


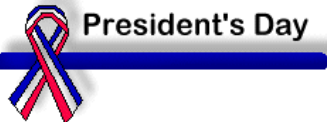


# February 2019 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p><b>4</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH APPLE 1/2 c. KIX CEREAL</p> <p><b>LUNCH</b> 3/8 c. <i>Cuban Black Bean</i> 1/4 c. BABY CARROTS (No Dressing) 1/4 c. FRESH KIWI 5 ea. WHOLE CORN TORTILLA CHIPS</p> <p><b>PM SNACK</b> 1 pkg. GOLDFISH CRACKERS 1/2 c. 1% LOW-FAT MILK</p>	<p><b>5</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH TANGERINE 1/2 c. CORN CHEX CEREAL</p> <p><b>LUNCH</b> 3/4 c. *<i>Ground Turkey &amp; Spanish Rice</i> (ground turkey, tomatoes, green pepper, onion) 1/4 c. FRESH PEAR</p> <p><b>PM SNACK</b> 1/2 c. FRESH APPLE 1 ea. CHEDDAR CHEESE STICK</p>	<p><b>6</b></p> <p><b>BREAKFAST</b> 1/2 c. MANGO CHUNKS 1/2 ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><b>LUNCH</b> 3/4 c. *<i>Beef Vegetable Stew</i> (beef cubes, sliced carrots, green peas, potatoes) 1/4 c. FRESH ORANGE 1/2 ea. WHOLE WHEAT ROLL</p> <p><b>PM SNACK</b> 2 pkgs. RITZ CRACKERS 1 tbsp. SUNBUTTER</p>	<p><b>7</b></p> <p><b>BREAKFAST</b> 1 ea. FRESH BANANA 1/4 c. CINNAMON OATMEAL &amp; RAISINS</p> <p><b>LUNCH</b> 3/8 c. <i>Pinto Beans</i> 1/4 c. RAINBOW COLESLAW 1/4 c. FRESH APPLE 1 sq. HOMEMADE MEXICALI CORNBREAD</p> <p><b>PM SNACK</b> 1/2 c. SALSA(PICO DE GALLO) 5 ea. WHOLE CORN TORTILLA CHIPS</p>	<p><b>1</b></p> <p><b>BREAKFAST</b> 1/2 c. UNSWEETENED APPLESAUCE 1/2 sl. WHOLE WHEAT CINNAMON BREAD</p> <p><b>LUNCH</b> 1 oz. <i>Roast Turkey</i> &amp; 1/2 oz. <i>Swiss Cheese</i> MAYO &amp; MUSTARD DRESSING 1/4 c. GREEN LEAF LETTUCE &amp; TOMATO SLICE 1/4 c. MANGO CHUNKS 1 sl. WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> 1 pkg. GRAHAM CRACKERS 1/2 c. 1% LOW-FAT MILK</p>
<p><b>11</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH PEAR 1/2 c. BRAN CEREAL</p> <p><b>LUNCH</b> *<i>Veggie Wrap</i> 1/4 c. LEAFY GREENS &amp; SHREDDED CARROTS 1/2 oz. SHREDDED CHEESE 1 ea. HARD BOILED EGG 1/4 c. FRESH TANGERINE 1 ea. WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK</b> 2 pkgs. WHEATWORTH CRACKERS/HUMMUS 1/2 c. 1% LOW-FAT MILK</p>	<p><b>12</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH ORANGE 1/2 c. RICE CHEX CEREAL</p> <p><b>LUNCH</b> 2.5 ozs. <i>Sloppy Joe</i> 1/4 c. MEXICALI CORN 1/4 c. FRESH APPLE SLICES 1/2 ea. WHOLE WHEAT HAMBURGER BUN</p> <p><b>PM SNACK</b> 1 pkg. ANIMAL CRACKERS 1/2 c. 1% LOW-FAT MILK</p>	<p><b>13</b></p> <p><b>BREAKFAST</b> 1 ea. FRESH BANANA 1/2 c. KIX CEREAL</p> <p><b>LUNCH</b> 1/2 c. <i>Red Pozole Soup</i> (diced chicken, tomato paste, hominy) 1/4 c. SHREDDED CABBAGE &amp; CILANTRO 1/4 c. MANGO CHUNKS 5 ea. WHOLE CORN TORTILLA CHIPS</p> <p><b>PM SNACK</b> 1/2 c. CUCUMBER &amp; CARROT STICKS RANCH DRESSING 1/2 c. 1% LOW-FAT MILK</p>	<p><b>14</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH ORANGE 1/2 sl. WHOLE WHEAT CINNAMON BREAD</p> <p><b>LUNCH</b> 3/8 c. <i>Hoppin' John Blackeye Peas</i> 1/4 c. COLLARD GREENS 1/4 c. FRESH PEAR 1 sq. HOMEMADE CORNBREAD SQUARE</p> <p><b>PM SNACK</b> 1/2 c. PINEAPPLE TIDBITS 1/8 c. COTTAGE CHEESE</p>	<p><b>15</b></p> <p><b>BREAKFAST</b> 1 ea. FRESH BANANA 1/2 c. CHEERIOS</p> <p><b>LUNCH</b> 1/2 c. *<i>Chinese Chicken Salad</i> (diced chicken, napa cabbage, red cabbage, carrots, scallions, chow mein noodles) 1/4 c. FRESH TANGERINE 1/2 ea. WHOLE WHEAT ROLL</p> <p><b>PM SNACK</b> 1/2 c. FRESH APPLE 1 tbsp. SUNBUTTER</p>
<p><b>18</b></p> 	<p><b>19</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH ORANGE 1/2 c. CORN CHEX CEREAL</p> <p><b>LUNCH</b> 3/4 c. *<i>Vegetable Chili</i> (kidney beans, tomatoes, bulgur wheat, yogurt, &amp; cheddar cheese) 1/4 c. FRESH KIWI 2 pkgs. WHEATWORTH CRACKERS</p> <p><b>PM SNACK</b> 1/2 c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) 1/2 c. 1% LOW-FAT MILK</p>	<p><b>20</b></p> <p><b>BREAKFAST</b> 1 ea. FRESH BANANA 1/2 c. CORNFLAKES</p> <p><b>LUNCH</b> 1/2 c. *<i>Turkey Spaghetti Casserole</i> (ground turkey, tomato paste, onions with whole wheat spaghetti) 1/4 c. FRESH APPLE</p> <p><b>PM SNACK</b> 1/2 c. BROCCOLI &amp; CAULIFLOWER/RANCH DIP 6 ea. WHEAT THIN CRACKERS</p>	<p><b>21</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH KIWI 1/2 ea. ENGLISH MUFFIN/SUNBUTTER</p> <p><b>LUNCH</b> 1 ea. *<i>Mexican Pizza</i> (refried beans, tomato paste, chunky salsa) 1/2 oz. SHREDDED MOZZARELLA CHEESE 1/4 c. MANGO CHUNKS 1 ea. WHOLE WHEAT TORTILLA</p> <p><b>PM SNACK - ANTS ON A LOG</b> 2 tbsps. SUNBUTTER 1/4 c. CELERY STICKS 1 tbsp. RAISINS 1/2 c. 1% LOW-FAT MILK</p>	<p><b>22</b></p> <p><b>BREAKFAST</b> 1 ea. FRESH BANANA 1/2 c. RICE CHEX CEREAL</p> <p><b>LUNCH</b> 1 oz. <i>Turkey Ham</i> &amp; 1/2 oz. <i>Swiss Cheese</i> MAYO &amp; MUSTARD DRESSING 1/4 c. GREEN LEAF LETTUCE &amp; TOMATO SLICE 1/4 c. FRESH TANGERINE 1 sl. WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> 1/4 c. LOW-FAT PLAIN YOGURT 1/2 c. MIXED FRUIT</p>
<p><b>25</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH ORANGE 1/2 c. RICE CHEX CEREAL</p> <p><b>LUNCH</b> 1/2 c. <i>Vegetarian Beans</i> 1/2 ea. TOASTED CHEESE SANDWICH 1/4 c. SPRING SALAD MIX/ITALIAN DRESSING 1/4 c. FRESH APPLE</p> <p><b>PM SNACK</b> 2 pkgs. RITZ CRACKERS 1/2 c. 1% LOW-FAT MILK</p>	<p><b>26</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH KIWI 1/2 c. BRAN CEREAL</p> <p><b>LUNCH</b> 1/2 c. <i>Filipino Adobo</i> (beef stew meat, soy sauce, vinegar) 1/4 c. BROCCOLI FLORETS/RANCH DRESSING 1/4 c. FRESH TANGERINE 1/4 c. BROWN RICE</p> <p><b>PM SNACK</b> 1 ea. FRESH BANANA 1 tbsp. SUNBUTTER</p>	<p><b>27</b></p> <p><b>BREAKFAST</b> 1/2 c. FRESH APPLE 1/2 ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><b>LUNCH</b> 1 serv. <i>Chicken Chilaquiles With Whole Grain Corn Tortilla Chips</i> 1/4 c. GREEN SALAD/ITALIAN DRESSING 1/4 c. FRESH PEAR</p> <p><b>PM SNACK</b> 1/2 c. TROPICAL FRUIT SALAD 1 pkg. GRAHAM CRACKERS</p>	<p><b>28</b></p> <p><b>BREAKFAST</b> 1 ea. FRESH BANANA 1/2 c. CORN CHEX CEREAL</p> <p><b>LUNCH</b> 1/2 c. <i>Egg Salad</i> 1/4 c. CARROT STICKS (No Dressing) 1/4 c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD</p> <p><b>PM SNACK</b> 1/2 c. JICAMA &amp; CUCUMBER STICKS VEGETABLE DRESSING 6 ea. WHEAT THIN CRACKERS</p>	<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>

