

March 2019

- COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK *Indicates vegetable included in main dish WATER IS OFFERED THROUGHOUT THE DAY			BREAKFAST 1 ½ c. UNSWEETENED APPLESAUCE ½ sl. WHOLE WHEAT CINNAMON BREAD LUNCH 1 oz. SLICED ROASTED TURKEY ½ oz. SLICED SWISS CHEESE MAYO & MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE & TOMATO SLICE ¼ c. MANGO CHUNKS 1 sl. WHOLE WHEAT BREAD PM SNACK 1 ea. HARD BOILED EGG ½ c. FRESH ORANGE
4 BREAKFAST ½ c. FRESH APPLE ½ c. KIX CEREAL LUNCH ¾ c. CUBAN BLACK BEAN ¼ c. BABY CARROTS (no dressing) ¼ c. FRESH KIWI 6 ea. WHOLE CORN TORTILLA CHIPS PM SNACK 1 pkg. GOLDFISH CRACKERS ½ c. 1% LOW-FAT MILK	5 BREAKFAST ½ c. FRESH TANGERINE ½ c. CORN CHEX CEREAL LUNCH ¾ c. *GROUND TURKEY & SPANISH RICE (ground turkey, tomatoes, green pepper, onion) ¼ c. FRESH PEAR PM SNACK ½ c. FRESH APPLE 1 ea. CHEDDAR CHEESE STICK	6 BREAKFAST ½ c. MANGO CHUNKS ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE LUNCH ½ c. *ARROZ CON POLLO (diced chicken, green bell pepper, tomatoes, onions & brown rice) ¼ c. FRESH ORANGE PM SNACK 2 pkgs. RITZ CRACKERS 1 tbsp. SUNBUTTER	7 BREAKFAST 1 ea. FRESH BANANA ¼ c. CINNAMON OATMEAL & RAISINS LUNCH ½ c. CHILI SAN CARNE ¼ c. RAINBOW COLESLAW ¼ c. FRESH APPLE 1 sq. HOMEMADE MEXICALI CORNBREAD PM SNACK ½ c. FRESH BROCCOLI/RANCH DRESSING 2 pkgs. WHEATWORTH CRACKERS	8 BREAKFAST ½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL LUNCH ¾ c. TUNA SALAD (tuna, eggs, mayo, relish, celery, onions) ¼ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD PM SNACK ½ c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) ½ c. 1% LOW-FAT MILK
11 BREAKFAST ½ c. FRESH PEAR ½ c. BRAN CEREAL LUNCH ¾ c. RED BEAN & RICE (brown rice, red beans, green bell paper) ¼ c. FRESH TANGERINE PM SNACK 2 pkgs. WHEATWORTH CRACKERS/HUMMUS ½ c. 1% LOW-FAT MILK	12 BREAKFAST ½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL LUNCH ½ c. SLOPPY JOE ¼ c. BROCCOLI SLAW ¼ c. FRESH APPLE SLICES ½ ea. WHOLE WHEAT HAMBURGER BUN PM SNACK 1 pkg. ANIMAL CRACKERS ½ c. 1% LOW-FAT MILK	13 BREAKFAST 1 ea. FRESH BANANA ½ c. KIX CEREAL LUNCH ½ c. RED POZOLE SOUP (diced chicken, tomato paste, hominy) ¼ c. SHREDDED CABBAGE & CILANTRO ¼ c. MANGO CHUNKS 6 ea. WHOLE CORN TORTILLA CHIPS PM SNACK ½ c. FRESH STRAWBERRIES ½ c. CUCUMBER & CARROT STICKS/RANCH DRESSING	14 BREAKFAST ½ c. FRESH ORANGE ½ sl. WHOLE WHEAT CINNAMON BREAD LUNCH ¾ c. MAC & CHEESE WITH BROCCOLI ¼ c. COLESLAW ¼ c. FRESH PEAR PM SNACK ½ c. PINEAPPLE TIDBITS ½ c. COTTAGE CHEESE	15 BREAKFAST 1 ea. FRESH BANANA ½ c. CHEERIOS LUNCH ½ c. CHICKEN SALAD ¼ c. SPINACH LEAVES ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT PITA BREAD PM SNACK ½ c. FRESH APPLE 1 tbsp. SUNBUTTER
18 BREAKFAST ½ c. FRESH ORANGE ½ c. CORN CHEX CEREAL LUNCH ¾ c. *VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) ¼ c. FRESH KIWI 2 pkgs. WHEATWORTH CRACKERS PM SNACK ½ c. CARROT-PINEAPPLE RAISIN SALAD ½ c. 1% LOW-FAT MILK	19 BREAKFAST ½ c. FRESH APPLE SLICES ½ c. BRAN CEREAL LUNCH ½ c. CURRY CHICKEN SALAD ¼ c. MARINATED CUCUMBER & TOMATOES ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT PITA BREAD PM SNACK ½ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% LOW-FAT MILK	20 BREAKFAST 1 ea. FRESH BANANA ½ c. CORNFLAKES LUNCH ½ c. *TURKEY SPAGHETTI CASSEROLE (ground turkey, tomato paste, onions with whole wheat spaghetti) ¼ c. FRESH PEAR PM SNACK ½ c. FRESH BROCCOLI & CAULIFLOWER/RANCH DIP 6 ea. WHEAT THIN CRACKERS	21 BREAKFAST ½ c. FRESH KIWI ½ ea. ENGLISH MUFFIN/MIXED FRUIT JELLY LUNCH 1 ea. *MEXICAN PIZZA (refried beans, tomato paste, chunky salsa) ½ oz. SHREDDED MOZZARELLA CHEESE ¼ c. FRESH APPLE 1 ea. WHOLE WHEAT TORTILLA PM SNACK - ANTS ON A LOG 2 tbsps. SUNBUTTER ¼ c. CELERY STICKS 1 tbsp. RAISINS ½ c. 1% LOW-FAT MILK	22 BREAKFAST 1 ea. FRESH BANANA ½ c. RICE CHEX CEREAL LUNCH 1 oz. TURKEY HAM ½ oz. SWISS CHEESE MAYO & MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE & TOMATO SLICE ¼ c. FRESH TANGERINE 1 sl. WHOLE WHEAT BREAD PM SNACK ½ c. COTTAGE CHEESE ½ c. MANGO CHUNKS
25 BREAKFAST ½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL LUNCH ¼ c. VEGETARIAN BEANS ½ ea. TOASTED CHEESE SANDWICH ¼ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH APPLE PM SNACK 1 pkg. HONEY GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK	26 BREAKFAST ½ c. FRESH KIWI ½ c. BRAN CEREAL LUNCH ¼ c. CHICKEN ADOBO (diced chicken, soy sauce, vinegar) ¼ c. FRESH BROCCOLI FLORETS/RANCH DRESSING ¼ c. FRESH TANGERINE ¼ c. BROWN RICE PM SNACK 1 ea. FRESH BANANA 1 tbsp. SUNBUTTER	27 BREAKFAST ½ c. FRESH APPLE ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE LUNCH CHICKEN FLATBREAD PIZZA 1 ½ ozs. CHICKEN ¼ c. SPINACH ¼ c. FRESH PEAR 1 ea. WHOLE WHEAT TORTILLA PM SNACK ½ c. FRUIT SALSA (mandarin oranges, pineapple chunks, onions, & green bell peppers) 6 ea. WHOLE CORN TORTILLA CHIPS	28 BREAKFAST ½ c. FRESH KIWI ½ c. CORN CHEX CEREAL LUNCH ¾ c. *LIMA BEANS & CARROTS ¼ c. FRESH STRAWBERRIES 1 sq. HOMEMADE CORNBREAD PM SNACK ½ c. JICAMA & CUCUMBER STICKS VEGETABLE DRESSING 6 ea. WHEAT THIN CRACKERS	29 BREAKFAST 1 ea. FRESH BANANA ½ c. CHEERIOS LUNCH ¾ c. *GREEK CHICKEN SALAD (cucumbers, tomatoes & olives) WITH FETA CHEESE DRESSING ¼ c. FRESH APPLE ½ ea. WHOLE WHEAT PITA BREAD PM SNACK 1 sl. RAISIN BREAD 1 tbsp. SUNBUTTER