



December 2018 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU



3 <u>BREAKFAST</u> ½ c. Fresh Orange ½ c. Rice Chex Cereal <u>LUNCH</u> 1 ea. BAJA BEAN WRAP ¼ c. Jicama Sticks ¼ c. Fresh Apple Slices 1 sl. W.W. Tortilla <u>PM SNACK</u> 1 pkg. Graham Crackers ½ c. 1% Low-Fat Milk	4 <u>BREAKFAST</u> ½ c. Fresh Strawberries ½ c. Cornflake Cereal <u>LUNCH</u> 1.5 ozs. SLICED TURKEY BREAST Honey Mustard Dressing ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Pear ½ ea. W.W. Bun <u>PM SNACK</u> 5 ea. Corn Tortilla Chips/Salsa ½ c. 1% Low-Fat Milk	5 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ ea. W.W. Bagel/ Cream Cheese <u>LUNCH</u> ¾ c. RANCH STYLE CHICKEN SALAD ¼ c. Tangy Coleslaw ¼ c. Mango Chunks 2 pkgs.. Wheatworth Crackers <u>PM SNACK</u> ½ c. Fresh Apple 1 tbsp. Sunbutter	6 <u>BREAKFAST</u> ½ c. Fresh Pear Slices ½ c. Bran Cereal <u>LUNCH</u> *SPINACH SALAD WITH HARD BOILED EGG 1 ea. Hard Boiled Egg ½ c. Baby Spinach/Italian Dressing ½ c. Shredded Carrots ¼ c. Fresh Tangerine ½ sl. W.W. Bread <u>PM SNACK</u> 1 ea. String Cheese 2 pkgs. Ritz crackers	7 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ c. Cheerios <u>LUNCH</u> 1.5 ozs. TURKEY HAM & SWISS CHEESE Mayo & Mustard Dressing ¼ c. Lettuce & Tomato Slice ¼ c. Fresh Kiwi 1 sl. W.W. Bread <u>PM SNACK</u> ½ c. Cucumber & Carrot Sticks Ranch Dressing 6 ea. Wheat Thin Crackers	
10 <u>BREAKFAST</u> ½ c. Fresh Apple ½ c. Bran Cereal <u>LUNCH</u> ¾ c. *VEGETABLE CHILI (kidney beans, bulgur wheat & tomatoes) ¼ c. Fresh Pear 1 ea. W.W. Tortilla <u>PM SNACK</u> 1 pkg. Goldfish Crackers ½ c. 1% Low-Fat Milk	11 <u>BREAKFAST</u> ½ c. Fresh Orange ½ c. Corn Chex Cereal <u>LUNCH</u> 1 serv. CHICKEN ENCHILADA CASSEROLE WITH WHOLE GRAIN TORTILLA CHIPS ¼ c. Jicama Sticks ¼ c. Fresh Kiwi <u>PM SNACK</u> ¼ c. Low-Fat Yogurt ½ c. Mixed Fruit	12 <u>BREAKFAST</u> ½ c. Applesauce ½ sl. W. W. Cinnamon Toast <u>LUNCH</u> ¾ c. GROUND TURKEY & SPAINSH RICE ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Tangerine <u>PM SNACK</u> 1 pkg. Animal Crackers ½ c. 1% Low-Fat Milk	13 <u>BREAKFAST</u> ½ c. Pineapple Tidbits ½ ea. W.W. Bagel/ Cream Cheese <u>LUNCH</u> 1 c. MAC & CHEESE WITH WHOLE GRAIN NOODLES ¼ c. Leafy Greens & Red Bell Strips Vinaigrette Dressing ¼ c. Fresh Pear Slices <u>PM SNACK</u> ½ c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Low-Fat Milk	14 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ c. Kix Cereal <u>LUNCH</u> ¾ c. TUNA SALAD (tuna, eggs, mayo, relish, celery, & onions) ¼ c. Baby Carrots (No Dressing) ¼ c. Fresh Apple 1 sl. W.W. Bread <u>PM SNACK – ANTS ON A LOG</u> ¼ c. Celery Sticks 1 tbsp. Sunbutter (Raisins) ½ c. 1% Low-Fat Milk	
17 <u>BREAKFAST</u> ½ c. Fresh Red Apple ½ c. Rice Chex Cereal <u>LUNCH</u> ¾ c. REFRIED BEAN BURRITO ½ oz. Shredded Cheese ¼ c. Mexicali Corn ¼ c. Fresh Tangerine 1 ea. W.W. Tortilla <u>PM SNACK</u> 2 pkgs. Ritz Crackers ½ c. 1% Low-Fat Milk	18 <u>BREAKFAST</u> ½ c. Fresh Orange ½ c. Kix Cereal <u>LUNCH</u> ½ c. BBQ CHICKEN ¼ c. Rainbow Slaw ¼ c. Fresh Pear ½ ea. W.W Hamburger Bun <u>PM SNACK</u> 1 ea. Fresh Banana/Sunbutter ½ c. 1% Low-Fat Milk	19 <u>BREAKFAST</u> ½ c. Pineapple Tidbits ½ ea. W.W.Bagel/ Cream Cheese <u>LUNCH</u> ½ c. *MARINATED BLACK BEAN SALAD (black beans, corn, salsa, chile, & lime juice) ½ oz. Shredded Cheddar Cheese ¼ c. Fresh Apple 1 ea. W.G. Corn Tortilla <u>PM SNACK</u> ½ c. Mango Chunks ½ c. 1% Low-Fat Milk	20 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. Oatmeal with Raisins <u>LUNCH</u> ¾ c. *RED POZOLE SOUP (chicken breast, tomato paste, hominy, cabbage, & cilantro) ¼ c. Fresh Kiwi 5 ea. Corn Tortilla Chips <u>PM SNACK</u> 1 ea. Mozzarella String Cheese 6 ea. Wheat Thin Crackers	21 <u>BREAKFAST</u> ½ c. Fresh Orange ½ c. Corn Chex Cereal <u>LUNCH</u> 1.5 ozs. ROASTED TURKEY Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce & Tomato Slice ¼ c. Fresh Pear 1 sl. W.W. Bread <u>PM SNACK</u> 1 pkg. GoldFish Pretzel Crackers ½ c. 1% Low-Fat Milk	
24 <u>BREAKFAST</u> ½ c. Fresh Orange ½ c. Bran Cereal <u>LUNCH</u> 1 ea. SUNBUTTER & JELLY SANDWICH 1 oz. Cheese Stick ¼ c. Baby Carrots (No Dressing) ¼ c. Fresh Apple 1 sl. W.W. Bread <u>PM SNACK</u> 1 pkg. Graham Crackers ½ c. 1% Low-Fat Milk	Merry Christmas			25 <u>BREAKFAST</u> ½ c. Fresh Tangerine 1 sl. Raisin Bread <u>LUNCH</u> 1.5 ozs. TURKEY ROLL UP Low-Fat Cream Cheese ¼ c. Broccoli Florets/Ranch Dressing ¼ c. Fresh Pear Slices 1 ea. W.W. Tortilla <u>PM SNACK</u> 1 pkgs. Animal Crackers ½ c. 1% Low-Fat Milk	
31 <u>BREAKFAST</u> ½ c. Fresh Pear ¼ c. Bran Cereal <u>LUNCH</u> 1 ea. TURKEY WRAP Low-Fat Cream Cheese ¼ c. Baby Spinach & Bell Pepper Strips ¼ c. Fresh Apple 1 ea. W.W. Tortilla <u>PM SNACK</u> ¼ c. Celery Sticks 1 tbsp. Sunbutter ½ c. 1% Low-Fat Milk	ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK *Indicates vegetable included in main dish WATER IS OFFERED THROUGHOUT THE DAY			27 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ c. Cornflake Cereal <u>LUNCH</u> 1.5 ozs. SLICED TURKEY HAM Mayo & Mustard Dressing ¼ c. Pineapple Tidbits/ Cottage Cheese ¼ c. Cucumber Slices 1 sl. W.W. Bread <u>PM SNACK</u> 2 pkgs. Wheatworth Crackers ½ c. 1% Low-Fat Milk	28 <u>BREAKFAST</u> ½ c. Fresh Apple ½ c. Rice Chex Cereal <u>LUNCH</u> 1 ea. *VEGGIE PITA POCKET (shredded cheese, hard boiled egg, toss salad mix, & cucumbers) Ranch Dressing ¼ c. Fresh Kiwi ½ ea. W.W. Pita Bread <u>PM SNACK</u> 2 pkgs. Ritz Crackers ½ c. 1% Low-Fat Milk
					