



October 2020 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
|  <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> | |  | <p>1</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH</p> <p>¾ c. *CALIFORNIA PASTA SALAD WITH CUBED CHEESE (kidney beans, broccoli, tomatoes, bell pepper, cubed cheese & rotini pasta) ½ ea. Fresh Pear</p> <p>PM SNACK</p> <p>2 pkgs. Wheatworth Crackers ½ c. Cucumber & Tomato Salad With Italian Dressing</p> | <p>2</p> <p>BREAKFAST</p> <p>½ c. Fresh Strawberries 1 sq. Oatmeal Muffin Square</p> <p>LUNCH</p> <p>1 ½ ozs. CHICKEN HOAGIE SANDWICH Eggless Mayo & Mustard Dressing ¼ c. Zucchini Sticks ½ ea. Fresh Nectarine ½ ea. Hoagie Roll</p> <p>PM SNACK</p> <p>¼ c. Homemade Pico De Gallo 6 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Milk</p> |
| <p>5</p> <p>BREAKFAST</p> <p>1 ea. Fresh Apple ½ c. Bran Cereal</p> <p>LUNCH</p> <p>½ c. BLACK BEAN CHILI ½ oz. Shredded Cheese ¼ c. Fresh Jicama Sticks 1 ea. Fresh Kiwi 6 ea. Whole Grain Corn Tortilla Chips</p> <p>PM SNACK</p> <p>1 pkg. Graham Crackers ½ c. 1% Milk</p> | <p>6</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ¾ c. Kix Cereal</p> <p>LUNCH</p> <p>1 c. *CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS & SPINACH ¼ c. Mango Chunks</p> <p>PM SNACK</p> <p>½ c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk</p> | <p>7</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ½ c. Cornflakes</p> <p>LUNCH</p> <p>½ c. *TURKEY SPAGHETTI (ground turkey, tomato paste, onions with whole wheat spaghetti) ½ ea. Fresh Apple</p> <p>PM SNACK</p> <p>½ c. Fresh Broccoli & Cauliflower/Ranch Dip 6 ea. Wheat Thin Crackers</p> | <p>8</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ½ ea. English Muffin/Cream Cheese</p> <p>LUNCH</p> <p>1 piece *SPINACH EGG BAKE (spinach, eggs, & feta cheese) 1 sl. Fresh Cantaloupe 1 ea. Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>1 tbsp. Sunbutter ½ ea. Fresh Banana & ½ ea. Fresh Apple</p> | <p>9</p> <p>BREAKFAST</p> <p>½ c. Mango Chunks 1 sq. A – Z Bread</p> <p>LUNCH</p> <p>¾ c. GREEK STYLE CHICKEN SALAD (diced chicken, peppers, olives, parsley, & feta cheese dressing) ¼ c. Carrot Sticks ¼ c. Fresh Strawberries ½ ea. Pita Bread</p> <p>PM SNACK</p> <p>½ c. Cottage Cheese ½ c. Pineapple Tidbits</p> |
| <p>12</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ½ c. Bran Cereal</p> <p>LUNCH</p> <p>½ c. *ARROZ CON QUESO (yogurt, cheese, pinto beans, rice, tomatoes) ½ ea. Fresh Green Apple Slices</p> <p>PM SNACK</p> <p>1 pkg. Graham Crackers ½ c. 1% Milk</p> | <p>13</p> <p>BREAKFAST</p> <p>1 ea. Fresh Pear ¼ c. Oatmeal Cereal</p> <p>LUNCH</p> <p>½ c. EGG SALAD (eggless mayo) ¼ c. Carrot Sticks (No Dressing) ¼ c. Fresh Strawberries 1 sl. Whole Wheat Bread</p> <p>PM SNACK</p> <p>2 tbsps. Sunbutter (Raisins) ¼ c. Celery Sticks ½ c. 1% Milk</p> | <p>14</p> <p>BREAKFAST</p> <p>¼ c. Rice Cereal With Cinnamon 1 sl. Fresh Cantaloupe</p> <p>LUNCH</p> <p>½ c. TURKEY SALAD (eggless mayo) ¼ c. Cucumber Slices/Ranch Dressing ½ ea. Fresh Apple ½ ea. Whole Wheat Bun</p> <p>PM SNACK</p> <p>1 ea. Cauliflower Breadstick 2 pkgs. Wheatworth Crackers</p> | <p>15</p> <p>BREAKFAST</p> <p>½ c. Fresh Strawberries ½ ea. Whole Wheat English Muffin/Cream Cheese</p> <p>LUNCH</p> <p>¾ c. SEASONED BLACKKEY PEAS ¼ c. Collard Greens 1 sl. Fresh Honeydew Melon 1 sq. Homemade Whole Wheat Cornbread</p> <p>PM SNACK</p> <p>½ c. Carrot Sticks & Zucchini Sticks/Italian dressing 1 pkg. Animal Crackers</p> | <p>16</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ¾ c. Cheerios</p> <p>LUNCH</p> <p>1½ ozs. TURKEY & SWISS CHEESE (diced chicken, peppers, olives, parsley, & feta cheese dressing) ¼ c. Green Leaf Lettuce ¼ c. Tomato Slice ½ ea. Fresh Apple 1 sl. Whole Wheat Bread</p> <p>PM SNACK</p> <p>¼ c. Cucumber Slices ¼ c. Broccoli Florets ½ c. Cottage Cheese Ranch Dressing</p> |
| <p>19</p> <p>BREAKFAST</p> <p>1 ea. Fresh Peach ¾ c. Rice Chex Cereal</p> <p>LUNCH</p> <p>1 serv. VEGETARIAN ENCHILADA CASSEROLE (cheese, black beans, corn, & corn tortilla chips) ½ c. Tossed Green Salad/Italian Dressing ½ ea. Fresh Apple</p> <p>PM SNACK</p> <p>1 pkg. Scooby Doo Cinnamon Grahams ½ c. 1% Milk</p> | <p>20</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH</p> <p>¾ c. SLOPPY JOE (ground turkey) ½ c. Spinach Salad/Ranch Dressing 1 sl. Fresh Cantaloupe ½ ea. Whole Wheat Hamburger Bun</p> <p>PM SNACK</p> <p>1 pkg. Goldfish Pretzel Crackers 1 ea. Fresh Apple</p> | <p>21</p> <p>BREAKFAST</p> <p>½ c. Pineapple Chunks 1 sq. Homemade Zucchini Bread</p> <p>LUNCH</p> <p>1 c. *STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & whole wheat spaghetti) ½ ea. Fresh Peach</p> <p>PM SNACK</p> <p>1 ea. Fresh Plum ½ c. 1% Milk</p> | <p>22</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ¼ c. Cinnamon Oatmeal With Vanilla & Raisins</p> <p>LUNCH</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>PM SNACK</p> <p>½ c. Cucumber & Tomato Salad With Italian Dressing 2 pkgs. Wheatworth Crackers</p> | <p>23</p> <p>BREAKFAST</p> <p>1 ea. Fresh Plum ½ sl. Whole Wheat Toast ½ c. Scrambled Eggs & Turkey Ham</p> <p>LUNCH</p> <p>½ c. CURRY CHICKEN SALAD (eggless mayo) ¼ c. Zucchini Sticks ¼ c. Fresh Strawberries ½ ea. Pita Bread</p> <p>PM SNACK</p> <p>¼ c. Homemade Pico De Gallo 6 ea. Whole Grain Corn Tortilla Chips ½ c. 1% Milk</p> |
| <p>26</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ¾ c. Corn Chex Cereal</p> <p>LUNCH</p> <p>1 ea. BAJA BEAN WRAP ¼ c. Fresh Jicama Sticks 1 ea. Fresh Kiwi 1 ea. Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>1 ea. Hard Boiled Egg ¼ c. Carrot Sticks/Ranch Dressing</p> | <p>27</p> <p>BREAKFAST</p> <p>1 ea. Fresh Pear ½ sl. English Muffin 2 tbsps. Sunbutter</p> <p>LUNCH</p> <p>¾ c. *HAWAIIAN CHICKEN SALAD ½ ea. Fresh Apple 1 ea. Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>1 pkg. Goldfish Crackers ½ c. 1% Milk</p> | <p>28</p> <p>BREAKFAST</p> <p>½ c. Applesauce 1 sq. Pancake</p> <p>LUNCH</p> <p>BUILD YOUR OWN TACO 1 ½ ozs. Ground Turkey ½ oz. Shredded Cheese ½ c. Shredded Lettuce ½ c. Diced Tomatoes ¼ c. Mango Chunks 2 ea. Mini Corn Tortilla</p> <p>PM SNACK</p> <p>1 ea. Fresh Banana 1 tbsp. Sunbutter</p> | <p>29</p> <p>BREAKFAST</p> <p>½ c. Pineapple Tidbits ½ ea. Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH</p> <p>¾ c. *RED VEGGIE POZOLE SOUP (bell pepper, tofu, tomato paste, hominy, cabbage, & cilantro) 1 ea. Fresh Kiwi 6 ea. Whole Grain Corn Tortilla Chips</p> <p>PM SNACK</p> <p>1 sl. Fresh Honeydew Melon ½ c. 1% Milk</p> | <p>30</p> <p>BREAKFAST</p> <p>1 ea. Fresh Pear Slices ½ c. Bran Cereal</p> <p>LUNCH</p> <p>*SPINACH SALAD WITH HARD BOILED EGG 1 ea. Hard Boiled Egg ¼ c. Fresh Spinach/Italian Dressing ½ c. Shredded Carrots 1 ea. Fresh Tangerine ½ sl. Whole Wheat Bread</p> <p>PM SNACK</p> <p>1 ea. String Cheese 2 pkgs. Ritz Crackers</p> |