




# January 2019 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

| MONDAY                                                                                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>                                                                                                                                                                                                   | <p>1</p>  <p><b>BREAKFAST</b><br/>1/2 c. FRESH APPLE<br/>1/3 c. RICE CHEX CEREAL</p> <p><b>LUNCH</b><br/>1/2 c. *CHICKEN GUMBO (chicken, tomatoes, okra, celery, green peppers)<br/>1/4 c. FRESH TANGERINE<br/>1/4 c. BROWN RICE</p> <p><b>PM SNACK</b><br/>1 pkg. GOLDFISH CHEESE CRACKERS<br/>1/2 c. 1% LOW-FAT MILK</p> | <p>2</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH APPLE<br/>1/3 c. RICE CHEX CEREAL</p> <p><b>LUNCH</b><br/>1/2 c. *CHICKEN GUMBO (chicken, tomatoes, okra, celery, green peppers)<br/>1/4 c. FRESH TANGERINE<br/>1/4 c. BROWN RICE</p> <p><b>PM SNACK</b><br/>1 pkg. GOLDFISH CHEESE CRACKERS<br/>1/2 c. 1% LOW-FAT MILK</p>                                  | <p>3</p> <p><b>BREAKFAST</b><br/>1 ea. FRESH BANANA<br/>1/3 c. CHEERIOS</p> <p><b>LUNCH</b><br/>3/4 c. *VEGETARIAN COWBOY MACARONI (shredded mozzarella, cheddar cheese, kidney beans, tomatoes, tomato paste, corn, dried oregano, parsley, basil, onion)<br/>1/4 c. FRESH APPLE</p> <p><b>PM SNACK</b><br/>1/2 c. FRESH PEAR<br/>1/2 c. 1% LOW-FAT MILK</p>                                                                          | <p>4</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH KIWI<br/>1/2 sl. WHOLE WHEAT CINNAMON BREAD</p> <p><b>LUNCH</b><br/>1 ea. CHICKEN PITA SANDWICH<br/>1/4 c. CONFETTI SLAW/SWEET &amp; SOUR DRESSING<br/>1/4 c. MANGO CHUNKS</p> <p><b>PM SNACK</b><br/>1/2 c. FRESH ORANGE<br/>1 ea. HARD BOILED EGG</p>                                                                                                                      |
| <p>7</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH APPLE<br/>1/3 c. BRAN CEREAL</p> <p><b>LUNCH</b><br/>1/2 c. BLACK BEAN CHILI (black beans, chunky salsa)<br/>1/2 oz. SHREDDED CHEESE<br/>1/4 c. FRESH JICAMA STICKS<br/>1/4 c. FRESH KIWI<br/>5 ea. CORN TORTILLA CHIPS</p> <p><b>PM SNACK</b><br/>1 pkg. GRAHAM CRACKERS<br/>1/2 c. 1% LOW-FAT MILK</p>                    | <p>8</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH TANGERINE<br/>1/3 c. CORN CHEX CEREAL</p> <p><b>LUNCH</b><br/>2/3 c. *GROUND TURKEY &amp; SPANISH RICE (ground turkey, tomatoes, green pepper, onion)<br/>1/4 c. FRESH PEAR</p> <p><b>PM SNACK</b><br/>1/2 c. FRESH APPLE<br/>1/2 oz. CHEDDAR CHEESE SLICE</p>                                                                                                | <p>9</p> <p><b>BREAKFAST</b><br/>1/2 c. PINEAPPLE TIDBITS<br/>1/2 ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><b>LUNCH</b><br/>3/4 c. *DAFA DUKA (chicken, pinto beans, cabbage, tomatoes, curry)<br/>1/4 c. FRESH ORANGE<br/>1/4 c. BROWN RICE</p> <p><b>PM SNACK</b><br/>1/2 c. FRESH KIWI<br/>1/2 c. 1% LOW-FAT MILK</p>                                  | <p>10</p> <p><b>BREAKFAST</b><br/>1 ea. FRESH BANANA<br/>1/4 c. CINNAMON OATMEAL &amp; RAISINS</p> <p><b>LUNCH</b><br/>1 1/4 c. *MACARONI &amp; CHEESE WITH BROCCOLI<br/>1/4 c. FRESH APPLE</p> <p><b>PM SNACK</b><br/>1/2 c. CUCUMBER &amp; CARROT STICKS<br/>DILL SCALLION DIP<br/>1/2 c. 1% LOW-FAT MILK</p>                                                                                                                        | <p>11</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH PEAR<br/>1/2 ea. WHOLE WHEAT ENGLISH MUFFIN WITH SUNBUTTER</p> <p><b>LUNCH</b><br/>1/2 c. TUNA SALAD (tuna, eggs, mayo, relish, celery, onions)<br/>1/4 c. TANGY COLESLAW<br/>1/4 c. FRESH TANGERINE<br/>1 sl. WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b><br/>1/3 c. LETS GO FISHING TRAIL MIX (crispix, pretzels, fish &amp; cheese crackers)<br/>1/2 c. 1% LOW-FAT MILK</p> |
| <p>14</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH ORANGE<br/>1/3 c. BRAN CEREAL</p> <p><b>LUNCH</b><br/>1/2 c. *ARROZ CON QUESO (yogurt, cheese, pinto beans, rice, tomatoes)<br/>1/4 c. FRESH GREEN APPLE SLICES</p> <p><b>PM SNACK</b><br/>1 pkg. GRAHAM CRACKERS<br/>1/2 c. 1% LOW-FAT MILK</p>                                                                           | <p>15</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH KIWI<br/>1/3 c. CORN CHEX CEREAL</p> <p><b>LUNCH</b><br/>3/4 c. *HARVEST STEW (chicken, sweet potatoes, red potatoes, carrots, great northern beans, spinach)<br/>1/4 c. FRESH ORANGE<br/>2 pkgs. WHEATWORTH CRACKERS</p> <p><b>PM SNACK - ANTS ON A LOG</b><br/>1/4 c. Celery Sticks<br/>2 tbsps. Sunbutter (raisins)<br/>1/2 c. 1% LOW-FAT MILK</p>        | <p>16</p> <p><b>BREAKFAST</b><br/>1 ea. FRESH BANANA<br/>1/3 c. KIX CEREAL</p> <p><b>LUNCH</b><br/>1 c. *TACO SOUP (ground turkey, tomatoes, salsa, kidney beans, corn)<br/>1/4 c. FRESH APPLE<br/>1 ea. WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b><br/>1/2 c. CARROT STICKS &amp; CUCUMBER SLICES<br/>RANCH DRESSING<br/>2 pkgs. WHEATWORTH CRACKERS</p> | <p>17</p> <p><b>BREAKFAST</b><br/>1/2 c. MANGO CHUNKS<br/>1/2 sl. WHOLE WHEAT CINNAMON BREAD</p> <p><b>LUNCH</b><br/>3/8 c. HOPPIN' JOHN BLACKEYE PEAS<br/>1/4 c. SPRING SALAD WITH ITALIAN DRESSING<br/>1/4 c. FRESH PEAR<br/>1/4 c. BROWN RICE</p> <p><b>PM SNACK</b><br/>1 pkg. WHOLE GRAIN BUG BITE CRACKERS<br/>1/2 c. 1% LOW-FAT MILK</p>                                                                                        | <p>18</p> <p><b>BREAKFAST</b><br/>1 ea. FRESH BANANA<br/>1/3 c. CHEERIOS</p> <p><b>LUNCH</b><br/>1 oz. TURKEY HAM &amp; 1/2 oz. SWISS CHEESE MAYO &amp; MUSTARD DRESSING<br/>1/4 c. CUCUMBER SLICES WITH RANCH DRESSING<br/>1/4 c. FRESH ORANGE<br/>1 sl. WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b><br/>1/2 c. FRESH APPLE<br/>1 tbsp. SUNBUTTER</p>                                                                        |
| <p>21</p>                                                                                                                                                                                                                                                                              | <p>22</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH KIWI<br/>1/3 c. RICE CHEX CEREAL</p> <p><b>LUNCH</b><br/>2 tbsps. SUNBUTTER JELLY<br/>1 ea. MOZZARELLA STRING CHEESE<br/>1/4 c. CARROT STICKS<br/>1/4 c. FRESH PEAR<br/>1 ea. WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b><br/>1 pkg. ANIMAL CRACKERS<br/>1/2 c. 1% LOW-FAT MILK</p>                                                                             | <p>23</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH TANGERINE<br/>1/3 c. BRAN CEREAL</p> <p><b>LUNCH</b><br/>1 ea. *CHICKEN BURRITO (chicken, tomato paste, onion)<br/>1/2 oz. SHREDDED CHEESE<br/>1/4 c. FRESH APPLE<br/>1 ea. WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b><br/>1 pkg. GOLDFISH PRETZEL CRACKERS<br/>1/2 c. 1% LOW-FAT MILK</p>                 | <p>24</p> <p><b>BREAKFAST</b><br/>1/2 c. MANGO CHUNKS<br/>1/2 ea. WHOLE WHEAT ENGLISH MUFFIN WITH SUNBUTTER</p> <p><b>LUNCH</b><br/>3/4 c. *VEGETABLE CHILI (kidney beans, tomatoes, kidney beans, bulgur wheat, yogurt, cheese)<br/>1/4 c. FRESH PEAR<br/>2 pkgs. WHEATWORTH CRACKERS</p> <p><b>PM SNACK</b><br/>1/3 c. FRIENDS TRAIL MIX(kix, cheerios, corn chex, raisins, pretzels, dried apricots)<br/>1/2 c. 1% LOW-FAT MILK</p> | <p>25</p> <p><b>BREAKFAST</b><br/>1 ea. FRESH BANANA<br/>1/3 c. CORNFLAKE CEREAL</p> <p><b>LUNCH</b><br/>1 c. *SESAME ASIAN NOODLE CHICKEN SALAD (chicken, soy sauce, cabbage, carrots, red onions)<br/>1/4 c. FRESH TANGERINE</p> <p><b>PM SNACK</b><br/>1/2 c. DICED PEACHES<br/>1/4 c. LOW-FAT PLAIN YOGURT/GRANOLA</p>                                                                                                 |
| <p>28</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH ORANGE<br/>1/3 c. RICE CHEX CEREAL</p> <p><b>LUNCH</b><br/>1 serv. VEGETARIAN ENCHILADA CASSEROLE (cheese, black beans, corn, corn tortilla chips)<br/>1/4 c. TOSSED GREEN SALAD WITH ITALIAN DRESSING<br/>1/4 c. FRESH APPLE</p> <p><b>PM SNACK</b><br/>1 pkg. SCOOPY DOO CINNAMON GRAHAMS<br/>1/2 c. 1% LOW-FAT MILK</p> | <p>29</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH KIWI<br/>1/3 c. BRAN CEREAL</p> <p><b>LUNCH</b><br/>1/3 c. FILIPINO ADOBO OVER BROWN RICE (diced chicken, soy sauce, vinegar)<br/>1/4 c. BROCCOLI FLORETS WITH RANCH DRESSING<br/>1/4 c. FRESH TANGERINE</p> <p><b>PM SNACK</b><br/>1/2 c. PINEAPPLE TIDBITS<br/>1/8 c. COTTAGE CHEESE</p>                                                                   | <p>30</p> <p><b>BREAKFAST</b><br/>1 ea. FRESH BANANA<br/>1 sl. RAISIN BREAD</p> <p><b>LUNCH</b><br/>3/4 c. RED POZOLE SOUP<br/>1/4 c. FRESH CABBAGE &amp; CILANTRO<br/>1/4 c. FRESH PEAR<br/>6 ea. CORN TORTILLA CHIPS</p> <p><b>PM SNACK</b><br/>1/2 c. CELERY &amp; CARROT STICKS<br/>1/8 c. REFRIED BEAN DIP</p>                                        | <p>31</p> <p><b>BREAKFAST</b><br/>1/2 c. FRESH APPLE<br/>1/3 c. CORN CHEX CEREAL</p> <p><b>LUNCH</b><br/>1 ea. BAJA BEAN WRAP<br/>1/4 c. FRESH JICAMA STICKS<br/>1/4 c. FRESH KIWI<br/>1 ea. WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b><br/>1 ea. HARD BOILED EGG<br/>1/2 c. FRESH ORANGE</p>                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                       |