









September 2018 – Community Services Bureau Preschool Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| <p align="center">ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p align="center">*Indicates vegetable included in main dish</p> <p align="center">WATER IS OFFERED THROUGHOUT THE DAY</p> | | | | |
| <p align="center">3</p>  | <p align="center">4</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Orange ½ c. Rice Chex Cereal</p> <p align="center"><u>LUNCH</u></p> <p>½ ea. <i>SUNBUTTER & JELLY SANDWICH</i> ½ oz. Cheese Stick ¼ c. Baby Carrots No Dressing ¼ c. Fresh Apple Slices 1 sl. Whole Wheat Bread</p> <p align="center"><u>PM SNACK</u></p> <p>¼ c. Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Low-Fat Milk</p> | <p align="center">5</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Pineapple Tidbits ½ ea. Whole Wheat Bagel/Low-fat Cream Cheese</p> <p align="center"><u>LUNCH</u></p> <p>1-serv. *<i>CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS</i> ¼ c. Jicama Sticks 1 sl. Fresh Cantaloupe</p> <p align="center"><u>PM SNACK</u></p> <p>1 pkg. Graham Crackers ½ c. 1% Low-Fat Milk</p> | <p align="center">6</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Kiwi ½ c. Bran Cereal</p> <p align="center"><u>LUNCH</u></p> <p>¾ c. <i>CAJUN RED BEANS</i> ¼ c. Spring Salad Mix/Italian Dressing 1 sl. Fresh Honeydew ¼ c. Whole Grain Brown Rice</p> <p align="center"><u>PM SNACK</u></p> <p>½ c. Broccoli Florets & Bell Pepper Strips/Ranch Dressing 6 ea. Wheat Thin Cracker</p>  | <p align="center">7</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Strawberries ¼ c. Low-Fat Plain Yogurt/Granola</p> <p align="center"><u>LUNCH</u></p> <p>1 ea. *<i>CRUNCHY HAWAIIAN CHICKEN WRAP</i> (diced chicken, broccoli, carrots, pineapple, & spinach) ¼ c. Mango Chunks 1 ea. Whole Wheat Tortilla</p> <p align="center"><u>PM SNACK</u></p> <p>½ c. Tropical Fruit Salad ½ c. 1% Low-Fat Milk</p> |
| <p align="center">10</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Orange ½ c. Rice Chex Cereal</p> <p align="center"><u>LUNCH</u></p> <p>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 align="center"><u>PM SNACK</u></p> <p>1 pkg. Goldfish Pretzel Crackers ½ c. 1% Low-Fat Milk</p> | <p align="center">11</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Kiwi ½ ea. Whole Wheat English Muffin/Low-Fat Cream Cheese</p> <p align="center"><u>LUNCH</u></p> <p>1½ ozs. <i>CURRY CHICKEN SALAD</i> ¼ c. Broccoli Florets/Ranch Dressing 1 sl. Fresh Cantaloupe 1 sl. Whole Wheat Bread</p>  <p align="center"><u>PM SNACK</u></p> <p>½ c. Tomato & Zucchini Salad/Italian Dressing 6 ea. Wheat Thin Crackers</p> | <p align="center">12</p> <p align="center"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ c. Kix Cereal</p> <p align="center"><u>LUNCH</u></p> <p>1½ ozs. <i>TURKEY TACOS WITH CHEESE</i> ¼ c. Shredded Lettuce & Tomatoes ¼ c. Mango Chunks 2 ea. Whole Grain Mini Corn Tortillas</p> <p align="center"><u>PM SNACK</u></p> <p>½ c. Fresh Orange 1 ea. Hard Boiled Egg</p> | <p align="center">13</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Strawberries ½ sl. Whole Wheat Cinnamon Bread</p> <p align="center"><u>LUNCH</u></p> <p>¾ c. <i>SEASONED BLACKEYE PEAS</i> ¼ c. Beet & Kale Salad/Raspberry Dressing ¼ c. Fresh Kiwi 1 sq. Whole Wheat Cornbread (homemade)</p> <p align="center"><u>PM SNACK</u></p> <p>½ c. Cucumbers & Carrot Sticks/Dill Scallion Dip 2 pkgs. Wheat Crackers</p>  | <p align="center">14</p> <p align="center"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¼ c. Cheerios</p> <p align="center"><u>LUNCH</u></p> <p><i>ROASTED TURKEY PITA SANDWICH</i> (2-slices Roasted Turkey & ½ oz. Cheese) ¼ c. Fresh Tomatoes, Cucumber & Baby Spinach/Ranch Dressing ¼ c. Fresh Apple ½ ea. Whole Wheat Pita Pocket Bread</p> <p align="center"><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>ANTS ON A LOG ¼ c. Celery Sticks 1 tbsps. Sunbutter (Raisins) ½ c. 1% Low-Fat Milk</p> |
| <p align="center">17</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Kiwi ½ c. Corn Chex Cereal</p> <p align="center"><u>LUNCH</u></p> <p>1 c. *<i>CHEESY QUINOA & VEGETABLES</i> (broccoli & shredded carrots) ¼ c. Fresh Strawberries</p>  <p align="center"><u>PM SNACK</u></p> <p>1 ea. Hummus Veggie Roll ½ c. 1% Low-Fat Milk</p> | <p align="center">18</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Orange ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese</p> <p align="center"><u>LUNCH</u></p> <p>1 ½ oz. <i>BBQ TURKEY</i> ¼ c. Spinach Salad/Raspberry Dressing ¼ c. Fresh Apple 1 sl. Whole Wheat Hamburger Bun</p> <p align="center"><u>PM SNACK</u></p> <p>½ c. Cottage Cheese Herb Dip 6 ea. Wheat Thin Crackers</p> | <p align="center">19</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Pineapple Chunks ½ ea. Whole Wheat English Muffin/Sunbutter</p> <p align="center"><u>LUNCH</u></p> <p>1 c. <i>JAMMIN JAMBALAYA</i> (diced chicken, tomatoes, okra, & brown rice) ¼ c. Rainbow Cabbage Slaw 1 sl. Fresh Cantaloupe</p>  <p align="center"><u>PM SNACK</u></p> <p>½ c. Fresh Pear ½ oz. Cheddar Cheese Slice</p> | <p align="center">20</p> <p align="center"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¼ c. Cornflake Cereal</p> <p align="center"><u>LUNCH</u></p> <p>1 ea. <i>MEXICAN PIZZA</i> (refried beans, tomato paste, salsa, & mozzarella cheese) ¼ c. Jicama Sticks ¼ c. Fresh Orange 1 ea. Whole Wheat Flour Tortilla</p> <p align="center"><u>PM SNACK</u></p> <p>½ sl. Raisin Bread 1 tbsps. Sunbutter</p> | <p align="center">21</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Apple ½ sl. Whole Wheat Toast</p> <p align="center"><u>LUNCH</u></p> <p>1½ ozs. <i>TUNA SALAD</i> ¼ c. Baby Carrots (No Dressing) ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Bread</p> <p align="center"><u>PM SNACK</u></p> <p>¼ c. Homemade Pico De Gallo 5 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Low-Fat Milk</p> |
| <p align="center">24</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Apple ½ c. Kix Cereal</p> <p align="center"><u>LUNCH</u></p> <p>1 ea. <i>BEAN & CHEESE BURRITO</i> ¼ c. Romaine & Tomatoes ¼ c. Fresh Kiwi 1 ea. Whole Wheat Tortilla</p> <p align="center"><u>PM SNACK</u></p> <p>1 pkg. Graham Crackers ½ c. 1% Low-fat Milk</p> | <p align="center">25</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Orange ½ c. Bran Cereal</p> <p align="center"><u>LUNCH</u></p> <p>1 ½ ozs. <i>SLICED TURKEY HAM</i> ¼ c. Sweet Potatoes & Apples ¼ c. Fresh Pear 1 sl. Whole Wheat Bread</p>  <p align="center"><u>PM SNACK</u></p> <p>½ c. Cottage Cheese ½ c. Pineapple Tidbits</p> | <p align="center">26</p> <p align="center"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana 1 ea. Whole Wheat Tortilla/Sunbutter</p> <p align="center"><u>LUNCH</u></p> <p>¾ c. *<i>GROUND TURKEY, TOMATO & CORN BAKE WITH WHOLE WHEAT PENNE</i> 1 sl. Honeydew Melon</p> <p align="center"><u>PM SNACK</u></p> <p>¼ c. Low-fat Plain Yogurt ½ c. Mixed Fruit</p> | <p align="center">27</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Mango Chunks ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p align="center"><u>LUNCH</u></p> <p>¾ c. *<i>BROCCOLI CAULIFLOWER & CHEESE SOUP</i> ¼ c. Fresh Strawberries ½ ea. Whole Wheat Roll</p> <p align="center"><u>PM SNACK</u></p> <p>1 pkg. Animal Crackers ½ c. 1% Low-Fat Milk</p> | <p align="center">28</p> <p align="center"><u>BREAKFAST</u></p> <p>½ c. Fresh Orange ½ sl. Whole Wheat Cinnamon Bread</p> <p align="center"><u>LUNCH</u></p> <p>½ c. <i>CHICKEN SALAD</i> ¼ c. Tomato Wedges 1 sl. Fresh Cantaloupe 1 sl. Whole wheat Bread</p>  <p align="center"><u>PM SNACK</u></p> <p>1 ea. Fresh Banana 1 tbsps. Sunbutter</p> |