


December 2019 - Community Services Bureau Preschool Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH APPLE 1/3 c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>1/2 c. Egg Pesto Pasta With Spinach (hard boiled egg, basil, parmesan, garlic, diced tomatoes, & whole wheat pasta) 1/4 c FRESH BROCCOLI/RANCH DRESSING 1/2 ea. FRESH ORANGE</p> <p><u>PM SNACK</u></p> <p>1/4 c. LOW-FAT YOGURT 1/2 c. PINEAPPLE TIDBITS</p>	<p>3</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA 1/3 c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>1/2 c. Chicken & Grits (chicken, diced tomatoes & grits) 1/4 c CUCUMBER & TOMATO SALAD WITH ITALIAN DRESSING 1 ea. FRESH KIWI</p> <p><u>PM SNACK</u></p> <p>2 pkgs. WHEATWORTH CRACKERS 1/2 c. DICED FRESH STRAWBERRIES</p>	<p>4</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE 1/4 c. COOKED CINNAMON OATMEAL & RAISINS</p> <p><u>LUNCH</u></p> <p>1 1/2 oz. Baked BBQ Chicken 1/4 c. SAUTEED CABBAGE 1/2 ea. FRESH PEAR 1/2 ea. WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u></p> <p>1/3 c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish & cheese crackers) 1/2 c. 1% MILK</p>	<p>5</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA 1/2 ea. WHOLE WHEAT ENGLISH MUFFIN & SUNBUTTER</p> <p><u>LUNCH</u></p> <p>3/8 c. Bean & Cheese Burrito 1/4 c. SHREDDED LETTUCE & DICED TOMATOES 1/2 ea. FRESH APPLE 1 ea. WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>1 tbsp. SUNBUTTER 2 pkgs. RITZ CRACKERS</p>	<p>6</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI 1/3 c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>1 1/2 oz. Chicken Teriyaki 1/4 c. ROASTED BROCCOLI 1/2 ea. FRESH PEAR 1/4 c. GARLIC RICE</p> <p><u>PM SNACK</u></p> <p>1 ea. HARD BOILED EGG 1 ea. FRESH ORANGE</p>
<p>9</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH CUTIES 1/3 c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>1 c. Tofu Tortilla Soup (milk, thyme, onion, garlic, cheddar, bell peppers) 1/4 c. BROCCOLI FLORETS/RANCH DRESSING 1/2 ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH APPLE 1 pkg. ANIMAL CRACKERS</p>	<p>10</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA 1/4 c. SCRAMBLED EGGS 1/2 sl. WHOLE WHEAT BREAD</p> <p><u>LUNCH</u></p> <p>3/4 c. Chicken Chile Verde With Hominy 1/4 c. ROASTED RAINBOW CARROTS 1 ea. FRESH KIWI 2 ea. WHOLE CORN MINI TORTILLAS</p> <p><u>PM SNACK</u></p> <p>1 ea. STRING CHEESE 1/2 c. PINEAPPLE TIDBITS</p>	<p>11</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH PEAR 1/3 c. KIX CEREAL</p> <p><u>LUNCH</u></p> <p>1/2 c. Turkey Fajita (ground turkey, bell pepper, onions) 1/4 c. CUCUMBER SLICES 1 ea. FRESH CLEMENTINE 1/4 c. BROWN RICE</p> <p><u>PM SNACK</u></p> <p>1/2 c. ROASTED PURPLE CAULIFLOWER 6 ea. WHEAT THIN CRACKERS</p>	<p>12</p> <p><u>BREAKFAST</u></p> <p>1/2 c. MANGO CHUNKS 1/4 c. RICE CEREAL WITH CINNAMON & VANILLA</p> <p><u>LUNCH</u></p> <p>3/4 c. *Cheesy Brussel Sprouts 1/2 ea. FRESH APPLE 1/2 ea. WHOLE WHEAT ROLL</p> <p><u>PM SNACK</u></p> <p>1/4 c. PICO DE GALLO 5 ea. WHOLE CORN TORTILLA CHIPS 1/2 c. 1% MILK</p>	<p>13</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE 1/2 ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>3/4 c. Beef Stroganoff (beef, carrots, bell pepper, onions, celery, garlic, yogurt, parsley, & whole wheat pasta) 1/4 c. ZUCCHINI STICKS 1/4 c. PINEAPPLE TIDBITS</p> <p><u>PM SNACK</u></p> <p>1 sl. WHOLE WHEAT CINNAMON BREAD 1 ea. FRESH PEAR</p>
<p>16</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH PEAR 1/3 c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>3/4 c. Three Bean Chili (carrots, celery, onion, shredded cheese) 1/4 c. CARROT STICKS 1 ea. FRESH KIWI 2 pkgs. WHEATWORTH CRACKERS</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH APPLE 1 ea. CHEDDAR CHEESE STICK</p>	<p>17</p> <p><u>BREAKFAST</u></p> <p>1/2 c. FRESH BANANA 1/3 c. EGG & TURKEY HAM</p> <p><u>LUNCH</u></p> <p>1/3 c. Sloppy Joe (ground turkey) 1/4 c. FRESH CABBAGE SLAW 1/4 c. PINEAPPLE TIDBITS 1/2 ea. WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>1 pkg. GRAHAM CRACKERS 1/2 c. 1% MILK</p>	<p>18</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE 1/3 c. OATMEAL</p> <p><u>LUNCH</u></p> <p>1/2 c. Chicken Alfredo With Whole Wheat Penne Pasta 1/4 c. LIGHTLY STEAMED BROCCOLI 1/4 c. MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>1 pkg. WHOLE GRAIN CHEESE-ITS 1/2 c. CUCUMBER & CARROT STICKS/RANCH DIP</p>	<p>19</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA 1/3 c. CHEERIOS</p> <p><u>LUNCH</u></p> <p>1/2 c. Egg Salad 1/4 c. MIXED GREEN SALAD/ITALIAN DRESSING 1/4 c. FRESH STRAWBERRIES 2 pkgs. WHEATWORTH CRACKERS</p> <p><u>PM SNACK</u></p> <p>1/4 c. FRESH CELERY STICK 1 tbsp. SUNBUTTER 1/2 c. 1% MILK</p>	<p>20</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH CLEMENTINE 1/2 sl. WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p>1 ea. Chicken Tamales 1/4 c. ROASTED BUTTERNUT SQUASH 1/2 ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1/2 c. PINEAPPLE TIDBITS 1/8 c. COTTAGE CHEESE</p>
<p>23</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE 1/3 c. CHEERIOS</p> <p><u>LUNCH</u></p> <p>1 1/2 ozs. Turkey & Cheese MAYO-MUSTARD DRESSING 1 ea. LETTUCE LEAF 1 ea. SLICED TOMATO 1/2 ea. FRESH APPLE 1 sl. WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH PEAR 2 pkgs. RITZ CRACKERS</p>	<p>24</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA 1/3 c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>1/2 c. Chicken Salad 1/4 c. CARROT STICKS 1 ea. FRESH KIWI 1/2 ea. WHOLE WHEAT DINNER ROLL</p> <p><u>PM SNACK</u></p> <p>EARLY CLOSURE</p>	<p>25</p> <p style="text-align: center;"></p>	<p>26</p> <p><u>BREAKFAST</u></p> <p>1/2 c. MANGO CHUNKS 1/3 c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>2 tbsps. Sunbutter 1 tbsp. JELLY 1 ea. STRING CHEESE 1/4 c. ZUCCHINI STICKS/RANCH DRESSING 1/2 ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1 pkgs. CHEESE-ITS CRACKERS 1/2 c. 1% MILK</p>	<p>27</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI 1 sq. BANANA BREAD</p> <p><u>LUNCH</u></p> <p>3/4 c. *Greek Chicken Salad (diced chicken, cucumbers, tomatoes & olives) WITH FETA CHEESE DRESSING 1/2 ea. FRESH APPLE 1/2 ea. WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>1 pkg. ANIMAL CRACKERS 1/2 c. 1% MILK</p>
<p>30</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH APPLE 1/3 c. CORNFLAKES</p> <p><u>LUNCH</u></p> <p>3/8 c. Baja Bean Taco (kidney beans, pinto beans & salsa) 1/2 oz. SHREDDED CHEESE 1/4 c. SHREDDED LETTUCE 1 ea. FRESH KIWI 2 ea. MINI CORN TORTILLAS</p> <p><u>PM SNACK</u></p> <p>1/2 c. YELLOW WAX BEANS 2 tbsps. HUMMUS</p>	<p>31</p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA 1 ea. HARD BOILED EGG</p> <p><u>LUNCH</u></p> <p>1 1/2 oz. Turkey Wrap/Cream Cheese 1/4 c. SPINACH & SHREDDED CARROTS 1 ea. FRESH CLEMENTINE 1 ea. WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK</u></p> <p>1/3 c. TRAIL MIX (rice chex, pretzel, kix cereal) 1/2 c. FRESH STRAWBERRIES</p>	<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>		
