

AUGUST 2020 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Apple ¾ c. Rice Chex</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 c. WHOLE GRAIN ROTINI & CHEESE ¼ c. Rainbow Coleslaw ½ ea. Fresh Nectarine</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ c. Carrots & Celery Sticks ⅓ c. Bean Dip</p>	<p>4</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Kiwi ½ c. Bran Cereal</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 c. *CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS ¼ c. Roasted Rainbow Carrots ½ ea. Fresh Orange</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>¾ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk</p>	<p>5</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ c. Cornflakes</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>½ c. *TURKEY SPAGHETTI (ground turkey, tomato paste, onions with whole wheat spaghetti) ½ ea. Fresh Apple</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ c. Fresh Broccoli & Cauliflower/Ranch Dip 6 ea. Wheat Thin Crackers</p>	<p>6</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ½ ea. English Muffin/Cream Cheese</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 piece *SPINACH EGG BAKE (spinach, eggs, & feta cheese) ½ ea. Fresh Peach 1 ea. Whole Wheat Tortilla</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>FRUITY SUNBUTTER PITAS 1 tbsp. Sunbutter ¼ c. Fresh Banana & ¼ c. Fresh Apple ½ ea. Pita Bread</p>	<p>7</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Peach 1 sq. A – Z Bread</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>¾ ea. GREEK STYLE CHICKEN SALAD (diced chicken, peppers, olives, parsley, & Feta cheese dressing) ¼ c. Carrot Sticks ¼ c. Fresh Strawberries ½ ea. Pita Pocket Bread</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p>10</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ¾ c. Corn Chex</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>¾ c. *VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) 1 ea. Fresh Kiwi 1 ea. Whole Wheat Tortilla</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>6 ea. Wheat Thin Crackers 1 ea. String Cheese</p>	<p>11</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Apple ½ sl. Whole Wheat Cinnamon Bread 1 ea. Turkey Sausage</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1½ oz. TURKEY TACOS WITH CHEESE ¼ c. Shredded Lettuce & Tomatoes ¼ c. Mango Chunks 2 ea. Mini Corn Tortillas</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ c. Cucumber Slices & Carrot Sticks ⅓ c. Cottage Cheese Ranch Dip</p>	<p>12</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ c. Cornflakes</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 ½ ozs. OVEN BAKED CHICKEN ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Peach ¼ c. Spanish Quinoa</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>Early Closure</p>	<p>13</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ c. Fresh Strawberries ½ ea. Whole Wheat English Muffin/Cream Cheese</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>¾ c. SEASONED BLACKEYE PEAS ¼ c. Collard Greens 1 sl. Fresh Cantaloupe Melon 1 sq. Homemade Whole Wheat Cornbread</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ c. Cauliflower Florets & Zucchini Sticks/Ranch Dressing 2 pkgs. Wheatworth Crackers</p>	<p>14</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¾ c. Cheerios</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1½ ozs. TURKEY & SWISS CHEESE Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce & Tomato Slice ½ ea. Fresh Apple 1 sl. Whole Wheat Bread</p> <p style="text-align: center;"><u>PM SNACK – NUTRITION EXPERIENCE</u></p> <p>¼ c. Celery Sticks 1 tbsp. Sunbutter ½ c. 1% Milk</p>
<p>17</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Kiwi ½ c. Cornflakes</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 ea. *SOUTHWEST VEGGIE WRAP (coleslaw mix, cucumbers, black beans, salsa, romaine, spinach, and cheddar cheese) ¼ c. Fresh Strawberries 1 ea. Whole Wheat Tortilla</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>1 ea. Fresh Apple 1 tbsp. Sunbutter</p>	<p>18</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1½ ozs. SLOPPY JOE (ground turkey) ½ c. Spinach Salad/Ranch Dressing 1 sl. Fresh Cantaloupe Melon 1 ea. Whole Wheat Hamburger Bun</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>1 pkg. Goldfish Pretzel Crackers ½ c. 1% Milk</p>	<p>19</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ c. Pineapple Chunks 1 sq. Homemade Zucchini Bread</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 c. *STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & whole wheat spaghetti) ½ ea. Fresh Peach</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p>20</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla & Raisins</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 ea. *MEXICAN PIZZA (refried beans, tomato paste, chunky salsa) ½ oz. Shredded Mozzarella Cheese 1 ea. Fresh Kiwi 1 ea. Whole Wheat Flour Tortilla</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ c. Cucumber & Tomato Salad With Italian Dressing 2 pkgs. Wheatworth Crackers</p>	<p>21</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Apricot ½ sl. Whole Wheat Toast ⅓ c. Scrambled Eggs & Turkey Ham</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>½ c. CURRY CHICKEN SALAD ¼ c. Zucchini Sticks ¼ c. Fresh Strawberries ½ ea. Pita Bread</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>¼ c. Homemade Pico De Gallo 5 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Milk</p>
<p>24</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Apple ¾ c. Kix Cereal</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>¾ c. *SANTA FE RICE & BEANS (pinto beans, tomatoes, salsa, cheese, sour cream, & brown rice) 1 ea. Fresh Kiwi</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>1 pkg. Cheese Crackers ½ c. 1% Milk</p>	<p>25</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ c. Bran Cereal</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1 c. *WHITE CHICKEN CHILI ¼ c. Fresh Strawberries 5 ea. Whole Grain Corn Tortilla Chips</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ c. Cucumber & Carrot Sticks/Ranch Dressing ½ c. 1% Milk</p>	<p>26</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ c. Fresh Papaya ½ c. Cheerios</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>1½ ozs. TURKEY HOAGIE SANDWICH Mayo & Mustard Dressing ¼ c. Zucchini Sticks ½ ea. Fresh Nectarine</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>Early Closure</p>	<p>27</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>½ c. RED POZOLE SOUP (diced chicken, tomato paste, hominy) ¼ c. Shredded Cabbage & Cilantro ¼ c. Mango Chunks 1 ea. Whole Wheat Tortilla</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>1 ea. Cauliflower Breadstick 2 pkgs Wheatworth Crackers</p>	<p>28</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Peach ¾ c. Rice Chex</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>½ c. TUNA SALAD (tuna, eggs, mayo, relish, celery, onions) ½ c. Spring Salad Mix/Italian Dressing ¼ c. Fresh Strawberries 1 sl. Whole Wheat Bread</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>¾ c. Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk</p>
<p>31</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ sl. Whole Wheat Cinnamon Bread</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>¾ c. RED BEANS AND RICE ½ c. Spinach Salad/Ranch Dressing ½ ea. Fresh Peach</p> <p style="text-align: center;"><u>PM SNACK</u></p> <p>½ ea. Pita Pocket Bread/Hummus ½ c. 1% Milk</p>				
<p>ALL BREAKFAST & LUNCH SERVED WITH 1% MILK</p> <p>*Indicates vegetable included in main dish</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>				