



May 2019 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK</p> <p>*Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p> |  | <p>1</p> <p>BREAKFAST</p> <p>½ c. MANGO CHUNKS ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p>LUNCH</p> <p>¾ c. * <i>Beef Vegetable Stew</i> (beef cubes, sliced carrots, green peas, potatoes) ¼ c. FRESH ORANGE ½ ea. WHOLE WHEAT ROLL</p> <p>PM SNACK</p> <p>¼ c. PICO DE GALLO 6 ea. WHOLE CORN TORTILLA CHIPS ½ c. 1% LOW-FAT MILK</p> | <p>2</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ¼ c. COOKED CINNAMON OATMEAL & RAISINS</p> <p>LUNCH</p> <p>¾ c. <i>Pinto Beans</i> ¼ c. RAINBOW COLESLAW ¼ c. FRESH APPLE 1 sq. HOMEMADE MEXICALI CORNBREAD</p> <p>PM SNACK</p> <p>1 tbsp. SUNBUTTER 2 pkgs. RITZ CRACKERS</p> | <p>3</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>¾ c. <i>Tuna Salad</i> (tuna, eggs, mayo, relish, celery, & onions) ¼ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD</p> <p>PM SNACK</p> <p>¼ c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) ½ c. 1% LOW-FAT MILK</p> |
| <p>6</p> <p>BREAKFAST</p> <p>½ c. FRESH PEAR ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>¾ c. * <i>Cajun Red Beans & Rice</i> ¼ c. LEAFY SALAD GREENS & SHREDDED CARROTS/ HONEY MUSTARD DRESSING ¼ c. FRESH TANGERINE</p> <p>PM SNACK</p> <p>6 ea. WHEAT THIN CRACKERS 1 ea. CHEDDAR CHEESE STICK</p> | <p>7</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>1 ½ oz. <i>Baked Chicken</i> ¼ c. BROCCOLI SLAW ¼ c. FRESH APPLE SLICES ½ ea. WHOLE WHEAT ROLL</p> <p>PM SNACK</p> <p>1 pkg. ANIMAL CRACKERS ½ c. 1% LOW-FAT MILK</p> | <p>8</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ sl. WHOLE WHEAT CINNAMON RAISIN BREAD</p> <p>LUNCH</p> <p>½ c. <i>Red Pozole Soup</i> (diced chicken, tomato paste, hominy) ¼ c. SHREDDED CABBAGE & CILANTRO ¼ c. MANGO CHUNKS 6 ea. WHOLE CORN TORTILLA CHIPS</p> <p>PM SNACK</p> <p>½ ea. PITA BREAD/HUMMUS ½ c. CARROT STICKS</p> | <p>9</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ sl. WHOLE WHEAT BREAD 1 ½ oz. SCRAMBLED EGGS</p> <p>LUNCH</p> <p>¾ c. <i>Blackeye Peas</i> ¼ c. COLLARD GREENS ¼ c. FRESH PEAR 1 sq. HOMEMADE CORNBREAD SQUARE</p> <p>PM SNACK</p> <p>½ c. PINEAPPLE TIDBITS ½ c. COTTAGE CHEESE</p> | <p>10</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CHEERIOS</p> <p>LUNCH</p> <p>¾ c. <i>Chicken Salad</i> ¼ c. TOSS SALAD/ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT PITA BREAD</p> <p>PM SNACK</p> <p>½ c. FRESH APPLE 1 tbsp. SUNBUTTER</p> |
| <p>13</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. CORN CHEX CEREAL</p> <p>LUNCH</p> <p>1 c. <i>Mac & Cheese</i> ¼ c. SPINACH SALAD/RASPBERRY DRESSING ¼ c. FRESH APPLE</p> <p>PM SNACK</p> <p>1 pkg. GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK</p> | <p>14</p> <p>BREAKFAST</p> <p>½ c. FRESH KIWI ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>1 oz. <i>Ground Turkey Taco</i> ½ oz. SHREDDED CHEESE ¼ c. LETTUCE & TOMATOES ¼ c. FRESH STRAWBERRIES 2 ea. WHOLE CORN MINI TORTILLAS</p> <p>PM SNACK</p> <p>½ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% LOW-FAT MILK</p> | <p>15</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CORNFLAKES</p> <p>LUNCH</p> <p>¾ c. <i>Pineapple Chicken</i> (refried beans, tomato paste, chunky salsa) ¼ c. SESAME SLAW ¼ c. FRESH APPLE ¼ c. BROWN RICE</p> <p>PM SNACK</p> <p>½ c. CUCUMBER & CARROT STICKS/VEGGIE DIP 6 ea. WHEAT THIN CRACKERS</p> | <p>16</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ ea. ENGLISH MUFFIN/CREAM CHEESE</p> <p>LUNCH</p> <p>1 ea. * <i>Mexican Pizza</i> (refried beans, tomato paste, chunky salsa) ½ oz. SHREDDED MOZZARELLA CHEESE ¼ c. FRESH PEAR 1 ea. WHOLE WHEAT TORTILLA</p> <p>PM SNACK – NUTRITION EXPERIENCE</p> <p>FRUITY SUNBUTTER PITAS 1 tbsp. SUNBUTTER ¼ c. FRESH BANANA & ¼ c. FRESH APPLE</p> | <p>17</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>1 oz. <i>Sliced Turkey Breast & Cheddar Cheese Slice</i> MAYO & MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE & TOMATO SLICE ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT BUN</p> <p>PM SNACK</p> <p>½ c. COTTAGE CHEESE ½ c. MANGO CHUNKS</p> |
| <p>20</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p>LUNCH</p> <p>½ c. <i>Vegetarian Baked Beans</i> ½ ea. TOASTED CHEESE SANDWICH ON WHEAT BREAD ¼ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH PEAR</p> <p>PM SNACK</p> <p>½ c. APPLESAUCE 2 pkgs. WHEATWORTH CRACKERS</p> | <p>21</p> <p>BREAKFAST</p> <p>½ c. FRESH KIWI ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>½ c. <i>Filipino Adobo</i> (beef stew meat, soy sauce, vinegar) ¼ c. FRESH BROCCOLI FLORETS/RANCH DRESSING ¼ c. FRESH TANGERINE ¼ c. BROWN RICE</p> <p>PM SNACK</p> <p>½ c. FRUIT SALSA (mandarin oranges, pineapple chunks, onions, & green bell peppers) 6 ea. WHOLE CORN TORTILLA CHIPS</p> | <p>22</p> <p>BREAKFAST</p> <p>½ c. MANGO CHUNKS ½ c. CORN CHEX CEREAL</p> <p>LUNCH</p> <p>1 serv. <i>Chicken Chilaquiles</i> <i>Whole Grain Corn Tortilla Chips</i> ¼ c. GREEN SALAD/ITALIAN DRESSING ¼ c. FRESH PEAR</p> <p>PM SNACK</p> <p>1 ea. FRESH BANANA/GRANOLA 1 tbsp. SUNBUTTER</p> | <p>23</p> <p>BREAKFAST</p> <p>½ c. PINEAPPLE TIDBITS ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p>LUNCH</p> <p>½ c. <i>Egg Salad</i> ¼ c. BABY CARROTS (no dressing) ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD</p> <p>PM SNACK</p> <p>½ c. JICAMA & CUCUMBER STICKS/VEGGIE DIP 6 ea. WHEAT THIN CRACKERS</p> | <p>25</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CHEERIOS</p> <p>LUNCH</p> <p>¾ c. * <i>Greek Chicken Salad</i> (diced chicken, cucumbers, tomatoes & olives) WITH FETA CHEESE DRESSING ¼ c. FRESH APPLE ½ ea. WHOLE WHEAT PITA BREAD</p> <p>PM SNACK</p> <p>1 ea. CAULIFLOWER BREADSTICK ½ c. 1% LOW-FAT MILK</p> |
| <p>27</p>  <p>MEMORIAL DAY</p> | <p>28</p> <p>BREAKFAST</p> <p>½ c. FRESH ORANGE ½ c. BRAN CEREAL</p> <p>LUNCH</p> <p>1 ea. <i>Sunbutter & Jelly Sandwich</i> (2 tbsps. sunbutter) 1 sl. SLICED CHEESE ¼ c. CELERY STICKS ¼ c. FRESH APPLE 1 sl. WHOLE WHEAT BREAD</p> <p>PM SNACK</p> <p>½ c. FRESH STRAWBERRIES ½ c. 1% LOW-FAT MILK</p> | <p>29</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA ½ c. CHEERIOS</p> <p>LUNCH</p> <p>1 ½ oz. <i>B.B.Q. Chicken</i> ¼ c. MEXICAN COLESLAW (cabbage, cilantro, red peppers, black bean, yogurt, & lime juice) ¼ c. MANGO CHUNKS ½ ea. WHOLE WHEAT BUN</p> <p>PM SNACK</p> <p>1 pkg. GRAHAM CRACKERS ½ c. 1% LOW-FAT MILK</p> | <p>30</p> <p>BREAKFAST</p> <p>½ c. FRESH STRAWBERRIES ½ c. CORNFLAKE CEREAL</p> <p>LUNCH</p> <p>¾ c. <i>Chicken Pot Pie</i> ¼ c. CARROT STICKS ¼ c. FRESH KIWI 1 ea. BISCUIT</p> <p>PM SNACK</p> <p>¼ c. FRESH PICO DE GALLO 6 ea. WHOLE CORN TORTILLA CHIPS ½ c. 1% LOW-FAT MILK</p> | <p>31</p> <p>BREAKFAST</p> <p>1 ea. FRESH BANANA 1 sl. RAISIN CINNAMON BREAD/SUNBUTTER</p> <p>LUNCH</p> <p><i>Submarine Sandwich</i> (1 oz. turkey breast & ½ oz. cheese) ¼ c. LETTUCE & TOMATO ¼ c. FRESH APPLE ½ ea. HOT DOG BUN</p> <p>PM SNACK</p> <p>1 sq. A-Z BREAD ½ c. 1% LOW-FAT MILK</p> |