




January 2021 - 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>4</p> <p>BREAKFAST</p> <p>½ c. Pineapple Chunks ½ c. Cheerios</p> <p>LUNCH</p> <p>1 ½ c. *TOFU NOODLE SOUP (onion, potato, kale, kidney beans, diced tofu, + whole wheat pasta) ¼ c. Carrot Sticks ½ ea. Fresh Asian Pear</p> <p>PM SNACK</p> <p>2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>5</p> <p>BREAKFAST</p> <p>1 ea. Fresh Fuji Apple ½ c. Bran Cereal</p> <p>LUNCH</p> <p>1 ea. LEAN BEEF BURGER (Mayo & Mustard Dressing) ¼ c. Green Leaf Lettuce ½ c. Tomato Slice ½ ea. Fresh Orange 1 ea. + Whole Wheat Burger Bun</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 kiwi ¾ c. Kix Cereal</p> <p>LUNCH</p> <p>¾ c. CHICKEN POT PIE (onion, celery & low-fat cream) ¼ c. Roasted Broccoli ½ ea. Fresh Pink Lady Apple 1 ea. + Whole Wheat Puff Pastry</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>7</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ½ ea. + English Muffin/Cream Cheese & Strawberries</p> <p>LUNCH</p> <p>1 c. CARROT & GINGER SOUP (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 tbsq. Sunbutter ½ ea. Fresh Banana ½ ea. Pita Bread</p>	<p>8</p> <p>BREAKFAST</p> <p>½ c. Mango Chunks 1 sq. + A - Z Bread</p> <p>LUNCH</p> <p>1 ea. ROASTED CHICKEN LEG ¼ c. Roasted Cauliflower & Onion ½ ea. Fresh Pink Lady Apple ½ ea. + Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>½ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p>11</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ½ c. Bran Cereal</p> <p>LUNCH</p> <p>1 ea. BAJA BEAN WRAP ¼ c. Fresh Jicama Sticks ¼ c. Fresh Papaya 1 ea. + Whole Wheat Tortilla</p> <p>PM SNACK</p> <p>1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi</p>	<p>12</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana 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 ½ ea. Fresh Satsuma Orange 5 ea. + Whole Corn Tortilla Chips</p> <p>PM SNACK</p> <p>1 ea. Fresh Pear 1 tbsq. Sunbutter</p>	<p>13</p> <p>BREAKFAST</p> <p>½ sl. + Cinnamon Wheat Toast 1 ea. Fresh Smitten Apple</p> <p>LUNCH</p> <p>1 ea. BBQ CHICKEN LEG ¼ c. Cucumber Slices/Ranch Dressing ½ ea. Fresh Red Pear ¼ c. + Brown Rice</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>14</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ½ ea. + Whole Wheat English Muffin/Cream Cheese</p> <p>LUNCH</p> <p>1 c. BLACK BEAN SALAD (black beans, onion, carrot, bell pepper, celery, broccoli florets, diced sweet potato, cilantro, lemon juice) 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>15</p> <p>BREAKFAST</p> <p>1 ea. Fresh D'anju Pear ½ c. Cheerios</p> <p>LUNCH</p> <p>½ c. CHICKEN SALAD 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>18</p> <div style="text-align: center;">  <p>Martin Luther King Jr. Day I HAVE A DREAM</p> </div>	<p>19</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>20</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana 1 sq. + Homemade Zucchini Bread</p> <p>LUNCH</p> <p>½ c. TUNA SALAD ½ ea. Fresh Asian Pear ¼ c. Carrot Sticks ½ ea. + Wheat Roll</p> <p>PM SNACK</p> <p>½ c. Cottage Cheese ½ c. Mango Chunks</p>	<p>21</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ¾ c. Rice Chex Cereal</p> <p>LUNCH</p> <p>½ c. JERK TOFU (garlic, corriander, paprika, cinnamon) ¼ c. Roasted Rainbow Baby Carrots ¼ c. Pineapple Chunks ½ ea. + Pita Bread</p> <p>PM SNACK</p> <p>¾ c. Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk</p>	<p>22</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ¾ c. Kix Cereal</p> <p>LUNCH</p> <p>½ c. KALUA CHICKEN (<i>smoked chicken, salt, pepper, banana leaf</i>) 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>25</p> <p>BREAKFAST</p> <p>1 ea. Fresh Orange ¾ c. Rice Chex Cereal</p> <p>LUNCH</p> <p>½ c. TOFU & BUTTERNUT SQUASH SOUP (tofu butternut squash, onion, garlic, fennel) 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>26</p> <p>BREAKFAST</p> <p>½ c. Mango Chunks ½ sl. + Whole Wheat Cinnamon & Raisin Bread 1 ea. Turkey Sausage</p> <p>LUNCH</p> <p>½ c. CHICKEN TACOS ½ oz. Queso Fresco ¼ c. Shredded Lettuce ½ c. Tomatoes ½ ea. Fresh Pear 2 ea. + Whole Grain Mini Corn Tortillas</p> <p>PM SNACK</p> <p>½ c. Cucumber Slices ½ c. Cottage Cheese Ranch Dip</p>	<p>27</p> <p>BREAKFAST</p> <p>½ c. Pineapple Chunks 1 sq. + Homemade Banana 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 ½ ea. + Wheat Roll</p> <p>PM SNACK</p> <p>EARLY CLOSURE</p>	<p>28</p> <p>BREAKFAST</p> <p>1 ea. Fresh Banana ½ ea. + Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH</p> <p>1 serv. EGG CHILAQUILES WITH + CORN TORTILLA CHIPS ¼ c. Garlic Roasted Hericovert ½ ea. Fresh Smitten Apple</p> <p>PM SNACK</p> <p>½ c. Tropical Fruit Salad 1 pkg. Graham Crackers</p>	<p>29</p> <p>BREAKFAST</p> <p>½ c. Fresh Strawberries ½ c. Cornflakes</p> <p>LUNCH</p> <p>½ c. + CHICKEN PAD THAI (diced Chicken, whole wheat rice noodles, green onions, cilantro, tamari sauce, fish sauce, lemon juice) ¼ c. Roasted Carrots ¼ c. Mango Chunks</p> <p>PM SNACK</p> <p>½ c. Fresh Broccoli & Cauliflower/Ranch Dip 6 ea. Wheat Thin Crackers</p>