESSING 6 ea. WHEAT THIN CRACKERS</p>	<p>27</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CHEERIOS</p> <p>LUNCH</p> <p>¾ c. * <i>Greek Chicken Salad</i> (diced chicken, cucumbers, tomatoes & olives) WITH FETA CHEESE DRESSING ¼ c. FRESH APPLE ½ ea. WHOLE WHEAT PITA BREAD</p> <p>PM SNACK</p> <p>1 sl. RAISIN BREAD 1 tbsp. SUNBUTTER</p>
<p>30</p> <p>BREAKFAST</p> <p>½ c. FRESH APPLE ½ c. CORNFLAKES</p> <p>LUNCH</p> <p>¾ c. <i>Baja Bean Taco</i> (kidney beans, pinto beans & salsa) ¼ c. SHREDDED LETTUCE ¼ c. FRESH KIWI 1 ea. WHOLE CORN TORTILLA</p> <p>PM SNACK</p> <p>½ c. DICED PEACHES 1 ea. MOZZARELLA CHEESE STICK</p>	<p>Make EVERY Day EARTH Day</p> 	<p>ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p>* Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>	<p>Week Of The Young Child April 16th - 20th</p> 	<p>April Showers bring May flowers</p> 