



November 2020 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BREAKFAST</p> <p>1 ea. Fresh Apple ¾ c. Corn Chex Cereal</p> <p>LUNCH</p> <p>1 ea. MEXICAN PIZZA (refried beans, tomato paste, chunky salsa) ½ oz. Shredded Mozzarella Cheese ¼ c. Roasted Carrots 1 ea. Fresh Kiwi 1 ea. + Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p>3</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ½ sl. + Whole Wheat Cinnamon & Raisin Bread 1 ea. Turkey Sausage</p> <p>LUNCH</p> <p>1 oz. TURKEY TACOS ½ oz. Queso Fresco ¼ c. Shredded Lettuce ½ c. Tomatoes ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas</p> <p>PM SNACK</p> <p>½ c. Cucumber Slices & Carrot Sticks ½ c. Cottage Cheese Ranch Dip</p>	<p>4</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ¾ c. Kix Cereal</p> <p>LUNCH</p> <p>¾ c. PUMPKIN MOLE (pumpkin puree, mole paste, chicken legs) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Pear ¼ c. + Spanish Rice</p> <p>PM SNACK</p> <p>1 pkg. Cheese Crackers ½ c. 1% Milk</p>	<p>5</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ¾ c. Rice Chex Cereal</p> <p>LUNCH</p> <p>½ c. JERK CHICKEN (garlic, coriander, paprika, cinnamon) ¼ c. Roasted Rainbow Baby Carrots ¼ c. Fresh Pineapple Salad ½ ea. + Pita Bread</p> <p>PM SNACK</p> <p>c. Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk</p>	<p>6</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ½ ea. + Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH</p> <p>1 serv. CHICKEN CHILAQUILES WITH + CORN TORTILLA CHIPS ¼ c. Garlic Roasted Hericover ½ ea. Fresh Smitten Apple</p> <p>PM SNACK</p> <p>½ c. Tropical Fruit Salad 1 pkg. Graham Crackers</p>
<p>9</p> <p>BREAKFAST</p> <p>1 ea. Fresh Apple ½ c. Bran Cereal</p> <p>LUNCH</p> <p>½ c. BLACK BEAN CHILI (black beans, pinto beans, garlic, onions, paprika, chili powder, tomato, tomato paste) ½ oz. Shredded Cheese ¼ c. Roasted Butternut Squash 1 ea. Fresh Kiwi 5 ea. + Corn Tortilla Chips</p> <p>PM SNACK</p> <p>1 pkg. Graham Crackers ½ c. 1% Milk</p>	<p>10</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ¾ c. Kix Cereal</p> <p>LUNCH</p> <p>1 ½ oz. CHICKEN FAJITAS (bell peppers & onions) ¼ c. Roasted Broccoli 1 ea. Fresh Persimmon 1 ea. + Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>¾ c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk</p>	<p>11</p> 	<p>12</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ½ ea. + English Muffin/Cream Cheese & Strawberries</p> <p>LUNCH</p> <p>1 c. TOMATO BISQUE (diced tofu) ½ ea. + Grilled Cheese Sandwich ¼ c. Roasted Brussel Sprouts 1 sl. Fresh Cantaloupe</p> <p>PM SNACK</p> <p>Fruity Sunbutter Pitas 1 tbsp. Sunbutter ½ ea. Fresh Banana & ½ ea. Fresh Opal Apple ½ ea. Pita Bread</p>	<p>13</p> <p>BREAKFAST</p> <p>½ c. Mango Chunks 1 sq. + A – Z Bread</p> <p>LUNCH</p> <p>1 ea. ROASTED & SMOKED TURKEY LEG ¼ c. Roasted Zucchini ½ ea. Fresh Pink Lady Apple ½ ea. + Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>½ c. Cottage Cheese ½ c. Fresh Pineapple Slices</p>
<p>16</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ¾ c. Rice Chex Cereal</p> <p>LUNCH</p> <p>½ c. BLACK BEAN SOUP (black beans, onion, garlic, tomato diced) ½ ea. + Grilled Cheese Sandwich ¼ c. Steamed Spinach ½ ea. Fresh Honey Crisp Apple</p> <p>PM SNACK</p> <p>2 pkgs. Ritz Crackers ½ c. 1% Milk</p>	<p>17</p> <p>BREAKFAST</p> <p>1 ea. Fresh Satsuma Orange ½ c. Cornflakes</p> <p>LUNCH</p> <p>BUILD YOUR OWN TACO SALAD 1 ½ ozs. Ground Turkey ½ oz. Shredded Cheese ¼ c. Shredded Lettuce ½ c. Diced Tomatoes ¼ c. Fresh Papaya 5 ea. + Corn Tortilla Chips</p> <p>PM SNACK</p> <p>1 ea. Fresh Pear 1 tbsp. Sunbutter</p>	<p>18</p> <p>BREAKFAST</p> <p>½ sl. + Cinnamon Wheat Toast 1 ea. Fresh Smitten Apple</p> <p>LUNCH</p> <p>1 ea. CHICKEN SATAY ¼ c. Cucumber Slices/Ranch Dressing ½ ea. Fresh Red Pears ¼ c. + Brown Rice</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>19</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ½ ea. + Whole Wheat English Muffin/Cream Cheese</p> <p>LUNCH</p> <p>1 c. LENTIL & BUTTERNUT SQUASH STEW (lentils, onion, carrot, rainbow swiss chard, celery, butternut squash) ½ c. Gold Beet Salad (quinoa, feta cheese) 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>20</p> <p>BREAKFAST</p> <p>1 ea. Fresh Pear ½ c. Cheerios</p> <p>LUNCH</p> <p>1 ½ ozs. TURKEY & SWISS CHEESE Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce ½ 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>23</p> <p>BREAKFAST</p> <p>1 ea. Fresh Tangerine 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 Pear</p> <p>PM SNACK</p> <p>1 pkg. Scooby Doo Cinnamon Grahams ½ c. 1% Milk</p>	<p>24</p> <p>BREAKFAST</p> <p>1 ea. Hard Boiled Egg ½ ea. + Whole Wheat Bagel/Cream Cheese 1 ea. Fresh Apple</p> <p>LUNCH</p> <p>1 c. TURKEY SHEPERDS PIE (ground turkey, potato) ½ c. Spinach Salad/Ranch Dressing 1 ea. Fresh Tangerine Satsuma ½ ea. + Wheat Hamburger Bun</p> <p>PM SNACK</p> <p>1 pkg. Goldfish Pretzel Crackers 1 ea. Fresh Kiwi</p>	<p>25</p> <p>BREAKFAST</p> <p>½ c. Pineapple Chunks 1 sq. + Homemade Zucchini Bread</p> <p>LUNCH</p> <p>1 c. TUSCAN TURKEY SOUP (onion, potato, kale, kidney beans, ground turkey, Low fat cream) ½ ea. Fresh Asian Pear ¼ c. Carrot Sticks ½ ea. + Wheat Roll</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>26</p> 	<p>27</p>
<p>30</p> <p>BREAKFAST</p> <p>1 ea. Fresh Apple 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 1 ea. Fresh Orange</p>			<p>ALL BREAKFAST & LUNCH SERVED WITH 1% MILK</p> <p>*Indicates vegetable included in main dish</p> <p>+ Indicates Whole Grain Rich</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>	