


# JULY 2020 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% MILK</b></p> <p>*Indicates vegetable included in main dish</p> <p><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>				
<p><b>6</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH APPLE ¾ c. KIX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. <b>CUBAN BLACK BEAN</b> ¼ c. CARROT STICKS 1 ea. FRESH KIWI 6 ea. WHOLE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u></p> <p>1 pkg. GOLDFISH CRACKERS ½ c. 1% MILK</p>	<p><b>7</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH TANGERINE ¾ c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>⅔ c. <b>GROUND TURKEY &amp; SPANISH RICE</b> (ground turkey, tomatoes, green pepper, onion) ¼ c. BLANCHED CAULIFLOWER ½ ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH APPLE 1 ea. CHEDDAR CHEESE STICK</p>	<p><b>8</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH APPLE ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>½ ea. <b>SUNBUTTER &amp; JELLY SANDWICH</b> 1 oz. CHEESE STICK ¼ c. CARROT STICKS ½ ea. FRESH PEAR ½ ea. WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>1 pkg. SCOOPY DOO CINNAMON GRAHAM ½ c. 1% MILK</p>	<p><b>9</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ¼ c. CINNAMON OATMEAL &amp; RAISINS</p> <p><u>LUNCH</u></p> <p>¾ c. <b>BAJA BEAN TACO</b> (kidney beans, pinto beans &amp; salsa) ½ c. SHREDDED LETTUCE ¼ c. FRESH STRAWBERRIES 2 ea. MINI CORN TORTILLA</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH KIWI 1 ea. MOZZARELLA CHEESE STICK</p>	<p><b>10</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE ¾ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. <b>TUNA SALAD</b> (tuna, eggs, eggless mayo, relish, celery, onions) ½ c. SPRING SALAD MIX/ITALIAN DRESSING ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>½ c. LETS GO FISHING TRAIL MIX (corn chex, pretzels, fish &amp; cheese crackers) ½ c. 1% MILK</p>
<p><b>13</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH PEAR ½ c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>*<b>VEGGIE PITA POCKET</b> ½ c. LEAFY SALAD GREENS &amp; SHREDDED CARROTS ½ oz. SHREDDED CHEESE 1 ea. HARD BOILED EGG 1 ea. FRESH TANGERINE ½ ea. WHOLE WHEAT PITA POCKET</p> <p><u>PM SNACK</u></p> <p>2 pkgs. WHEATWORTH CRACKERS/HUMMUS ½ c. 1% MILK</p>	<p><b>14</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE ¾ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. <b>SLOPPY JOE MEAT</b> ¼ c. BROCCOLI SLAW(eggless mayo) ¼ c. FRESH APPLE SLICES ½ ea. WHOLE WHEAT HAMBURGER BUN</p> <p><u>PM SNACK</u></p> <p>1 pkg. ANIMAL CRACKERS ½ c. 1% MILK</p>	<p><b>15</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ¾ c. KIX CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <b>GREEN POZOLE SOUP</b> (diced chicken, tomatillo, hominy) ¼ c. SHREDDED CABBAGE &amp; CILANTRO ¼ c. MANGO CHUNKS 6 ea. WHOLE CORN TORTILLA CHIPS</p> <p><u>PM SNACK</u></p> <p>6 ea. WHEAT THIN CRACKERS ½ c. CUCUMBER &amp; CARROT STICKS/RANCH DRESSING</p>	<p><b>16</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE ½ sl. WHOLE WHEAT CINNAMON BREAD</p> <p><u>LUNCH</u></p> <p>¾ c. <b>BLACK EYE PEAS</b> ¼ c. COLESLAW(eggless mayo) ½ ea. FRESH PEAR 1 sq. HOMEMADE CORNBREAD SQUARE</p> <p><u>PM SNACK</u></p> <p>½ c. PINEAPPLE TIDBITS ½ c. COTTAGE CHEESE</p>	<p><b>17</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ½ c. CHEERIOS</p> <p><u>LUNCH</u></p> <p>½ c. <b>CHICKEN SALAD</b> ¼ c. SPINACH LEAVES/RANCH DRESSING ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH APPLE 1 tbsp. SUNBUTTER</p>
<p><b>20</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE ¾ c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. <b>*VEGETABLE CHILI</b> (kidney beans, tomatoes, bulgur wheat, yogurt, &amp; cheddar cheese) 1 ea. FRESH KIWI 2 pkgs. WHEAT CRACKERS</p> <p><u>PM SNACK</u></p> <p>½ c. CARROT PINEAPPLE CRAISIN SALAD ½ c. 1% MILK</p>	<p><b>21</b></p> <p><u>BREAKFAST</u></p> <p>½ c. FRESH APPLE SLICES/SUNBUTTER ½ sl. WHOLE WHEAT BREAD</p> <p><u>LUNCH</u></p> <p>½ c. <b>CURRY CHICKEN SALAD</b> ¼ c. MARINATED CUCUMBER &amp; TOMATOES ¼ c. FRESH STRAWBERRIES ½ ea. WHOLE WHEAT PITA POCKET BREAD</p> <p><u>PM SNACK</u></p> <p>½ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) ½ c. 1% MILK</p>	<p><b>22</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ½ c. CORNFLAKES</p> <p><u>LUNCH</u></p> <p>½ c. <b>TURKEY SPAGHETTI CASSEROLE</b> (ground turkey, tomato paste, onions with whole wheat spaghetti) ¼ c. ROASTED BROCCOLI ¼ c. MANGO CHUNKS</p> <p><u>PM SNACK</u></p> <p>½ c. CELERY STICKS &amp; CAULIFLOWER/RANCH DIP 6 ea. WHEAT THIN CRACKERS</p>	<p><b>23</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI ½ ea. ENGLISH MUFFIN/MIXED FRUIT JELLY</p> <p><u>LUNCH</u></p> <p>1 ea. <b>MEXICAN PIZZA</b> (refried beans, tomato paste, chunky salsa) ½ oz. SHREDDED MOZZARELLA CHEESE ¼ c. ROASTED BUTTERNUT SQUASH ½ ea. FRESH PEAR 1 ea. WHOLE WHEAT TORTILLA</p> <p><u>PM SNACK – ANTS ON A LOG</u></p> <p>2 tbsps. SUNBUTTER/RAISINS ¼ c. CELERY STICKS ½ c. 1% MILK</p>	<p><b>24</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ¾ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>1 ½ oz. <b>TURKEY HAM &amp; SWISS CHEESE</b> EGGLESS MAYO &amp; MUSTARD DRESSING ¼ c. GREEN LEAF LETTUCE ¼ c. TOMATO SLICES 1 ea. FRESH TANGERINE 1 sl. WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>½ c. COTTAGE CHEESE ½ c. MANGO CHUNKS</p>
<p><b>27</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH ORANGE ¾ c. RICE CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>½ c. <b>VEGETARIAN BEANS</b> ½ c. TOASTED CHEESE SANDWICH ½ c. SPRING SALAD MIX/ITALIAN DRESSING ½ ea. FRESH APPLE</p> <p><u>PM SNACK</u></p> <p>2 pkgs. RITZ CRACKERS ½ c. 1% MILK</p>	<p><b>28</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI ½ c. BRAN CEREAL</p> <p><u>LUNCH</u></p> <p>1 ½ ozs. <b>FILIPINO ADOBO</b> (chicken leg, soy sauce, vinegar) ¼ c. FRESH BROCCOLI FLORETS/RANCH DRESSING 1 ea. FRESH TANGERINE ¼ c. BROWN RICE</p> <p><u>PM SNACK</u></p> <p>1 ea. FRESH BANANA 1 tbsp. SUNBUTTER</p>	<p><b>29</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH BANANA ½ c. CHEERIOS</p> <p><u>LUNCH</u></p> <p>½ c. <b>EGG SALAD</b> (eggless mayo) ¼ c. CUCUMBERS, TOMATOES &amp; OLIVES WITH FETA CHEESE DRESSING ½ ea. FRESH APPLE ½ ea. WHOLE WHEAT PITA BREAD</p> <p><u>PM SNACK</u></p> <p>1 sl. RAISIN BREAD ½ c. 1% MILK</p>	<p><b>30</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH APPLE ½ ea. WHOLE WHEAT BAGEL/CREAM CHEESE</p> <p><u>LUNCH</u></p> <p>½ ea. <b>SUNBUTTER &amp; JELLY SANDWICH</b> 1 oz. CHEESE STICK ¼ c. CARROT STICKS ½ ea. FRESH PEAR</p> <p><u>PM SNACK</u></p> <p>1 pkg. SCOOPY DOO CINNAMON GRAHAM ½ c. 1% MILK</p>	<p><b>31</b></p> <p><u>BREAKFAST</u></p> <p>1 ea. FRESH KIWI ¾ c. CORN CHEX CEREAL</p> <p><u>LUNCH</u></p> <p>¾ c. <b>CHICKEN SALAD</b> (eggless mayo) ¼ c. ROASTED CARROTS ¼ c. FRESH STRAWBERRIES 1 sl. WHOLE WHEAT BREAD</p> <p><u>PM SNACK</u></p> <p>½ c. JICAMA &amp; CUCUMBER STICKS VEGETABLE DRESSING (eggless mayo) 6 ea. WHEAT THIN CRACKERS</p>