









August 2018 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p>1 <u>BREAKFAST</u> ½ c. Fresh Gala Apple ¼ c. Rice Chex Cereal</p> <p><u>LUNCH</u> 1½ ozs. <i>TURKEY HAM & CHEESE</i> Mayo & Mustard Dressing ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Strawberries 1 sl. Whole Wheat Bread</p> <p><u>PM SNACK</u> ¼ c. Plain Low-Fat Yogurt ½ c. Mixed Fruit</p>	<p>2 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ sl. Whole Wheat Cinnamon Bread</p> <p><u>LUNCH</u> 1 ea. <i>TURKEY WRAP/LOW-FAT CREAM CHEESE</i> ¼ c. Spinach Leaves, Shredded Carrots & Bell Peppers ¼ c. Fresh Peach 1 ea. Whole Wheat Tortilla</p> <p><u>PM SNACK</u> 2 pkgs. Wheat Crackers ½ c. Fresh Kiwi</p>	<p>3 <u>BREAKFAST</u> ½ c. Fresh Strawberries ¼ c. Cheerios</p> <p><u>LUNCH</u> 1½ ozs. <i>TURKEY HOAGIE SANDWICH</i> Mayo & Mustard Dressing ¼ c. Zucchini Sticks ¼ c. Fresh Nectarine</p> <p><u>PM SNACK</u> ½ c. Fresh Apple 1 tbsp. Sunbutter</p> 
<p>6 <u>BREAKFAST</u> ½ c. Fresh Apple ¼ c. Corn Chex Cereal</p> <p><u>LUNCH</u> 1 c. *<i>WHOLE GRAIN ROTINI & CHEESE</i> ¼ c. Rainbow Cole Slaw ¼ c. Fresh Orange</p> <p><u>PM SNACK</u> ½ c. Carrots & Celery Sticks ¼ c. Cottage Cheese</p> 	<p>7 <u>BREAKFAST</u> ½ c. Fresh Kiwi ½ c. Bran Cereal</p> <p><u>LUNCH</u> 1 oz. <i>GROUND TURKEY ½ oz. CHEESE</i> ¼ c. Lettuce & Tomatoes ¼ c. Fresh Strawberries 2 ea. Mini Corn Tortillas</p> <p><u>PM SNACK</u> ¼ c. <i>FRIENDS TRAIL MIX</i> (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Low-Fat Milk</p>	<p>8 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. Cornflakes</p> <p><u>LUNCH</u> ½ c. *<i>TURKEY SPAGHETTI</i> (ground turkey, tomato paste, onions with whole wheat spaghetti) ¼ c. Fresh Apple</p> <p><u>PM SNACK</u> ½ c. Fresh Broccoli & Cauliflower/Ranch Dip 6 ea. Wheat Thin Crackers</p>	<p>9 <u>BREAKFAST</u> ½ c. Fresh Orange ½ ea. English Muffin/Cream Cheese</p> <p><u>LUNCH</u> 1 ea. *<i>MEXICAN PIZZA</i> (refried beans, tomato paste, chunky salsa) ½ oz. Shredded Mozzarella Cheese ¼ c. Fresh Cantaloupe 1 ea. Whole Wheat Tortilla</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> FRUITY SUNBUTTER PITAS 1 tbsp. Sunbutter ¼ c. Fresh Banana & ¼ c. Fresh Apple</p>	<p>10 <u>BREAKFAST</u> ½ c. Mango Chunks ¼ c. Rice Chex Cereal</p> <p><u>LUNCH</u> 1½ ozs. <i>TURKEY BREAST & CHEDDAR CHEESE</i> Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce & Tomato Slice ¼ c. Fresh Strawberries 1 sl. Whole Wheat Bread</p> <p><u>PM SNACK</u> ¼ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p>13 <u>BREAKFAST</u> ½ c. Fresh Orange ¼ c. Corn Chex Cereal</p> <p><u>LUNCH</u> ¾ c. *<i>VEGETABLE CHILI</i> (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) ¼ c. Fresh Apple 1 ea. Whole Wheat Tortilla</p> <p><u>PM SNACK</u> 6 ea. Wheat Thin Crackers 1 ea. String Cheese</p>	<p>14 <u>BREAKFAST</u> ½ c. Fresh Kiwi ½ ea. Whole Wheat English Muffin/Cream Cheese</p> <p><u>LUNCH</u> 1½ oz. <i>TURKEY TACOS WITH CHEESE</i> ¼ c. Shredded Lettuce & Tomatoes ¼ c. Mango Chunks 2 ea. Mini Corn Tortilla</p> <p><u>PM SNACK</u> ½ c. Cucumber Slices & Carrot Sticks ¼ c. Cottage Cheese Ranch Dip</p>	<p>15 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. Kix Cereal</p> <p><u>LUNCH</u> 1 ½ ozs. <i>OVEN BAKED CHICKEN</i> ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Peach ¼ c. Spanish Quinoa</p> <p><u>PM SNACK</u> ½ c. Fresh Orange 1 ea. Hard Boiled Egg</p> 	<p>16 <u>BREAKFAST</u> ½ c. Fresh Strawberries ½ sl. Whole Wheat Cinnamon Bread 1 ea. Turkey Sausage</p> <p><u>LUNCH</u> ¾ c. <i>SEASONED BLACK EYE PEAS</i> ¼ c. Collard Greens 1 sl. Fresh Honeydew Melon 1 sq. Homemade Whole Wheat Cornbread</p> <p><u>PM SNACK</u> ½ c. Cauliflower Florets & Zucchini Sticks/Ranch Dressing 2 pkgs. Wheat Crackers</p>	<p>17 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. Cheerios</p> <p><u>LUNCH</u> 1½ ozs. <i>TURKEY & SWISS CHEESE</i> Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce & Tomato Slice ¼ c. Fresh Apple 1 sl. Whole Wheat Bread</p> <p><u>PM SNACK – NUTRITION EXPERIENCE</u> ANTS ON A LOG ¼ c. Celery Sticks 2 tbsp. Sunbutter (Raisins) ½ c. 1% Low-Fat Milk</p> 
<p>20 <u>BREAKFAST</u> ½ c. Fresh Kiwi ¼ c. Corn Chex Cereal</p> <p><u>LUNCH</u> 1 ea. *<i>SOUTHWEST VEGGIE WRAP</i> (coleslaw mix, cucumbers, black beans, salsa, romaine, spinach, and cheddar cheese) ¼ c. Fresh Strawberries 1 ea. Whole Wheat Tortilla</p> <p><u>PM SNACK</u> ½ c. Fresh Apple 1 tbsp. Sunbutter</p> 	<p>21 <u>BREAKFAST</u> ½ c. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p><u>LUNCH</u> 1½ ozs. <i>SLOPPY JOE</i> (ground turkey) ¼ c. Spinach Salad With Raspberry Dressing 1 sl. Fresh Honeydew Melon 1-Whole Wheat Hamburger bun</p> <p><u>PM SNACK</u> 1 pkg. Goldfish Pretzel Crackers ½ c. 1% Low-Fat Milk</p>	<p>22 <u>BREAKFAST</u> ½ c. Pineapple Chunks 1 sq. Homemade Zucchini Bread</p> <p><u>LUNCH</u> 1 c. *<i>STIR-FRY CHICKEN</i> (diced chicken, shredded cabbage, carrots, & whole wheat spaghetti) ¼ c. Fresh Peach</p> <p><u>PM SNACK</u></p> <p>EARLY CLOSURE</p>	<p>23 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla & Raisins</p> <p><u>LUNCH</u> 1 ea. *<i>MEXICAN PIZZA</i> (refried beans, tomato paste, salsa, & mozzarella cheese) ¼ c. Fresh Kiwi 1 ea. Whole Wheat Flour Tortilla</p> <p><u>PM SNACK</u> ½ c. Cucumber & Tomato Salad With Italian Dressing 2 pkgs. Wheat Crackers</p>	<p>24 <u>BREAKFAST</u> ½ c. Fresh Apricot ½ sl. Whole Wheat Toast ¼ c. Scrambled Eggs & Turkey Ham</p> <p><u>LUNCH</u> 1½ ozs. <i>CURRY CHICKEN SALAD</i> ¼ c. Baby Carrots (No Dressing) ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Bread</p> <p><u>PM SNACK</u> ¼ c. Homemade Pico De Gallo 5 ea. W. G. Corn Tortilla Chips ½ c. 1% Low-Fat Milk</p> 
<p>27 <u>BREAKFAST</u> ½ c. Fresh Apple ¼ c. Kix Cereal</p> <p><u>LUNCH</u> ¾ c. *<i>SANTA FE RICE & BEANS</i> (pinto beans, tomatoes, salsa, cheese, sour cream, & brown rice) ¼ c. Fresh Kiwi</p> <p><u>PM SNACK</u> 1 pkg. Cheese Crackers ½ c. 1% Low-Fat Milk</p>	<p>28 <u>BREAKFAST</u> ½ c. Fresh Nectarine ¼ c. Bran Cereal</p> <p><u>LUNCH</u> 1 c. *<i>WHITE CHICKEN CHILI</i> ¼ c. Fresh Strawberries 6 ea. Whole Grain Corn Tortilla Chips</p> <p><u>PM SNACK</u> 1 pkg. Animal Crackers ½ c. 1% Low-Fat Milk</p>	<p>29 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. Cheerios Cereal</p> <p><u>LUNCH</u> ½ c. <i>RED POZOLE SOUP</i> (diced chicken, tomato paste, hominy) ¼ c. Shredded Cabbage & Cilantro ¼ c. Mango Chunks 1 ea. Whole Wheat Tortilla</p> <p><u>PM SNACK</u> ¼ c. Low-Fat Plain Yogurt ½ c. Mixed Fruit</p> 	<p>30 <u>BREAKFAST</u> ½ c. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p><u>LUNCH</u> 1½ ozs. <i>ROASTED TURKEY & CHEESE</i> Mayo Mustard Dressing ¼ c. Sesame Coleslaw ¼ c. Fresh Apricot 1 sl. Whole Wheat Bread</p> <p><u>PM SNACK</u> ½ c. Cucumber & Carrot Sticks/Ranch Dressing ½ c. 1% Low-Fat Milk</p>	<p>31 <u>BREAKFAST</u> ½ c. Fresh Peach ¼ c. Rice Chex Cereal</p> <p><u>LUNCH</u> 1½ 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><u>PM SNACK</u> ½ c. <i>LETS GO FISHING TRAIL MIX</i> (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Low-Fat Milk</p> 