

October 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><u>BREAKFAST</u></p> <p>½ c. FRESH PEAR 1 ea. PANCAKE</p> <p><u>LUNCH</u></p> <p>½ c. <i>Chicken Pesto Pasta With Spinach</i> (shredded chicken, basil, parmesan, garlic, diced tomatoes, & whole wheat pasta) ¼ c. FRESH BROCCOLI/RANCH DRESSING 1 ea. FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>¼ c. LOW-FAT YOGURT 2 ea. PINEAPPLE TIBITS</p>	<p>2</p> <p><u>BREAKFAST</u></p> <p>½ c. MANGO CHUNKS ¼ c. RICE CEREAL WITH CINNAMON & VANILLA</p> <p><u>LUNCH</u></p> <p>¾ c. <i>*Beef Vegetable Pot Roast</i> (carrots, onions, zucchini, celery, garlic, tomato) ½ ea. FRESH ORANGE ½ ea. WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u></p> <p>¼ c. PICO DE GALLO 6 ea. WHOLE CORN TORTILLA CHIPS ½ c. 1% MILK</p>	<p>3</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ¼ c. COOKED CINNAMON OATMEAL & RAISINS</p> <p><u>LUNCH</u></p> <p>¾ c. <i>Bean Burrito</i> ¼ c. SHREDDED LETTUCE & DICED TOMATOES ½ ea. FRESH APPLE 1 ea. WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>1 tbsps. SUNBUTTER 2 pkgs. RITZ CRACKERS</p>	<p>4</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>1½ oz. <i>Baked BBQ Chicken</i> ¼ c. SAUTEED CABBAGE ¼ c. FRESH PEAR ¼ c. RICE PILAF</p> <p><u>PM SNACK</u></p> <p>½ c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) ½ c. 1% MILK</p>
<p>7</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ½ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>1 c. <i>Royal Mac & Cheese</i> (milk, thyme, onion, garlic, cheddar, bell peppers) ¼ c. BROCCOLI FLORETS ½ ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH APPLE 1 pkg. ANIMAL CRACKERS</p>	<p>8</p> <p><u>BREAKFAST</u></p> <p>¼ c. POWER EGG BAKE (egg, onions, spinach, mozzarella) ½ sl. WHOLE WHEAT BREAD</p> <p><u>LUNCH - TACO TUESDAY</u></p> <p>1 oz. <i>Ground Turkey</i> ½ oz. SHREDDED CHEESE ¼ c. LETTUCE & TOMATOES 1 ea. FRESH KIWI 2 ea. WHOLE CORN MINI TORTILLAS</p> <p><u>PM SNACK</u></p> <p>1 ea. STRING CHEESE 1 sl. FRESH CANTALOUPE</p>	<p>9</p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH STRAWBERRIES 1 serv. FRENCH TOAST</p> <p><u>LUNCH</u></p> <p>½ c. <i>*Chicken Fajita</i> (diced chicken, bell pepper, onions) ¼ c. CUCUMBER SLICES 1 ea. FRESH CLEMENTINE ¼ c. BROWN RICE</p> <p><u>PM SNACK</u></p> <p>1 ea. CAULIFLOWER STICK 1 ea. FRESH PEAR</p>	<p>10</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH APPLE 1 serv. OAT MILK CHIA PUDDING</p> <p><u>LUNCH</u></p> <p>1 ea. <i>*Mexican Pizza</i> (refried beans, tomato paste, chunky salsa) ½ oz. SHREDDED MOZZARELLA CHEESE ¼ c. PICKLED CABBAGE 1 ea. FRESH KIWI 1 ea. WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>2 pkgs. RITZ CRACKERS ½ c. FRESH STRAWBERRIES</p>	<p>11</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ½ ea. ENGLISH MUFFIN</p> <p><u>LUNCH</u></p> <p>¾ c. <i>*Ground Turkey & Beef Stroganoff</i> (ground beef, carrots, bell pepper, onions, celery, garlic, yogurt, parsley, & whole wheat pasta) ¼ c. ZUCCHINI STICKS ¼ c. PINEAPPLE TIDBITS</p> <p><u>PM SNACK</u></p> <p>1 sl. WHOLE WHEAT CINNAMON BREAD 1 ea. FRESH PEAR</p>
<p>14</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH PEAR ½ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. <i>3 Bean Chili</i> (carrots, celery, onion, shredded cheese) ¼ c. CARROT STICKS 1 ea. FRESH TANGERINE 2 pkgs. WHEATWORTH CRACKERS</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH APPLE 1 ea. CHEDDAR CHEESE STICK</p>	<p>15</p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH ORANGE ½ c. EGG & TURKEY HAM</p> <p><u>LUNCH</u></p> <p>½ c. <i>Sloppy Joe</i> (ground turkey) ¼ c. BROCCOLI SLAW 1 ea. FRESH KIWI ½ ea. WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>1 pkg. ANIMAL CRACKERS ½ c. 1% MILK</p>	<p>16</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ¼ c. OATMEAL</p> <p><u>LUNCH</u></p> <p>½ c. <i>Green Pozole Soup</i> (diced chicken, tomatillo, cilantro, onion, hominy) ¼ c. SHREDDED CABBAGE & CILANTRO ¼ c. MANGO CHUNKS 6 ea. WHOLE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u></p> <p>1 pkg. WHOLE GRAIN CHEESE-ITS ½ c. CUCUMBER & CARROT STICKS/RANCH DIP</p>	<p>17</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH CLEMENTINE ½ sl. WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p>¾ c. <i>Chicken Gumbo & Rice</i> ¼ c. COLESLAW ½ ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>½ c. PINEAPPLE TIDBITS ½ c. COTTAGE CHEESE</p>	<p>18</p> <p><u>BREAKFAST</u></p> <p>1 sl. FRESH HONEYDEW ½ c. CHEERIOS</p> <p><u>LUNCH</u></p> <p>½ c. <i>Chicken Salad</i> ¼ c. MIXED GREENS/ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES 2 pkgs. WHEATWORTH CRACKERS</p> <p><u>PM SNACK</u></p> <p>¼ c. FRESH CELERY STICKS 1 tbsps. SUNBUTTER ½ c. 1% MILK</p>
<p>21</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE ½ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <i>Chana Masala</i> (chickpeas, tomatoes, zucchini, cauliflower & spinach) ½ ea. FRESH APPLE ½ ea. WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH PEAR 2 pkgs. RITZ CRACKERS</p>	<p>22</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI ½ c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <i>Filipino Adobo</i> (chicken leg, soy sauce, vinegar) ¼ c. BROCCOLI FLORETS/RANCH DRESSING 1 ea. FRESH TANGERINE ¼ c. BROWN RICE</p> <p><u>PM SNACK</u></p> <p>½ c. FRUIT SALSA (fresh pear, pineapple chunks, red onions) 6 ea. WHOLE CORN TORTILLA CHIPS</p>	<p>23</p> <p><u>BREAKFAST</u></p> <p>½ c. PINEAPPLE TIDBITS ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>1 serv. <i>Chicken Chilaquiles With Whole Grain Corn Tortilla Chips</i> ¼ c. GREEN SALAD/ITALIAN DRESSING ½ ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH BANANA 1 tbsps. SUNBUTTER</p>	<p>24</p> <p><u>BREAKFAST</u></p> <p>½ c. MANGO CHUNKS ½ c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. <i>*Arroz Con Queso</i> (corn, brown rice, shredded cheese, tomatoes, green chiles, onions) ¼ c. PURPLE CAULIFLOWER ¼ c. FRESH STRAWBERRIES</p> <p><u>PM SNACK</u></p> <p>¼ c. CELERY STICKS/RANCH DRESSING 6 ea. WHEAT THIN CRACKERS ½ c. 1% MILK</p>	<p>25</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI 1 sq. BANANA BREAD</p> <p><u>LUNCH</u></p> <p>¾ c. <i>*Greek Chicken Salad</i> (diced chicken, cucumbers, tomatoes & olives) WITH FETA CHEESE DRESSING ½ ea. FRESH APPLE ½ ea. WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>1 pkg. ANIMAL CRACKERS ½ c. 1% MILK</p>
<p>28</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH APPLE ½ c. CORNFLAKES</p> <p><u>LUNCH</u></p> <p>¾ c. <i>Baja Bean Taco</i> (kidney beans, pinto beans & salsa) ½ oz. SHREDDED CHEESE ¼ c. FRESH KIWI 2 ea. MINI CORN TORTILLAS</p> <p><u>PM SNACK</u></p> <p>½ c. YELLOW WAX BEANS 2 tbsps. HUMMUS</p>	<p>29</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA 1 ea. HARD BOILED EGG</p> <p><u>LUNCH</u></p> <p>½ c. <i>*Chicken Tinga</i> (chicken, julienned onions, garlic, tomato) ¼ c. FRESH BROCCOLI 1 ea. FRESH CLEMENTINE ¼ c. BROWN RICE</p> <p><u>PM SNACK</u></p> <p>½ c. TRAIL MIX (rice chex, pretzel, kix cereal) ½ c. FRESH STRAWBERRIES</p>	<p>30</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH PEAR ½ sl. WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p>1 ¼ c. <i>Rice & Vegetable</i> (brown rice, shredded cheese, kale, onions, mushrooms) ¼ c. FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>1 pkg. GOLDFISH CRACKERS ½ c. PINEAPPLE TIDBITS</p>	<p>31</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI ½ c. ARROZ CON LECHE (rice, raisins, vanilla)</p> <p><u>LUNCH</u></p> <p>½ c. <i>Veggie Quesadilla Casserole</i> (enchilada sauce, cheese, mushrooms, spinach, onions) ¼ c. SHREDDED CABBAGE & CILANTRO ¼ c. MANGO CHUNKS 6 ea. WHOLE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u></p> <p>¼ c. SWEET POTATO DIP (sweet potato, oat milk) ¼ c. FRESH CELERY STICKS ½ c. 1% MILK</p>	