

January 2020 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

	ALL BREAKFAST & LUNCH SERVED WITH 1% LOW-FAT MILK *Indicates vegetable included in main dish WATER IS OFFERED THROUGHOUT THE DAY		BREAKFAST 1/2 c. Fresh Pear Slices 1/3 c. Bran Cereal LUNCH *SPINACH SALAD WITH HARD BOILED EGG 1 ea. Hard Boiled Egg 1/4 c. Baby Spinach/Italian Dressing 1/8 c. Shredded Carrots 1 ea. Fresh Tangerine 1/2 sl. W.W. Bread PM SNACK 1 ea. String Cheese 2 pkgs. Ritz Crackers	BREAKFAST 1 ea. Fresh Banana 1/3 c. Cheerios LUNCH 1.5 ozs. TURKEY HAM & SWISS CHEESE Mayo & Mustard Dressing 1/4 c. Lettuce Leaf 1/4 c. Tomato Slices 1 ea. Fresh Kiwi 1 sl. W.W. Bread PM SNACK 1/2 c. Cucumber & Carrot Sticks Ranch Dressing 6 ea. Wheat Thin Crackers
BREAKFAST 1 ea. Fresh Apple 1/3 c. Bran Cereal LUNCH 3/4 c. *VEGETABLE CHILI (kidney beans, bulgur wheat & tomatoes) 1/2 ea. Fresh Pear 1 ea. W.W. Tortilla PM SNACK 1 pkg. Goldfish Crackers 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Orange 1/3 c. Corn Chex Cereal LUNCH 1 serv. CHICKEN ENCHILADA CASSEROLE WITH WHOLE GRAIN TORTILLA CHIPS 1/4 c. Jicama Sticks 1 ea. Fresh Kiwi PM SNACK 1/4 c. Low-Fat Plain Yogurt 1/2 c. Mixed Fruit	BREAKFAST 1/2 c. Applesauce 1/2 sl. W. W. Cinnamon Toast LUNCH 2 1/3 c. GROUND TURKEY & SPAINSH RICE 1/4 c. Broccoli Florets/Ranch Dressing 1 ea. Fresh Tangerine PM SNACK 1 pkg. Animal Crackers 1/2 c. 1% Milk	BREAKFAST 1/2 c. Pineapple Tidbits 1/2 ea. W.W. Bagel/Cream Cheese LUNCH 1 c. MAC & CHEESE WITH WHOLE GRAIN NOODLES 1/4 c. Leafy Greens & Red Bell Strips Vinaigrette Dressing 1/4 c. Fresh Pear Slices PM SNACK 1/2 c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Banana 1/3 c. Kix Cereal LUNCH 3/4 c. TUNA SALAD (tuna, eggs, mayo, relish, celery, & onions) 1/4 c. Baby Carrots (No Dressing) 1/2 ea. Fresh Apple 1 sl. W.W. Bread PM SNACK - ANTS ON A LOG 1/4 c. Celery Sticks 1 tbsp. Sunbutter (Raisins) 1/2 c. 1% Milk
BREAKFAST 1 ea. Fresh Red Apple 1/3 c. Rice Chex Cereal LUNCH 3/8 c. REFRIED BEAN BURRITO 1/2 oz. Shredded Cheese 1/4 c. Mexicali Corn 1 ea. Fresh Tangerine 1 ea. W.W. Tortilla PM SNACK 2 pkgs. Ritz Crackers 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Orange 1/3 c. Kix Cereal LUNCH 1/2 c. BBQ CHICKEN 1/4 c. Rainbow Slaw 1/2 ea. Fresh Pear 1/2 ea. W.W. Hamburger Bun PM SNACK 1 ea. Fresh Banana/Sunbutter 1/2 c. 1% Milk	BREAKFAST 1/2 c. Pineapple Tidbits 1/2 ea. W.W. Bagel/ Cream Cheese LUNCH 3/4 c. *RED POZOLE SOUP (chicken breast , tomato paste, hominy, cabbage, & cilantro) 1 ea. Fresh Kiwi 5 ea. Corn Tortilla Chips PM SNACK 1/2 c. Mango Chunks 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Banana 1/4 c. Oatmeal with Raisins LUNCH 1/2 c. *MARINATED BLACK BEAN SALAD 1/2 oz. Shredded Cheddar Cheese 1/2 ea. Fresh Apple 1 ea. W.G. Corn Tortilla PM SNACK 1 ea. Mozzarella String Cheese 6 ea. Wheat Thin Crackers	BREAKFAST 1 ea. Fresh Orange 1/3 c. Corn Chex Cereal LUNCH 1.5 ozs. ROASTED TURKEY Mayo & Mustard Dressing 1/4 c. Green Leaf Lettuce 1/4 c. Tomato Slices 1/2 ea. Fresh Pear 1 sl. W.W. Bread PM SNACK 1 pkg. GoldFish Pretzel Crackers 1/2 c. 1% Milk
	BREAKFAST 1 ea. Fresh Orange 1/3 c. Rice Chex Cereal LUNCH 1 ea. SUNBUTTER & JELLY SANDWICH 1 oz. Cheese Stick 1/4 c. Baby Carrots (No Dressing) 1 ea. Fresh Apple 1 sl. W.W. Bread PM SNACK 1 pkg. Graham Crackers 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Banana 1 sl. Raisin Bread LUNCH 1.5 ozs. TURKEY ROLL UP Low-Fat Cream Cheese 1/4 c. Broccoli Florets/Ranch Dressing 1/4 c. Fresh Pear Slices 1 ea. W.W. Tortilla PM SNACK 1 pkgs. Animal Crackers 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Tangerine 1/3 c. Cornflake Cereal LUNCH 1/2 c. BLACK BEAN FEISTA 1/4 c. Jicama Sticks 1 ea. Fresh Kiwi 5 ea. Corn Tortilla Chips PM SNACK 2 pkgs. Wheatworth Crackers 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Banana 1/3 c. Rice Chex Cereal LUNCH 1.5 ozs. TURKEY WRAP Low-Fat Cream Cheese 1/4 c. Baby Spinach & Bell Pepper Strips 1/2 ea. Fresh Apple 1 ea. W.W. Tortilla PM SNACK 2 pkgs. Ritz Crackers 1/2 c. 1% Milk
BREAKFAST 1 ea. Fresh Tangerine 1/3 c. Bran Cereal LUNCH 1 ea. *VEGGIE PITA POCKET (shredded cheese, hard boiled egg, toss salad mix, & cucumbers) Ranch Dressing 1 ea. Fresh Kiwi 1/2 ea. W.W. Pita Bread PM SNACK 1/4 c. Celery Sticks 1 tbsp. Sunbutter 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Banana 1/3 c. Cornflake Cereal LUNCH 1.5 ozs. SLICED TURKEY BREAST Honey Mustard Dressing 1/4 c. Broccoli Florets/Ranch Dressing 1/2 ea. Fresh Pear 1/2 ea. W.W. Bun PM SNACK 5 ea. Corn Tortilla Chips/Salsa 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Orange 1/3 c. Rice Chex Cereal LUNCH 1/2 c. CHIKEN FAJITA 1/4 c. Carrot Sticks/Hummus 1/2 ea. Fresh Apple 1/4 c. Brown Rice PM SNACK 1/2 c. Roasted Purple Cauliflower 6 ea. Wheat Thin Crackers	BREAKFAST 1/2 c. Mango Chunks 1/3 c. Kix Cereal LUNCH 2 tbsps. SUNBUTTER 1 tbsp. Jelly 1 ea. String Cheese 1/4 c. Zucchini Sticks/Ranch Dressing 1 ea. Fresh Cutie PM SNACK 1 pkgs. Cheese-Its Crackers 1/2 c. 1% Milk	BREAKFAST 1 ea. Fresh Banana 1/3 c. Corn Chex Cereal LUNCH 1.5 ozs. CHICKEN TERIYAKI 1/4 c. Roasted Broccoli 1/2 ea. Fresh Pear 1/4 c. Garlic Rice PM SNACK 1 ea. Hard Boiled Egg 1 ea. Fresh Orange