










# July 2019 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Orange ½ c. Bran Cereal</p> <p><u><b>LUNCH</b></u> 1 ea. <b>*SOUTHWEST VEGGIE WRAP</b> (coleslaw mix, cucumbers, black beans, salsa, with romaine lettuce &amp; spinach) 1 oz. Shredded Cheese 1 ea. Fresh Kiwi 1 ea. Whole Wheat Tortilla</p> <p><u><b>PM SNACK</b></u> 1 pkg. Goldfish Cheese Crackers ½ c. 1% Milk</p> 	<p><b>2</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Peach ½ c. Kix Cereal</p> <p><u><b>LUNCH</b></u> ¾ c. <b>*CHICKEN CAESAR SALAD</b> (diced chicken, romaine lettuce, celery, &amp; cucumbers) ¼ c. Fresh Strawberries ½ ea. Whole Wheat Roll</p> <p><u><b>PM SNACK</b></u> ¼ c. Plain Low-Fat Yogurt ½ c. Mixed Fruit</p>	<p><b>3</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Banana ½ sl. Whole Wheat Cinnamon Bread</p> <p><u><b>LUNCH</b></u> 1 ea. <b>*TURKEY WRAP/CREAM CHEESE</b> (turkey, spinach, shredded carrots &amp; bell peppers) 1 sl. Fresh Cantaloupe 1 ea. Whole Wheat Tortilla</p> <p><u><b>PM SNACK</b></u> 2 pkgs. Wheat Crackers 3 tbsps. Hummus</p>	<p><b>4</b></p>  <p><u><b>BREAKFAST</b></u> 1 ea. Fresh Kiwi 1 ea. Breakfast Burrito (eggs, salsa &amp; WW tortilla)</p> <p><u><b>LUNCH</b></u> ¾ c. <b>VIETNAMESE CHICKEN SALAD</b> (diced chicken, cucumbers, shredded carrots, &amp; cilantro) ½ ea. Fresh Peach ¼ c. Brown Rice</p> <p><u><b>PM SNACK</b></u> ½ c. Broccoli Florets &amp; Bell Pepper Strips/Ranch Dressing 6 ea. Wheat Thin Crackers</p>	<p><b>5</b> <u><b>BREAKFAST</b></u> ½ c. Fresh Strawberries ½ c. Cheerios</p> <p><u><b>LUNCH</b></u> 2 tbsps. <b>SUNBUTTER &amp; JELLY</b> 1 ea. String Cheese ¼ c. Zucchini Sticks ¼ c. Fresh Peach 1 sl. Whole Wheat Bread</p> <p><u><b>PM SNACK</b></u> 1 ea. Fresh Banana ¼ c. Low-Fat Plain Yogurt/Granola</p> 
<p><b>8</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Apple ½ c. Bran Cereal</p> <p><u><b>LUNCH</b></u> ½ c. <b>EGG SALAD</b> ¼ c. Carrot Sticks (No Dressing) 1 ea. Fresh Kiwi 1 sl. Whole Wheat Bread</p> <p><u><b>PM SNACK</b></u> ½ c. Pineapple Tidbits ⅛ c. Cottage Cheese</p>	<p><b>9</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Banana 1 sl. Raisin Bread/Sunbutter</p> <p><u><b>LUNCH</b></u> ¾ c. <b>*MANDARIN SESAME CHICKEN SALAD</b> (chicken, coleslaw mix &amp; mandarin oranges) 1 sl. Fresh Honeydew ½ ea. Whole Wheat Roll</p> <p><u><b>PM SNACK</b></u> ¼ c. Lets Go Fishing Trail Mix (crispix, pretzels, fish &amp; cheese crackers) ½ c. 1% Milk</p>	<p><b>10</b> <u><b>BREAKFAST</b></u> ½ c. Mango Chunks ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese</p> <p><u><b>LUNCH</b></u> ¾ c. <b>GREEK CHICKEN SALAD</b> (diced chicken, cucumbers, tomatoes &amp; olives) <b>WITH FETA CHEESE DRESSING</b></p> <p><u><b>PM SNACK</b></u> ½ ea. Fresh Orange ½ ea. Whole Wheat Pita Bread</p> <p><b>EARLY CLOSURE</b></p> 	<p><b>11</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Kiwi 1 ea. Breakfast Burrito (eggs, salsa &amp; WW tortilla)</p> <p><u><b>LUNCH</b></u> ¾ c. <b>VIETNAMESE CHICKEN SALAD</b> (diced chicken, cabbage, shredded carrots, &amp; cilantro) ½ ea. Fresh Peach ¼ c. Brown Rice</p> <p><u><b>PM SNACK</b></u> ½ c. Broccoli Florets &amp; Bell Pepper Strips/Ranch Dressing 6 ea. Wheat Thin Crackers</p>	<p><b>12</b> <u><b>BREAKFAST</b></u> ½ c. Fresh Strawberries ¼ c. Low-Fat Plain Yogurt/Granola</p> <p><u><b>LUNCH</b></u> ¾ c. <b>TUNA SALAD</b> ¼ c. Colorful Crispy Salad 1 sl. Fresh Cantaloupe 1 sl. Whole Wheat Bread</p> <p><u><b>PM SNACK</b></u> 1 sq. Homemade Banana Bread ½ c. 1% Milk</p> 
<p><b>15</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Orange ½ c. Rice Chex Cereal</p> <p><u><b>LUNCH</b></u> ¾ c. <b>*VEGETARIAN COWBOY MACARONI</b> (kidney beans, tomatoes, corn, cheese, &amp; macaroni) ¼ c. Rainbow Coleslaw ½ ea. Fresh Apple</p> <p><u><b>PM SNACK</b></u> 6 ea. Wheat Thin Crackers 1 ea. String Cheese</p>	<p><b>16</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Kiwi ½ ea. Whole Wheat English Muffin/Sunbutter</p> <p><u><b>LUNCH</b></u> 1½ ozs. <b>OVEN BAKED CHICKEN</b> ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Peach ¼ c. Spanish Quinoa</p> <p><u><b>PM SNACK</b></u> ½ c. Cucumber Slices &amp; Carrot Sticks ½ c. Cottage Cheese Ranch Dip</p> 	<p><b>17</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Banana ½ c. Kix Cereal</p> <p><u><b>LUNCH</b></u> 1 oz. <b>TURKEY TACO MEAT</b> ½ oz. Shredded Cheese ¼ c. Shredded Lettuce &amp; Diced Tomatoes ¼ c. Mango Chunks 2 ea. Mini Corn Tortillas</p> <p><u><b>PM SNACK</b></u> 1 ea. Fresh Orange 1 ea. Hard Boiled Egg</p>	<p><b>18</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Nectarine ½ sl. Whole Wheat Cinnamon Bread 1 ea. Turkey Sausage</p> <p><u><b>LUNCH</b></u> ¾ c. <b>SEASONED BLACK EYE PEAS</b> ¼ c. Collard Greens 1 sl. Fresh Cantaloupe 1 sq. Homemade Whole Wheat Cornbread</p> <p><u><b>PM SNACK</b></u> ½ c. Cauliflower Florets &amp; Zucchini Sticks/Ranch Dressing ½ c. 1% Milk</p>	<p><b>19</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Banana ½ c. Cheerios</p> <p><u><b>LUNCH</b></u> 1½ ozs. <b>TURKEY &amp; SWISS CHEESE</b> Mayo &amp; Mustard Dressing 1 ea. Leafy Green Lettuce &amp; 1 ea. Tomato Slice ½ ea. Fresh Apple 1 sl. Whole Wheat Bread</p> <p><u><b>PM SNACK – ANTS ON A LOG</b></u> ¼ c. Celery Sticks 2 tbsps. Sunbutter (Raisins) ½ c. 1% Milk</p> 
<p><b>22</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Kiwi ½ c. Corn Chex Cereal</p> <p><u><b>LUNCH</b></u> ¾ c. <b>*CALIFORNIA PASTA SALAD WITH CUBED CHEESE</b> (kidney beans, broccoli, tomatoes, red &amp; green bell peppers, &amp; rotini pasta) ¼ c. Cucumber Sticks ½ ea. Fresh Apple</p> <p><u><b>PM SNACK</b></u> 1 pkg. Graham Crackers 1 tbsp. Sunbutter</p> 	<p><b>23</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Peach ½ ea. Whole Wheat Bagel/Low-Fat Cream Cheese</p> <p><u><b>LUNCH</b></u> ½ c. <b>TURKEY TETRAZZINI</b> (turkey, mushrooms, green peppers, onions, &amp; spaghetti) ¼ c. Spinach Salad/Raspberry Dressing ¼ c. Fresh Strawberries</p> <p><u><b>PM SNACK</b></u> ½ c. Broccoli &amp; Cauliflower Florets/Vegetable Dip 6 ea. Wheat Thin Crackers</p>	<p><b>24</b> <u><b>BREAKFAST</b></u> ½ c. Applesauce 1 sq. Homemade Zucchini Bread</p> <p><u><b>LUNCH</b></u> ½ c. <b>*CHINESE BEEF WITH BROCCOLI</b> 1 sl. Fresh Watermelon ¼ c. Brown Rice</p> <p><u><b>PM SNACK</b></u> <b>EARLY CLOSURE</b></p>	<p><b>25</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla &amp; Raisins</p> <p><u><b>LUNCH</b></u> ½ c. <b>ARROZ CON QUESO</b> (pinto beans, yogurt, tomatoes, cheese, &amp; brown rice) ¼ c. Green Salad/Balsamic Dressing ½ ea. Fresh Nectarine</p> <p><u><b>PM SNACK</b></u> ½ c. Cucumber &amp; Tomato Salad With Italian Dressing 2 pkgs. Wheatworth Crackers</p>	<p><b>26</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Apricot ½ sl. Whole Wheat Toast ⅛ c. Scrambled Eggs &amp; Turkey Ham</p> <p><u><b>LUNCH</b></u> ½ c. <b>CURRY CHICKEN SALAD</b> ¼ c. Carrot Sticks (No Dressing) ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Bread</p> <p><u><b>PM SNACK</b></u> ¼ c. Homemade Pico De Gallo 6 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Milk</p>
<p><b>29</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Apple ½ c. Kix Cereal</p> <p><u><b>LUNCH</b></u> ¾ c. <b>*SANTA FE RICE &amp; BEANS</b> (pinto beans, tomatoes, salsa, cheese, sour cream, &amp; brown rice) 1 ea. Fresh Kiwi</p> <p><u><b>PM SNACK</b></u> 1 pkg. Cheese Crackers ½ c. 1% Milk</p>	<p><b>30</b> <u><b>BREAKFAST</b></u> 1 ea. Fresh Nectarine ½ c. Bran Cereal</p> <p><u><b>LUNCH</b></u> 1 c. <b>CHICKEN ALFREDO WITH A TWIST</b> (diced chicken, cream of chicken soup &amp; rotini pasta) ¼ c. Green Salad/Italian Dressing ¼ c. Fresh Strawberries</p> <p><u><b>PM SNACK</b></u> 1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p><b>31</b> <u><b>BREAKFAST</b></u> 1 sl. Fresh Cantaloupe 1 ea. Pancake</p> <p><u><b>LUNCH</b></u> ½ c. <b>STOPLIGHT CHICKEN W/PEACHES</b> (diced chicken, red, yellow &amp; green bell peppers with peaches) 1 sl. Fresh Watermelon ¼ c. Brown rice</p> <p><u><b>PM SNACK</b></u> 1 ea. Cauliflower Breadstick 2 pkgs. Wheatworth Crackers</p> 	<p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH ¾ c. 1% MILK</b></p> <p>* Indicates vegetable included in main dish</p> <p><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>	