



# April 2019 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| <p><b>1</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH APPLE<br/>½ c. KIX CEREAL</p> <p><u>LUNCH</u></p> <p>1 ¼ c. <i>Rice Vegetable Casserole</i><br/>(brown rice, shredded cheese, kale, onion, mushroom)</p> <p>¼ c. FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>1 pkg. GOLDFISH CRACKERS<br/>½ c. 1% LOW-FAT MILK</p>                                 | <p><b>2</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH TANGERINE<br/>½ c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. * <i>Ground Turkey &amp; Spanish Rice</i><br/>(ground turkey, tomatoes, green pepper, onion, &amp; brown rice)</p> <p>¼ c. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>¼ c. LOW-FAT YOGURT<br/>½ c. PINEAPPLE TIBBITS</p>   | <p><b>3</b></p> <p><u>BREAKFAST</u></p> <p>½ c. MANGO CHUNKS<br/>½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>¾ c. * <i>Beef Vegetable Stew</i><br/>(beef cubes, sliced carrots, green peas, potatoes)</p> <p>¼ c. FRESH ORANGE<br/>½ ea. WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u></p> <p>6 ea. WHOLE CORN TORTILLA CHIPS/SALSA<br/>½ c. 1% LOW-FAT MILK</p>                            | <p><b>4</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA<br/>¼ c. COOKED CINNAMON OATMEAL &amp; RAISINS</p> <p><u>LUNCH</u></p> <p>¾ c. <i>Bean Burrito</i><br/>¼ c. SHREDDED LETTUCE &amp; DICED TOMATOES<br/>1 oz. SHREDDED CHEESE<br/>1 ea. WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>1 tbsp. SUNBUTTER<br/>2 pkgs. RITZ CRACKERS</p>  | <p><b>5</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH ORANGE<br/>½ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>1½ oz. <i>Baked Chicken</i><br/>¼ c. COLESLAW<br/>¼ c. FRESH STRAWBERRIES<br/>½ ea. WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u></p> <p>¼ c. LETS GO FISHING TRAIL MIX<br/>(corn chex, pretzels, fish &amp; cheese crackers)<br/>½ c. 1% LOW-FAT MILK</p>  |
| <p><b>8</b></p> <p><u>Week</u></p> <p><u>SUPERSTAR BREAKFAST</u></p> <p>½ c. FRESH APPLE<br/>¼ c. COUSCOUS WITH CINNAMON</p> <p><u>LUNCH</u></p> <p>1 c. <i>Mac &amp; Cheese</i><br/>¼ c. BROCCOLI FLORETS<br/>¼ c. FRESH PEAR</p> <p><u>PM SNACK - Make Your Own Trail Mix</u></p> <p>½ c. CEREAL<br/>½ c. 1% LOW-FAT MILK</p>                       | <p><b>9</b></p> <p><u>Of</u></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA<br/>½ c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p><b>TACO TUESDAY</b></p> <p>1 oz. <i>Ground Turkey</i> ½ oz. <i>Cheese</i><br/>¼ c. LETTUCE &amp; TOMATOES<br/>¼ c. FRESH KIWI<br/>2 ea. WHOLE CORN MINI TORTILLAS</p> <p><u>PM SNACK - Make A Bug</u></p> <p>1 ea. STRING CHEESE<br/>½ c. FRUIT</p>   | <p><b>10</b></p> <p><u>The</u></p> <p><u>BREAKFAST - STRAWBERRY JUMPIN' FRENCH TOAST</u></p> <p>½ c. FRESH STRAWBERRIES<br/>1 serv. FRENCH TOAST</p> <p><u>LUNCH</u></p> <p>½ c. * <i>Chicken Fajita</i><br/>(diced chicken, bell pepper, onion)</p> <p>¼ c. FRESH APPLE<br/>¼ c. BROWN RICE</p> <p><u>PM SNACK - Make An Animal</u></p> <p>1 tbsp. SUNBUTTER<br/>½ c. FRUIT</p>                          | <p><b>11</b></p> <p><u>Young</u></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH ORANGE<br/>½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>1 ea. * <i>Mexican Pizza</i><br/>(refried beans, tomato paste, chunky salsa)<br/>½ oz. SHREDDED MOZZARELLA CHEESE<br/>¼ c. FRESH PEAR<br/>1 ea. WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK - Make A Flower</u></p> <p>2 pkgs. RITZ CRACKERS<br/>½ c. FRUIT</p> | <p><b>12</b></p> <p><u>Child</u></p> <p><u>BANANA - RAMA BREAKFAST</u></p> <p>1 ea. FRESH BANANA<br/>½ ea. ENGLISH MUFFIN</p> <p><u>LUNCH</u></p> <p>¾ c. * <i>Ground Turkey &amp; Beef Stroganoff</i><br/>(ground beef, ground turkey, carrots, bell pepper, &amp; whole wheat pasta)</p> <p>¼ c. FRESH STRAWBERRIES<br/>¼ c. WHOLE WHEAT PASTA</p> <p><u>PM SNACK - Make A Face</u></p> <p>1 sl. WHOLE WHEAT BREAD<br/>½ c. FRUIT</p> |
| <p><b>15</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH PEAR<br/>½ c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. * <i>Chili Sans Carne</i> (beans)<br/>1 oz. SHREDDED CHEESE<br/>¼ c. FRESH TANGERINE<br/>2 pkgs. WHEATWORTH CRACKERS</p> <p><u>PM SNACK</u></p> <p>½ c. FRESH APPLE<br/>1 ea. CHEDDAR CHEESE STICK</p>                               | <p><b>16</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH ORANGE<br/>½ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <i>Sloppy Joe Mix</i> (ground turkey)<br/>¼ c. BROCCOLI SLAW<br/>¼ c. FRESH APPLE SLICES<br/>½ ea. WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>1 pkg. ANIMAL CRACKERS<br/>½ c. 1% LOW-FAT MILK</p>   | <p><b>17</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA<br/>½ c. KIX CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <i>Red Pozole Soup</i><br/>(diced chicken, tomato paste, hominy)</p> <p>¼ c. SHREDDED CABBAGE &amp; CILANTRO<br/>¼ c. MANGO CHUNKS<br/>6 ea. WHOLE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u></p> <p>1 ea. SOFT PRETZEL STICK<br/>½ c. CUCUMBER &amp; CARROT STICKS/RANCH DRESSING</p> | <p><b>18</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH ORANGE<br/>½ sl. WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p>¾ c. <i>Gumbo &amp; Rice</i><br/>¼ c. COLESLAW<br/>¼ c. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>½ c. PINEAPPLE TIDBITS<br/>¼ c. COTTAGE CHEESE</p>   | <p><b>19</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA<br/>½ c. CHEERIOS</p> <p><u>LUNCH</u></p> <p>½ c. <i>Chicken Salad</i><br/>¼ c. MIXED GREENS/ITALIAN DRESSING<br/>¼ c. FRESH STRAWBERRIES<br/>½ ea. WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>½ c. FRESH APPLE<br/>1 tbsp. SUNBUTTER</p>  |
| <p><b>22</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH ORANGE<br/>½ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <i>Chickpeas &amp; Tomatoes</i><br/>¼ c. FRESH APPLE<br/>½ ea. WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u></p> <p>1 tbsp. SUNBUTTER<br/>2 pkgs. RITZ CRACKERS</p>   | <p><b>23</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH KIWI<br/>½ c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <i>Filipino Adobo</i><br/>(beef stew meat, soy sauce, vinegar)</p> <p>¼ c. FRESH BROCCOLI FLORETS/RANCH DRESSING<br/>¼ c. FRESH TANGERINE<br/>¼ c. BROWN RICE</p> <p><u>PM SNACK</u></p> <p>½ c. FRUIT SALSA<br/>(mandarin oranges, pineapple chunks, onions, &amp; green bell peppers)<br/>6 ea. WHOLE CORN TORTILLA CHIPS</p> | <p><b>24</b></p> <p><u>BREAKFAST</u></p> <p>½ c. PINEAPPLE TIDBITS<br/>½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>1 serv. <i>Chicken Chilaquiles with</i><br/>WHOLE GRAIN CORN TORTILLA CHIPS<br/>¼ c. GREEN SALAD/ITALIAN DRESSING<br/>¼ c. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH BANANA<br/>1 tbsp. SUNBUTTER</p>   | <p><b>25</b></p> <p><u>BREAKFAST</u></p> <p>½ c. MANGO CHUNKS<br/>½ c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. * <i>Arroz Con Queso</i><br/>(pinto beans, brown rice, shredded cheese, tomatoes, green chiles, onions)<br/>¼ c. FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p>½ c. CELERY STICKS/RANCH DRESSING<br/>6 ea. WHEAT THIN CRACKERS</p>   | <p><b>26</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA<br/>½ c. CHEERIOS</p> <p><u>LUNCH</u></p> <p>¾ c. * <i>Greek Chicken Salad</i><br/>(diced chicken, cucumbers, tomatoes &amp; olives) WITH FETA CHEESE DRESSING<br/>¼ c. FRESH APPLE<br/>½ ea. WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>1 pkg. ANIMAL CRACKERS<br/>½ c. 1% LOW-FAT MILK</p>   |
| <p><b>29</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH APPLE<br/>½ c. CORNFLAKES</p> <p><u>LUNCH</u></p> <p>¾ c. <i>Baja Bean Taco</i><br/>(kidney beans, pinto beans &amp; salsa)<br/>1 oz. SHREDDED CHEESE<br/>¼ c. FRESH KIWI<br/>1 ea. WHOLE CORN TORTILLA</p> <p><u>PM SNACK</u></p> <p>½ c. DICED PEACHES<br/>1 ea. MOZZARELLA CHEESE STICK</p> | <p><b>30</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH STRAWBERRIES<br/>1 ea. HARD BOILED EGG</p> <p><u>LUNCH</u></p> <p>¾ c. * <i>Chicken Ala King</i><br/>¼ c. FRESH TANGERINE<br/>¼ c. BROWN RICE</p> <p><u>PM SNACK</u></p> <p>1 pkg. ANIMAL CRACKERS<br/>½ c. 1% LOW-FAT MILK</p>   | <p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% LOW-FAT MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>  |   | <p><b>Week Of The Young Child</b><br/>April 8<sup>th</sup> - 12<sup>th</sup></p>   |
|   |  |   |   |    |