










# August 2019 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>			<p><b>1</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana ½ sl. Whole Wheat Cinnamon Bread</p> <p><b>LUNCH</b></p> <p>½ c. <b>RED BEANS AND RICE</b> ¼ c. Spinach Salad/Ranch Dressing ½ ea. Fresh Peach</p> <p><b>PM SNACK</b></p> <p>½ ea. Whole Wheat Pita Pocket Bread/Hummus ½ c. 1% Milk</p>	<p><b>2</b></p> <p><b>BREAKFAST</b></p> <p>½ c. Fresh Strawberries ½ c. Cheerios</p> <p><b>LUNCH</b></p> <p>1½ ozs. <b>TURKEY HOAGIE SANDWICH</b> Mayo &amp; Mustard Dressing ¼ c. Zucchini Sticks ½ ea. Fresh Nectarine</p> <p><b>PM SNACK</b></p> <p>2 pkgs. Wheatworth Crackers 1 ea. Fresh Kiwi</p> 
<p><b>5</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Apple ⅓ c. Rice Chex</p> <p><b>LUNCH</b></p> <p>1 c. <b>WHOLE GRAIN ROTINI &amp; CHEESE</b> ¼ c. Rainbow Coleslaw ½ ea. Fresh Orange</p> <p><b>PM SNACK</b></p> <p>½ c. Carrots &amp; Celery Sticks ⅓ c. Bean Dip</p> 	<p><b>6</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Kiwi ⅓ c. Bran Cereal</p> <p><b>LUNCH</b></p> <p>1 c. <b>*CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS</b> ¼ c. Fresh Strawberries</p> <p><b>PM SNACK</b></p> <p>½ c. <b>FRIENDS TRAIL MIX</b> (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) ½ c. 1% Milk</p>	<p><b>7</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana ⅓ c. Cornflakes</p> <p><b>LUNCH</b></p> <p>½ c. <b>*TURKEY SPAGHETTI</b> (ground turkey, tomato paste, onions with whole wheat spaghetti) ½ ea. Fresh Apple</p> <p><b>PM SNACK</b></p> <p>½ c. Fresh Broccoli &amp; Cauliflower/Ranch Dip 6 ea. Wheat Thin Crackers</p> 	<p><b>8</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange ½ ea. English Muffin/Cream Cheese</p> <p><b>LUNCH</b></p> <p>1 piece <b>*SPINACH EGG BAKE</b> (spinach, eggs, &amp; feta cheese) ¼ c. Fresh Cantaloupe 1 ea. Whole Wheat Tortilla</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p><b>FRUITY SUNBUTTER PITAS</b> 1 tbsp. Sunbutter ¼ c. Fresh Banana &amp; ¼ c. Fresh Apple ½ ea. Whole Wheat Pita Bread</p> 	<p><b>9</b></p> <p><b>BREAKFAST</b></p> <p>½ c. Mango Chunks 1 sq. A – Z Bread</p> <p><b>LUNCH</b></p> <p>¾ c. <b>GREEK STYLE CHICKEN SALAD</b> (diced chicken, peppers, olives, parsley, &amp; Feta cheese dressing) ¼ c. Carrot Sticks ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Pocket Bread</p> <p><b>PM SNACK</b></p> <p>⅓ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p><b>12</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange ⅓ c. Corn Chex</p> <p><b>LUNCH</b></p> <p>¾ c. <b>*VEGETABLE CHILI</b> (kidney beans, tomatoes, bulgur wheat, yogurt, &amp; cheddar cheese) ½ ea. Fresh Apple 1 ea. Whole Wheat Tortilla</p> <p><b>PM SNACK</b></p> <p>6 ea. Wheat Thin Crackers 1 ea. String Cheese</p>	<p><b>13</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Kiwi ½ sl. Whole Wheat Cinnamon Bread 1 ea. Turkey Sausage</p> <p><b>LUNCH</b></p> <p>1½ oz. <b>TURKEY TACOS WITH CHEESE</b> ¼ c. Shredded Lettuce &amp; Tomatoes ¼ c. Mango Chunks 2 ea. Mini Corn Tortilla</p> <p><b>PM SNACK</b></p> <p>½ c. Cucumber Slices &amp; Carrot Sticks ½ c. Cottage Cheese Ranch Dip</p>	<p><b>14</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana ⅓ c. Cornflakes</p> <p><b>LUNCH</b></p> <p>1 ½ ozs. <b>OVEN BAKED CHICKEN</b> ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Peach ¼ c. Spanish Quinoa</p> <p><b>PM SNACK</b></p> <p><b>EARLY CLOSURE</b></p> 	<p><b>15</b></p> <p><b>BREAKFAST</b></p> <p>½ c. Fresh Strawberries ½ ea. Whole Wheat English Muffin/Cream Cheese</p> <p><b>LUNCH</b></p> <p>¾ c. <b>SEASONED BLACK EYE PEAS</b> ¼ c. Collard Greens 1 sl. Fresh Honeydew Melon 1 sq. Homemade Whole Wheat Cornbread</p> <p><b>PM SNACK</b></p> <p>½ c. Cauliflower Florets &amp; Zucchini Sticks/Ranch Dressing 2 pkgs. Wheatworth Crackers</p>	<p><b>16</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana ⅓ c. Cheerios</p> <p><b>LUNCH</b></p> <p>1½ ozs. <b>TURKEY &amp; SWISS CHEESE</b> Mayo &amp; Mustard Dressing ¼ c. Green Leaf Lettuce &amp; Tomato Slice ½ ea. Fresh Apple 1 sl. Whole Wheat Bread</p> <p><b>PM SNACK – NUTRITION EXPERIENCE</b></p> <p><b>ANTS ON A LOG</b> ¼ c. Celery Sticks 2 tbsp. Sunbutter ( Raisins) ½ c. 1% Milk</p> 
<p><b>19</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Kiwi ⅓ c. Cornflakes</p> <p><b>LUNCH</b></p> <p>1 ea. <b>*SOUTHWEST VEGGIE WRAP</b> (coleslaw mix, cucumbers, black beans, salsa, romaine, spinach, and cheddar cheese) ¼ c. Fresh Strawberries 1 ea. Whole Wheat Tortilla</p> <p><b>PM SNACK</b></p> <p>1 ea. Fresh Apple 1 tbsp. Sunbutter</p> 	<p><b>20</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p><b>LUNCH</b></p> <p>1½ ozs. <b>SLOPPY JOE</b> (ground turkey) ¼ c. Spinach Salad/Ranch Dressing 1 sl. Fresh Honeydew Melon 1 ea. Whole Wheat Hamburger bun</p> <p><b>PM SNACK</b></p> <p>1 pkg. Goldfish Pretzel Crackers ½ c. 1% Milk</p>	<p><b>21</b></p> <p><b>BREAKFAST</b></p> <p>½ c. Pineapple Chunks 1 sq. Homemade Zucchini Bread</p> <p><b>LUNCH</b></p> <p>1 c. <b>*STIR-FRY CHICKEN</b> (diced chicken, shredded cabbage, carrots, &amp; whole wheat spaghetti) ½ ea. Fresh Peach</p> <p><b>PM SNACK</b></p> <p>1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p><b>22</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla &amp; Raisins</p> <p><b>LUNCH</b></p> <p>1 ea. <b>*MEXICAN PIZZA</b> (refried beans, tomato paste, chunky salsa) ½ oz. Shredded Mozzarella Cheese 1 ea. Fresh Kiwi 1 ea. Whole Wheat Flour Tortilla</p> <p><b>PM SNACK</b></p> <p>½ c. Cucumber &amp; Tomato Salad With Italian Dressing 2 pkgs. Wheatworth Crackers</p>	<p><b>23</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Apricot ½ sl. Whole Wheat Toast ⅓ c. Scrambled Eggs &amp; Turkey Ham</p> <p><b>LUNCH</b></p> <p>½ c. <b>CURRY CHICKEN SALAD</b> ¼ c. Zucchini Sticks ¼ c. Fresh Strawberries ½ ea. Whole Wheat Pita Bread</p> <p><b>PM SNACK</b></p> <p>¼ c. Homemade Pico De Gallo 5 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Milk</p> 
<p><b>26</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Apple ⅓ c. Kix Cereal</p> <p><b>LUNCH</b></p> <p>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><b>PM SNACK</b></p> <p>1 pkg. Cheese Crackers ½ c. 1% Milk</p>	<p><b>27</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Nectarine ⅓ c. Bran Cereal</p> <p><b>LUNCH</b></p> <p>1 c. <b>*WHITE CHICKEN CHILI</b> ¼ c. Fresh Strawberries 5 ea. Whole Grain Corn Tortilla Chips</p> <p><b>PM SNACK</b></p> <p>½ c. Cucumber &amp; Carrot Sticks/Ranch Dressing ½ c. 1% Milk</p>	<p><b>28</b></p> <p><b>NO SCHOOL TODAY</b></p>	<p><b>29</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p><b>LUNCH</b></p> <p>½ c. <b>RED POZOLE SOUP</b> (diced chicken, tomato paste, hominy) ¼ c. Shredded Cabbage &amp; Cilantro ¼ c. Mango Chunks 1 ea. Whole Wheat Tortilla</p> <p><b>PM SNACK</b></p> <p>1 ea. Cauliflower Breadstick 2 pkgs. Wheatworth Crackers</p>	<p><b>30</b></p> <p><b>BREAKFAST</b></p> <p>1 ea. Fresh Peach ⅓ c. Rice Chex</p> <p><b>LUNCH</b></p> <p>¾ c. <b>TUNA SALAD</b> (tuna, eggs, mayo, relish, celery, onions) ¼ c. Spring Salad Mix/Italian Dressing ¼ c. Fresh Strawberries 1 sl. Whole Wheat Bread</p> <p><b>PM SNACK</b></p> <p>⅓ c. Lets Go Fishing Trail Mix (corn chex, pretzels, fish &amp; cheese crackers) ½ c. 1% Milk</p> 