


December 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>+ Indicates Whole Grain Rich</p> <p>WATER IS OFFERED THROUGHOUT THE DAY</p>	<p>1 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ½ sl. * Whole Wheat Cinnamon & Raisin Bread 1 ea. Turkey Sausage</p> <p><u>LUNCH</u></p> <p>1 ½ ozs. TURKEY TACOS ½ oz. Queso Fresco ¼ c. Shredded Lettuce ⅛ c. Tomatoes ¼ c. Mango Chunks 2 ea. * Mini Corn Tortillas</p> <p><u>PM SNACK</u></p> <p>½ c. Cucumber Slices & Carrot Sticks ⅓ c. Cottage Cheese Ranch Dip</p>	<p>2 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¾ c. Kix Cereal</p> <p><u>LUNCH</u></p> <p>¾ c. BEEF MOLE (mole paste, vegetable stock, diced beef) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Pear ¼ c. * Spanish Rice</p> <p><u>PM SNACK</u></p> <p>1 pkg. Cheese Crackers ½ c. 1% Milk</p>	<p>3 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ¾ c. Rice Chex Cereal</p> <p><u>LUNCH</u></p> <p>½ c. * TOFU ALFREDO WITH PENE PASTA (tofu, alfredo sauce) ¼ c. Roasted Rainbow Baby Carrots ¼ c. Pineapple Tidbits</p> <p><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>4 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ ea. * Whole Wheat Bagel/Cream Cheese</p> <p><u>LUNCH</u></p> <p>1 serv. CHICKEN CHILAQUILES WITH * CORN TORTILLA CHIPS ¼ c. Garlic Roasted Hericover ½ ea. Fresh Smitten Apple</p> <p><u>PM SNACK</u></p> <p>½ c. Tropical Fruit Salad 1 pkg. Graham Crackers</p>
<p>7 <u>BREAKFAST</u></p> <p>1 ea. Fresh Apple ½ c. Bran Cereal</p> <p><u>LUNCH</u></p> <p>½ c. CANELLINI BEAN CASSEROLE (tomato, celery, garlic, onions, kale, paprika.) ½ oz. Shredded Cheese ¼ c. Roasted Butternut Squash 1 ea. Fresh Kiwi 5 ea. * Corn Tortilla Chips</p> <p><u>PM SNACK</u></p> <p>1 pkg. Graham Crackers ½ c. 1% Milk</p>	<p>8 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¾ c. Kix Cereal</p> <p><u>LUNCH</u></p> <p>½ c. CHICKEN FAJITAS (bell peppers & onions) ¼ c. Roasted Broccoli 1 ea. Fresh Persimon 1 ea. * Whole Wheat Tortilla</p> <p><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>9 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¾ c. Rice Chex</p> <p><u>LUNCH</u></p> <p>½ c. GREEN POZOLE SOUP (diced chicken, tomatillo, hominy) ¼ c. Cabbage & Cilantro ¼ c. Mango Chunks 2 ea. * Mini Corn Tortillas</p> <p><u>PM SNACK</u></p> <p>EARLY CLOSURE</p>	<p>10 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ½ ea. * English Muffin/Cream Cheese & Strawberries</p> <p><u>LUNCH</u></p> <p>1 c. TOMATO BISQUE (diced tofu) ½ ea. * Grilled Cheese Sandwich ¼ c. Roasted Brussel Sprouts 1 sl. Fresh Cantaloupe</p> <p><u>PM SNACK</u></p> <p>Fruity Sunbutter Pitas 1 tbsp. Sunbutter ½ ea. Fresh Banana & ½ ea. Fresh Opal Apple ½ ea. Pita Bread</p>	<p>11 <u>BREAKFAST</u></p> <p>½ c. Mango Chunks 1 sq. * A – Z Bread</p> <p><u>LUNCH</u></p> <p>½ c. CHICKEN TINGA ¼ c. Roasted Zucchini ½ ea. Fresh Pink Lady Apple ½ ea. * Whole Wheat Tortilla</p> <p><u>PM SNACK</u></p> <p>½ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p>14 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ¾ c. Rice Chex Cereal</p> <p><u>LUNCH</u></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><u>PM SNACK</u></p> <p>2 pkgs. Ritz Crackers ½ c. 1% Milk</p>	<p>15 <u>BREAKFAST</u></p> <p>1 ea. Fresh Satsuma Orange ½ c. Cornflakes</p> <p><u>LUNCH</u></p> <p>BUILD YOUR OWN BURRITO 1 ½ ozs. Ground Turkey ½ oz. Shredded Cheese ¼ c. Shredded Lettuce ⅛ c. Diced Tomatoes ¼ c. Fresh Papaya 1 ea. * Whole Wheat Tortilla</p> <p><u>PM SNACK</u></p> <p>1 ea. Fresh Pear 1 tbsp. Sunbutter</p>	<p>16 <u>BREAKFAST</u></p> <p>½ sl. * Cinnamon Wheat Toast 1 ea. Fresh Smitten Apple</p> <p><u>LUNCH</u></p> <p>1 ea. BBQ CHICKEN LEG ¼ c. Cucumber Slices/Ranch Dressing ½ ea. Fresh Red Pear ¼ c. * Brown Rice</p> <p><u>PM SNACK</u></p> <p>2 pkgs. * Wheatworth Crackers ½ c. Roasted Rainbow Carrots</p>	<p>17 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ ea. * Whole Wheat English Muffin/Cream Cheese</p> <p><u>LUNCH</u></p> <p>1 c. LENTIL & BUTTERNUT SQUASH STEW (lentils, onion, carrot, rainbow swiss chard, celery, butternut squash) ½ c. Gold Beet Salad (feta cheese, mixed greens) 1 sq. * Homemade Whole Wheat Cornbread</p> <p><u>PM SNACK</u></p> <p>½ c. Zucchini Sticks/Italian dressing 1 pkg. Animal Crackers</p>	<p>18 <u>BREAKFAST</u></p> <p>1 ea. Fresh Pear ½ c. Cheerios</p> <p><u>LUNCH</u></p> <p>1½ ozs. TURKEY & SWISS CHEESE Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce ¼ c. Tomato Slice ½ ea. Fresh Apple 1 sl. * Whole Wheat Bread</p> <p><u>PM SNACK</u></p> <p>¼ c. Cucumber Slices ¼ c. Broccoli Florets ⅓ c. Cottage Cheese Ranch Dressing</p>
<p>21 <u>BREAKFAST</u></p> <p>1 ea. Fresh Tangerine ¾ c. Rice Chex Cereal</p> <p><u>LUNCH</u></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><u>PM SNACK</u></p> <p>1 pkg. Scooby Doo Cinnamon Grahams ½ c. 1% Milk</p>	<p>22 <u>BREAKFAST</u></p> <p>1 ea. Hard Boiled Egg ½ ea. * Whole Wheat Bagel/Cream Cheese 1 ea. Fresh Apple</p> <p><u>LUNCH</u></p> <p>½ c. TURKEY PICADILLO (ground turkey, carrot, celery, garlic) ½ c. Spinach Salad/Ranch Dressing 1 ea. Fresh Tangerine Satsuma ¼ ea. * Brown Rice</p> <p><u>PM SNACK</u></p> <p>1 pkg. Goldfish Pretzel Crackers 1 ea. Fresh Kiwi</p>	<p>23 <u>BREAKFAST</u></p> <p>½ c. Pineapple Chunks 1 sq. * Homemade Zucchini Bread</p> <p><u>LUNCH</u></p> <p>1 ½ c. * CHICKEN NOODLE SOUP (onion, potato, kale, kidney beans, diced chicken, * whole wheat pasta) ½ ea. Fresh Asian Pear ¼ c. Carrot Sticks</p> <p><u>PM SNACK</u></p> <p>2 pkgs. Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>24 <u>BREAKFAST</u></p> <p>½ c. Mango Chunks ½ ea. * Whole Wheat Cinnamon Bread</p> <p><u>LUNCH</u></p> <p>1 c. * VEGETABLE & TOFU STEW (roasted tomatoes, sliced carrots, celery, onion, parsnip) ½ ea. Fresh Orange ½ ea. * Whole Wheat Roll</p> <p><u>PM SNACK</u></p> <p>EARLY CLOSURE</p>	
<p>28 <u>BREAKFAST</u></p> <p>1 ea. Fresh Apple ¾ c. Corn Chex Cereal</p> <p><u>LUNCH</u></p> <p>VEGGIE PITA POCKET ½ c. Leafy Salad Greens & Shredded Carrots ½ oz. Shredded Cheese 1 ea. Hard Boiled Egg ¼ c. Roasted Carrots 1 ea. Fresh Kiwi ½ ea. Pita Bread</p> <p><u>PM SNACK</u></p> <p>1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p>29 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ½ c. Bran Cereal</p> <p><u>LUNCH</u></p> <p>1 ea. BAJA BEAN WRAP ¼ c. Fresh Jicama Sticks ½ ea. Fresh Pear 1 ea. * Whole Wheat Tortilla</p> <p><u>PM SNACK</u></p> <p>1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi</p>	<p>30 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ c. * Cheerios</p> <p><u>LUNCH</u></p> <p>½ c. CHICKEN SALAD ½ c. Spinach Leaves/Ranch Dressing ¼ c. Fresh Strawberries ½ ea. Pita Bread</p> <p><u>PM SNACK</u></p> <p>1 ea. Fresh Apple 1 tbsp. Sunbutter</p>	<p>31 <u>BREAKFAST</u></p> <p>1 ea. Fresh Kiwi ½ c. Bran Cereal</p> <p><u>LUNCH</u></p> <p>1 serv. EGG CHILAQUILES WITH * WHOLE GRAIN CORN TORTILLA CHIPS ¼ c. Roasted Rainbow Carrots ½ ea. Fresh Orange</p> <p><u>PM SNACK</u></p> <p>¾ c. * Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk</p>	