











July 2018 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MEATLESS MONDAY	TUESDAY	WEDNESDAY	VEGGIE THURSDAY	FRIDAY
<p>2</p> <p>BREAKFAST ½ c. Fresh Orange ⅓ c. Bran Cereal</p> <p>LUNCH SUNBUTTER & JELLY SANDWICH 2 tbsps. Sunbutter 1 ea. Mozzarella String Cheese ¼ c. Baby Carrots (No Dressing) ¼ c. Red Delicious Apple 1 sl. Whole Wheat Bread</p> <p>PM SNACK 1 pkg. Goldfish Cheese Crackers ½ c. 1% Low-Fat Milk</p>	<p>3</p> <p>BREAKFAST ½ c. Fresh Gala Apple ⅓ c. Kix Cereal</p> <p>LUNCH 1½ ozs. TURKEY HAM & CHEESE Mayo & Mustard Dressing ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Strawberries 1 sl. Whole Wheat Bread</p> <p>PM SNACK ¼ c. Plain Low-Fat Yogurt ½ c. Mixed Fruit</p>	<p>4</p>  <p>BREAKFAST ½ c. Pineapple Tidbits ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese</p> <p>LUNCH 1-serv. CHICKEN CHILAQUILES WITH W.G. CORN TORTILLA CHIPS ¼ c. Jicama Sticks ¼ c. Mango Chunks</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>5</p> <p>BREAKFAST 1 ea. Fresh Banana ½ sl. Whole Wheat Cinnamon Bread</p> <p>LUNCH TURKEY WRAP/LOW-FAT CREAM CHEESE 1 ½ ozs. Turkey ¼ c. Spinach Leaves, Shredded Carrots & Bell Peppers ¼ c. Fresh Peach 1 ea. Whole Wheat Tortilla</p> <p>PM SNACK 2 pkgs. Wheat Crackers ½ c. Fresh Kiwi</p>	<p>6</p> <p>BREAKFAST ½ c. Fresh Strawberries ⅓ c. Cheerios</p> <p>LUNCH ½ c. CHICKEN SALAD ¼ c. Zucchini Sticks ¼ c. Fresh Plum 1 ea. Whole Wheat Hotdog Bun</p> <p>PM SNACK ½ c. Fresh Apple 1 tbsp. Sunbutter</p> 
<p>9</p> <p>BREAKFAST ½ c. Fresh Apple ⅓ c. Bran Cereal</p> <p>LUNCH 1 c. WHOLE GRAIN MAC & CHEESE ¼ c. Rainbow Cole Slaw ¼ c. Fresh Plum</p> <p>PM SNACK ½ c. Carrots & Celery Sticks ⅓ c. Cottage Cheese</p> 	<p>10</p> <p>BREAKFAST ½ c. Fresh Orange 1 sl. Raisin Bread/Sunbutter</p> <p>LUNCH ¾ c. *GROUND TURKEY & SPANISH RICE (ground turkey, green peppers, tomatoes, & tomato paste with brown rice) ¼ c. Fresh Nectarine</p> <p>PM SNACK ¼ c. Lets Go Fishing Trail Mix (crispix, pretzels, fish & cheese crackers) ½ c. 1% Low-Fat Milk</p>	<p>11</p> <p>BREAKFAST ½ c. Pineapple Tidbits ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese</p> <p>LUNCH 1-serv. CHICKEN CHILAQUILES WITH W.G. CORN TORTILLA CHIPS ¼ c. Jicama Sticks ¼ c. Mango Chunks</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>12</p> <p>BREAKFAST ½ c. Fresh Kiwi 1 ea. Breakfast Burrito (eggs & salsa)</p> <p>LUNCH ¾ c. RED BEANS ¼ c. Spring Salad Mix With Italian Dressing ¼ c. Fresh Peach ¼ c. Brown Rice</p> <p>PM SNACK ½ c. Broccoli Florets & Bell Pepper Strips/Ranch Dressing 6 ea. Wheat Thin Crackers</p> 	<p>13</p> <p>BREAKFAST ½ c. Fresh Strawberries ¼ c. Low-Fat Plain Yogurt/Granola</p> <p>LUNCH *CRUNCHY HAWAIIAN CHICKEN WRAP ½ c. Diced Chicken, Broccoli, Carrots, Pineapple, & Spinach 1 sl. Fresh Cantaloupe 1 ea. Whole Wheat Tortilla</p> <p>PM SNACK 1 sq. Homemade Banana Bread ½ c. 1% low-fat milk</p>
<p>16</p> <p>BREAKFAST ½ c. Fresh Orange ⅓ c. Rice Chex Cereal</p> <p>LUNCH ¾ c. *VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) ¼ c. Fresh Apple 1 ea. Whole Wheat Tortilla</p> <p>PM SNACK 6 ea. Wheat Thin Crackers 1 ea. String Cheese</p>	<p>17</p> <p>BREAKFAST ½ c. Fresh Kiwi ½ ea. Whole Wheat English Muffin/Sunbutter</p> <p>LUNCH 1½ ozs. OVEN BAKED CHICKEN ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Peach ¼ c. Spanish Quinoa</p> <p>PM SNACK ½ c. Cucumber Slices & Carrot Sticks ⅓ c. Cottage Cheese Ranch Dip</p> 	<p>18</p> <p>BREAKFAST 1 ea. Fresh Banana ⅓ c. Kix Cereal</p> <p>LUNCH 1½ oz. TURKEY TACOS WITH CHEESE ¼ c. Shredded Lettuce & Diced Tomatoes ¼ c. Mango Chunks 2 ea. Mini Corn Tortillas</p> <p>PM SNACK ½ c. Fresh Orange 1 ea. Hard Boiled Egg</p>	<p>19</p> <p>BREAKFAST ½ c. Fresh Strawberries ½ sl. Whole Wheat Cinnamon Bread 1 ea. Turkey Sausage</p> <p>LUNCH ¾ c. SEASONED BLACKKEY PEAS ¼ c. Collard Greens 1 sl. Fresh Cantaloupe 1 sq. Homemade Whole Wheat Cornbread</p> <p>PM SNACK ½ c. Cauliflower Florets & Zucchini Sticks/Ranch Dressing 1 ea. Soft Pretzel Stick</p>	<p>20</p> <p>BREAKFAST ½ c. Fresh Plum ⅓ c. Cheerios</p> <p>LUNCH 1½ ozs. TURKEY & SWISS CHEESE Mayo & Mustard Dressing 1 ea. Leafy Green Lettuce & 1 ea. Tomato Slice ¼ c. Fresh Apple 1 sl. Whole Wheat Bread</p> <p>PM SNACK – ANTS ON A LOG ¼ c. Celery Sticks 2 tbsps. Sunbutter (Raisins) ½ c. 1% Low-Fat Milk</p> 
<p>23</p> <p>BREAKFAST ½ c. Fresh Kiwi ⅓ c. Corn Chex Cereal</p> <p>LUNCH *SOUTHWEST VEGGIE WRAP ¾ c. Coleslaw Mix, Cucumbers, Black Beans, Salsa, With Romaine Lettuce & Spinach 1 oz. Shredded Cheese ¼ c. Fresh Strawberries 1 ea. Whole Wheat Tortilla</p> <p>PM SNACK ½ c. Fresh Apple 1 tbsp. Sunbutter</p> 	<p>24</p> <p>BREAKFAST ½ c. Fresh Orange ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese</p> <p>LUNCH ¾ c. SLOPPY JOE (ground turkey) ¼ c. Spinach Salad/Raspberry Dressing ¼ c. Fresh Apple 1 ea. Whole Wheat Hamburger Bun</p> <p>PM SNACK ½ c. Broccoli & Cauliflower Florets/Vegetable Dip 6 ea. Wheat Thin Crackers</p>	<p>25</p> <p>BREAKFAST ½ c. Pineapple Chunks 1 sq. Homemade Zucchini Bread</p> <p>LUNCH ¾ c. + 1-tbsp. *STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & whole wheat spaghetti) 1 sl. Fresh Watermelon</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>26</p> <p>BREAKFAST 1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla & Raisins</p> <p>LUNCH 1 ea. MEXICAN PIZZA (refried beans, tomato paste & salsa) ½ oz. Mozzarella Cheese ¼ c. Fresh Peach 1 ea. Whole Wheat Flour Tortilla</p> <p>PM SNACK ½ c. Cucumber & Tomato Salad With Italian Dressing 2 pkgs. Wheat Crackers</p> 	<p>27</p> <p>BREAKFAST ½ c. Fresh Apricot ½ sl. Whole Wheat Toast ⅓ c. Scrambled Eggs & Turkey Ham</p> <p>LUNCH ½ c. CURRY CHICKEN SALAD ¼ c. Baby Carrots (No Dressing) ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Bread</p> <p>PM SNACK ¼ c. Homemade Pico De Gallo 6 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Low-Fat Milk</p>
<p>30</p> <p>BREAKFAST ½ c. Fresh Apple ⅓ c. Kix Cereal</p> <p>LUNCH ¾ c. *SANTA FE RICE & BEANS (pinto beans, tomatoes, salsa, cheese, sour cream, & brown rice) ¼ c. Fresh Kiwi</p> <p>PM SNACK 1 pkg. Cheese Crackers ½ c. 1% Low-Fat Milk</p> 	<p>31</p> <p>BREAKFAST ½ c. Fresh Orange ⅓ c. Bran Cereal</p> <p>LUNCH 1 c. *WHITE CHICKEN CHILI ¼ c. Fresh Strawberries 6 ea. Whole Grain Corn Tortilla Chips</p> <p>PM SNACK 1 pkg. Animal Crackers ½ c. 1% Low-Fat Milk</p>		<p>ALL BREAKFAST & LUNCH SERVED WITH ¾ c. 1% LOW-FAT MILK</p> <p>* Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>	