

April 2020 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2	3
			CLOSED	CLOSED
6	7	8	9	10
CLOSED	CLOSED	1/2 c. FRESH STRAWBERRIES <u>LUNCH</u> 1/2 c. * Chicken Fajita (diced chicken, bell pepper, onion) 1/4 c. FRESH APPLE 1/4 c. BROWN RICE <u>PM SNACK - Make An Animal</u> 1 tbsp. SUNBUTTER 1/2 c. Fresh apple	<u>BREAKFAST</u> 1/2 c. FRESH ORANGE 1/2 ea. WHOLE WHEAT BAGEL/ CREAM CHEESE <u>LUNCH</u> 1 ea. * Mexican Pizza (refried beans, tomato paste, chunky salsa) 1/2 oz. SHREDDED MOZZARELLA CHEESE 1/4 c. FRESH PEAR 1 ea. WHOLE WHEAT TORTILLA <u>PM SNACK - Make A Flower</u> 2 pkgs. RITZ CRACKERS 1/2 c. 1% milk	<u>BANANA – RAMA BREAKFAST</u> 1 ea. FRESH BANANA 1/2 ea. ENGLISH MUFFIN/ sunbutter <u>LUNCH</u> 3/4 c. * Ground Turkey & Beef Stroganoff (ground beef, ground turkey, carrots, bell pepper, & whole wheat pasta) 1/4 c. FRESH kiwi 1/4 c. WHOLE WHEAT PASTA <u>PM SNACK - Make A Face</u> 1 sl. WHOLE WHEAT BREAD/ cream cheese 1/2 c. FRUIT
13	14	15	16	17
<u>week BREAKFAST</u> 1/2 c. FRESH PEAR 1/2 slc whole wheat bread/ sunbutter <u>LUNCH</u> 3/4 c. Veggie tacos 1 oz. SHREDDED CHEESE 1/4 c. FRESH TANGERINE 1 ea. Whole grain corn tortilla <u>PM SNACK</u> 1/2 c. FRESH APPLE 1 ea. CHEDDAR CHEESE STICK	<u>of BREAKFAST</u> 1/2 c. FRESH ORANGE 1/3 c. RICE CHEX CEREAL <u>LUNCH</u> 1/3 c. chicken al pastor Taco 1/4 c. pineapple salsa(pineapple, tomato, onion,, cilantro) 1/4 c. FRESH strawberries 1/2 ea. WHOLE WHEAT mini tortilla <u>PM SNACK</u> 1 pkg. ANIMAL CRACKERS 1/2 c. 1% LOW-FAT MILK	<u>the BREAKFAST</u> 1 ea. FRESH BANANA 1/3 c. W.w. Bagel/ strawberry cream cheese <u>LUNCH</u> 1/2 c. Carne Azada Taco 1/4 c. pico de gallo 1/4 c. MANGO CHUNKS 6 ea. WHOLE grain mini CORN TORTILLA CHIPS <u>PM SNACK</u> 1 ea. Gold Fish Crackers 1/2 c. CUCUMBER & CARROT STICKS/RANCH DRESSING	<u>young BREAKFAST</u> 1/2 c. FRESH ORANGE 1/2 sl. WHOLE WHEAT CINNAMON BREAD <u>LUNCH</u> 3/4 c. crispy blacked tofu Taco 1/4 c. COLESLAW 1/4 c. FRESH PEAR 1/2ea. Blu corn tortilla <u>PM SNACK</u> 1/2 c. PINEAPPLE TIDBITS 1/6 c. COTTAGE CHEESE	<u>Child BREAKFAST</u> 1 ea. FRESH BANANA 1/3 c. CHEERIOS <u>LUNCH</u> 1/2 c. Chicken tinga Taco 1/4 c. MIXED GREENS/ Ranch dressing 1/4 c. FRESH STRAWBERRIES 1/2 ea. WHOLE mini corn tortilla <u>PM SNACK</u> 1/2 c. FRESH APPLE 1 tbsp. SUNBUTTER
20	21	22	23	24
<u>BREAKFAST</u> 1/2 c. FRESH ORANGE 1/3 c. RICE CHEX CEREAL <u>LUNCH</u> 1/2 c. Chickpeas & Tomatoes 1/4 c. FRESH APPLE 1/2 ea. WHOLE WHEAT ROLL <u>PM SNACK</u> 1 tbsp. SUNBUTTER 2 pkgs. RITZ CRACKERS	<u>BREAKFAST</u> 1/2 c. FRESH KIWI 1/3 c. BRAN CEREAL <u>LUNCH</u> 1/3 c. Filipino Adobo (beef stew meat, soy sauce, vinegar) 1/4 c. FRESH BROCCOLI FLORETS/RANCH DRESSING 1/4 c. FRESH TANGERINE 1/4 c. BROWN RICE <u>PM SNACK</u> 1/2 c. FRUIT SALSA (mandarin oranges, pineapple chunks, onions, & green bell peppers) 6 ea. WHOLE CORN TORTILLA CHIPS	<u>BREAKFAST</u> 1/2 c. PINEAPPLE TIDBITS 1/2 ea. WHOLE WHEAT BAGEL/ CREAM CHEESE <u>LUNCH</u> 1 serv. Chicken Chilaquiles with WHOLE GRAIN CORN TORTILLA CHIPS 1/4 c. GREEN SALAD/ ITALIAN DRESSING 1/4 c. FRESH PEAR <u>PM SNACK</u> 1 ea. FRESH BANANA 1 tbsp. SUNBUTTER	<u>BREAKFAST</u> 1/2 c. MANGO CHUNKS 1/3 c. CORN CHEX CEREAL <u>LUNCH</u> 3/4 c. * Arroz Con Queso (pinto beans, brown rice, shredded cheese, tomatoes, green chiles, onions) 1/4 c. FRESH STRAWBERRIES 1/4c. Roasted cauliflower <u>PM SNACK</u> 1/2 c. CELERY STICKS/RANCH DRESSING 6 ea. WHEAT THIN CRACKERS	<u>BREAKFAST</u> 1 ea. FRESH BANANA 1/3 c. Brown rice and chia see pudding(almond Milk) <u>LUNCH</u> 3/4 c. Chicken Pho(diced chicken& veggie broth) 1/2 c green salad / Ranch dressing 1/4 c. FRESH APPLE 1/2 ea. Brown rice noodles <u>PM SNACK</u> 1 pkg. ANIMAL CRACKERS 1/2 c. 1% LOW-FAT MILK
27	28	29	30	
<u>BREAKFAST</u> 1/2 c. FRESH APPLE 1/2 c. CORNFLAKES <u>LUNCH</u> 3/4 c. Baja Bean Taco (kidney beans, pinto beans & salsa) 1 oz. SHREDDED CHEESE 1/4 c. FRESH KIWI 1 ea. WHOLE CORN TORTILLA <u>PM SNACK</u> 1/2 c. Fresh strawberries 1 ea. MOZZARELLA CHEESE STICK	<u>BREAKFAST</u> 1/2 c. FRESH STRAWBERRIES 1/2slc English muffin 1 ea. HARD BOILED EGG <u>LUNCH</u> 3/4 c. Herb Rosted Chicken leg 1/4 c. FRESH TANGERINE 1/4 c. BROWN RICE <u>PM SNACK</u> 1 pkg. ANIMAL CRACKERS 1/2 c. 1% LOW-FAT MILK	<u>BREAKFAST</u> 1/2 c. FRESH Banana 1/3 c. scrambled eggs 1/2 slc bagel <u>LUNCH</u> 3/4c turkey burger 1/8 c fresh lettuce 1/8 c fresh tomato 1/4 c. FRESH pear 1.ea whole wheat roll <u>PM SNACK</u> 1 pkg. GOLDFISH CRACKERS 1/2 c. 1% LOW-FAT MILK	<u>BREAKFAST</u> 1/2 c. FRESH Apple 1/3 c. Arroz con leche and raisins <u>LUNCH</u> 3/3 c. Rice vegetable caserole (brown rice, shredded cheese, kale, onion, mushroom) 1/4 c. FRESH kiwi <u>PM SNACK</u> 1/4 c. gold fish crackers 1/2 c. 1% low-fat milk	