



June 2018 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Father's 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>BREAKFAST</p> <p>1 ½ c. FRESH ORANGE ½ c. CORN CHEX</p> <p>LUNCH</p> <p>1 ½ oz. <i>ROAST TURKEY</i> HONEY MUSTARD ¼ c. BROCCOLI FLORETS/RANCH DRESSING ¼ c. FRESH APPLE 1 sl. WHOLE WHEAT BREAD</p> <p>PM SNACK</p> <p>2 pkgs. WHOLE GRAIN CRACKERS 1 sl. SWISS CHEESE</p>
<p>4</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX</p> <p>LUNCH</p> <p>½ ea. <i>TOASTED CHEESE SANDWICH</i> ½ c. VEGETABLE SOUP ¼ c. FRESH APPLE</p> <p>PM SNACK</p> <p>½ c. COTTAGE CHEESE ½ c. TROPICAL FRUIT</p>	<p>5</p> <p>BREAKFAST</p> <p>½ c. FRESH STRAWBERRIES ½ c. KIX CEREAL</p> <p>LUNCH</p> <p>1 ½ oz. <i>Sloppy Joe Meat</i> (ground turkey) ¼ c. MEXICALI CORN ¼ c. FRESH KIWI ½ ea. WHOLE WHEAT HAMBURGER BUN</p> <p>PM SNACK</p> <p>½ c. PEACHES ½ c. 1% LOW-FAT MILK</p>	<p>6</p> <p>BREAKFAST</p> <p>½ c. APPLESAUCE 1 sl. RAISIN BREAD</p> <p>LUNCH</p> <p>BUILD YOUR OWN TACO SALAD 1 oz. GROUND TURKEY ½ oz. SHREDDED CHEESE ½ c. SHREDDED LETTUCE ½ c. DICED TOMATOES ¼ c. MANGO CHUNKS 6 ea. WHOLE CORN TORTILLA CHIPS</p> <p>PM SNACK</p> <p>½ c. FRESH ORANGE ½ c. 1% LOW-FAT MILK</p>	<p>7</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p>LUNCH</p> <p>½ ea. <i>SUNBUTTER & JELLY SANDWICH</i> 1 ea. MOZZARELLA CHEESE STICK ¼ c. BABY CARROTS/NO DRESSING ¼ c. FRESH ORANGE</p> <p>PM SNACK</p> <p>½ c. FRESH KIWI SLICES ½ c. 1% LOW-FAT MILK</p>	<p>8</p> <p>BREAKFAST</p> <p>½ c. FRESH STRAWBERRIES ½ c. CHEERIOS</p> <p>LUNCH</p> <p>1 ½ ozs. <i>TUNA SALAD</i> ¼ c. TOMATO SLICES/RANCH DRESSING ¼ c. FRESH APPLE SLICES ½ ea. WHOLE WHEAT PITA BREAD</p> <p>PM SNACK</p> <p>½ c. MANGO CHUNKS ½ c. 1% LOW-FAT MILK</p>
<p>11</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX</p> <p>LUNCH</p> <p>1 ea. <i>BAJA BEAN WRAP</i> ½ oz. SHREDDED CHEESE ½ c. SHREDDED LETTUCE ½ c. DICED TOMATOES ¼ c. FRESH APPLE</p> <p>PM SNACK</p> <p>1 pkg. GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>12</p> <p>BREAKFAST</p> <p>½ c. FRESH STRAWBERRIES ½ c. KIX CEREAL</p> <p>LUNCH</p> <p>1 ½ ozs. <i>TURKEY HAM</i> MAYO & MUSTARD DRESSING ¼ c. KALE SALAD ¼ c. FRESH ORANGE ½ ea. WHOLE WHEAT BUN</p> <p>PM SNACK</p> <p>2 pkgs. RITZ CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>13</p> <p>BREAKFAST</p> <p>½ c. APPLESAUCE 1 sl. RAISIN BREAD</p> <p>LUNCH</p> <p>½ c. <i>RANCH STYLE CHICKEN SALAD</i> ¼ c. RAINBOW CABBAGE SLAW/CHEESE ¼ c. FRESH KIWI ½ ea. WHOLE WHEAT PITA BREAD</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>14</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p>LUNCH</p> <p>1 ea. <i>BEAN BURRITO</i> ½ oz. SHREDDED CHEESE ½ c. SHREDDED LETTUCE ½ c. DICED TOMATOES ¼ c. MANGO CHUNKS</p> <p>PM SNACK</p> <p>2 pkgs. WHOLE WHEAT CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>15</p> <p>BREAKFAST</p> <p>½ c. FRESH STRAWBERRIES ½ c. CHEERIOS</p> <p>LUNCH</p> <p>1 oz. <i>SLICED TURKEY</i> ½ oz. CHEDDAR CHEESE SLICE MAYO & MUSTARD DRESSING ¼ c. FRESH ZUCCHINI STICKS ¼ c. FRESH ORANGE SLICES ½ ea. WHOLE WHEAT BUN</p> <p>PM SNACK</p> <p>½ c. FRESH APPLE ½ c. 1% LOW-FAT MILK</p>
<p>18</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. CORN CHEX</p> <p>LUNCH</p> <p>½ ea. <i>SUNBUTTER & JELLY SANDWICH</i> ¼ c. LOW-FAT YOGURT ¼ c. MINI CARROTS/NO DRESSING ¼ c. FRESH STRAWBERRIES</p> <p>PM SNACK</p> <p>2 pkgs. WHOLE WHEAT CRACKER ½ c. 1% LOW-FAT MILK</p>	<p>19</p> <p>BREAKFAST</p> <p>½ c. FRESH APPLE ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>½ ea. <i>OVEN TOASTED TURKEY HAM & CHEESE</i> ¼ c. FRESH BROCCOLI FLORETS/RANCH DRESSING ¼ c. FRESH KIWI</p> <p>PM SNACK</p> <p>1 ea. FRESH BANANA ½ c. 1% LOW-FAT MILK</p>	<p>20</p> <p>BREAKFAST</p> <p>½ ea. WHOLE WHEAT ENGLISH MUFFIN ½ c. PINEAPPLE TIDBITS</p> <p>LUNCH</p> <p>½ c. <i>TURKEY SALAD</i> ¼ c. CUCUMBER SLICE/RANCH DRESSING ¼ c. FRESH APPLE ½ ea. WHOLE WHEAT BUN</p> <p>PM SNACK</p> <p>½ c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) ½ c. 1% LOW-FAT MILK</p>	<p>21</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CORNFLAKE 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 – ANTS ON A LOG</p> <p>2 tbsps. SUNBUTTER ¼ c. CELERY STICKS 1 tbsp. RAISINS ½ c. 1% LOW-FAT MILK</p>	<p>22</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. CHEERIOS</p> <p>LUNCH</p> <p>½ c. * <i>HAWAIIAN CHICKEN SALAD</i> ¼ c. FRESH APPLE 1 ea. WHOLE WHEAT TORTILLA</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. FRESH ORANGE ½ c. BRAN CEREAL</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 KIWI 1 ea. WHOLE WHEAT TORTILLA</p> <p>PM SNACK</p> <p>1 pkg. GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>26</p> <p>BREAKFAST</p> <p>½ c. MANGO CHUNKS ½ c. KIX CEREAL</p> <p>LUNCH</p> <p>1 ½ ozs. <i>B.B.Q. CHICKEN</i> ¼ c. COLESLAW ¼ c. FRESH APPLE ½ ea. WHOLE WHEAT BUN</p> <p>PM SNACK</p> <p>1 ea. FRESH BANANA 1 tbsp. SUNBUTTER</p>	<p>27</p> <p>BREAKFAST</p> <p>½ c. PEACHES ½ c. CHEERIOS</p> <p>LUNCH</p> <p>½ c. <i>CURRY CHICKEN SALAD</i> ¼ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT PITA BREAD</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>28</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CORNFLAKE CEREAL</p> <p>LUNCH</p> <p>SUBMARINE SANDWICH 1 oz. TURKEY ½ oz. SWISS CHEESE ½ c. TOMATO SLICES ½ c. SHREDDED LETTUCE ¼ c. FRESH APPLE ½ ea. HOT DOG BUN</p> <p>PM SNACK</p> <p>1 pkg. ANIMAL CRACKERS ½ c. 1% LOW-FAT MILK</p>	<p>29</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p>LUNCH</p> <p>1 ea. * <i>TURKEY VEGETABLE WRAP</i> (cream cheese, shredded carrots, spinach, & red bell peppers) 1 ea. CANTALOUPE SLICE</p> <p>PM SNACK</p> <p>½ c. FRESH APPLE SLICES 1 tbsp. SUNBUTTER</p>