



SEPTEMBER 2020 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p>  <p><i>Happy Labor Day</i></p> <p>BREAKFAST 1 ea. Fresh Kiwi ½ c. Cornflakes</p> <p>LUNCH 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>PM SNACK 1 ea. Fresh Apple 1 tbsp. Sunbutter</p>	<p>8</p> <p>BREAKFAST 1 ea. Fresh Banana ½ c. Cornflakes</p> <p>LUNCH 1½ oz. TURKEY TACOS WITH CHEESE ¼ c. Shredded Lettuce & Tomatoes ¼ c. Mango Chunks 2 ea. Mini Corn Tortillas</p> <p>PM SNACK ½ c. Cucumber Slices & Carrot Sticks ½ c. Cottage Cheese Ranch Dip</p>	<p>9</p> <p>BREAKFAST 1 ea. Fresh Apple ½ sl. Whole Wheat Cinnamon Bread 1 ea. Turkey Sausage</p> <p>LUNCH 1 ½ ozs. OVEN BAKED CHICKEN ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Peach ¼ c. Spanish Quinoa</p> <p>PM SNACK Early Closure</p>	<p>10</p> <p>BREAKFAST ½ c. Fresh Strawberries ½ ea. Whole Wheat English Muffin/Cream Cheese</p> <p>LUNCH ¾ c. SEASONED BLACKEYE PEAS ¼ c. Collard Greens 1 sl. Fresh Cantaloupe Melon 1 sq. Homemade Whole Wheat Cornbread</p> <p>PM SNACK ½ c. Cauliflower Florets & Zucchini Sticks/Ranch Dressing 2 pkgs. Wheatworth Crackers</p>	<p>11</p> <p>BREAKFAST 1 ea. Fresh Banana ¾ c. Cheerios</p> <p>LUNCH 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>PM SNACK – NUTRITION EXPERIENCE ¼ c. Celery Sticks 1 tbsp. Sunbutter ½ c. 1% Milk</p>
<p>14</p> <p>BREAKFAST 1 ea. Fresh Kiwi ½ c. Cornflakes</p> <p>LUNCH 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>PM SNACK 1 ea. Fresh Apple 1 tbsp. Sunbutter</p>	<p>15</p> <p>BREAKFAST 1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH 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>PM SNACK 1 pkg. Goldfish Pretzel Crackers ½ c. 1% Milk</p>	<p>16</p> <p>BREAKFAST ½ c. Pineapple Chunks 1 sq. Homemade Zucchini Bread</p> <p>LUNCH 1 c. *STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & whole wheat spaghetti) ½ ea. Fresh Peach</p> <p>PM SNACK 1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p>17</p> <p>BREAKFAST 1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla & Raisins</p> <p>LUNCH 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>PM SNACK ½ c. Cucumber & Tomato Salad With Italian Dressing 2 pkgs. Wheatworth Crackers</p>	<p>18</p> <p>BREAKFAST 1 ea. Fresh Apricot ½ sl. Whole Wheat Toast ¾ c. Scrambled Eggs & Turkey Ham</p> <p>LUNCH ½ c. CURRY CHICKEN SALAD ¼ c. Zucchini Sticks ¼ c. Fresh Strawberries ½ ea. Pita Bread</p> <p>PM SNACK ¼ c. Homemade Pico De Gallo 5 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Milk</p>
<p>21</p> <p>BREAKFAST 1 ea. Fresh Apple ¾ c. Kix Cereal</p> <p>LUNCH ¾ c. *SANTA FE RICE & BEANS (pinto beans, tomatoes, salsa, cheese, sour cream, & brown rice) 1 ea. Fresh Kiwi</p> <p>PM SNACK 1 pkg. Cheese Crackers ½ c. 1% Milk</p>	<p>22</p> <p>BREAKFAST 1 ea. Fresh Banana ½ c. Bran Cereal</p> <p>LUNCH 1 c. *WHITE CHICKEN CHILI ¼ c. Fresh Strawberries 5 ea. Whole Grain Corn Tortilla Chips</p> <p>PM SNACK ½ c. Cucumber & Carrot Sticks/Ranch Dressing ½ c. 1% Milk</p>	<p>23</p> <p>BREAKFAST ½ c. Fresh Papaya ½ c. Cheerios</p> <p>LUNCH 1½ ozs. TURKEY HOAGIE SANDWICH Mayo & Mustard Dressing ¼ c. Zucchini Sticks ½ ea. Fresh Nectarine</p> <p>PM SNACK Early Closure</p>	<p>24</p> <p>BREAKFAST 1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH 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>PM SNACK 1 ea. Cauliflower Breadstick 2 pkgs. Wheatworth Crackers</p>	<p>25</p> <p>BREAKFAST 1 ea. Fresh Peach ¾ c. Rice Chex</p> <p>LUNCH 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>PM SNACK ¾ c. Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk</p>
<p>28</p> <p>BREAKFAST 1 ea. Fresh Banana ½ sl. Whole Wheat Cinnamon Bread</p> <p>LUNCH ¾ c. RED BEANS AND RICE ½ c. Spinach Salad/Ranch Dressing ½ ea. Fresh Peach</p> <p>PM SNACK ½ ea. Pita Pocket Bread/Hummus ½ c. 1% Milk</p>	<p>29</p> <p>BREAKFAST 1 ea. Fresh Apple ¾ c. Rice Chex</p> <p>LUNCH 1 c. WHOLE GRAIN ROTINI & CHEESE ¼ c. Rainbow Coleslaw ½ ea. Fresh Nectarine</p> <p>PM SNACK ½ c. Carrots & Celery Sticks ½ c. Bean Dip</p>	<p>30</p> <p>BREAKFAST 1 ea. Fresh Kiwi ½ c. Bran Cereal</p> <p>LUNCH 1 c. CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS ¼ c. Roasted Rainbow Carrots ½ ea. Fresh Orange</p> <p>PM SNACK ¾ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 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>	