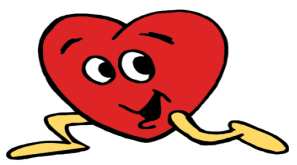
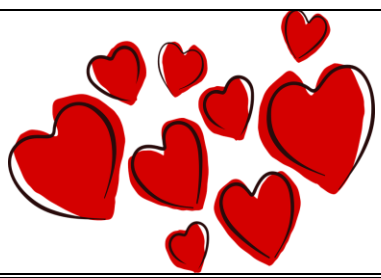


February 2021 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BREAKFAST 1 ea. Fresh Banana ½ c. + Cheerios LUNCH ½ c. ROASTED TOFU SALAD ½ c. Spinach Leaves/Ranch Dressing ¼ c. Fresh Strawberries ½ ea. + Wheat Pita Bread PM SNACK 1 ea. Fresh Apple 1 tbsp. Sunbutter	2 BREAKFAST 1 ea. Fresh Orange ½ sl. + Whole Wheat Cinnamon & Raisin Bread 1 ea. Turkey Sausage LUNCH 1 ½ ozs. TURKEY TACO MEAT 1 oz. Queso Fresco ¼ c. Shredded Lettuce ½ c. Diced Tomatoes ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas PM SNACK ½ c. Cucumber Slices & Carrot Sticks ½ c. Cottage Cheese Ranch Dip	3 BREAKFAST 1 ea. Fresh Banana ¼ c. + Cinnamon Oatmeal LUNCH ¾ c. BEEF MOLE (mole paste, vegetable stock, diced beef) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Pear ¼ c. + Spanish Rice PM SNACK 1 pkg. Graham Crackers ½ c. 1% Milk	4 BREAKFAST 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal LUNCH ½ c. + TOFU ALFREDO WITH PENE PASTA (tofu, alfredo sauce) ¼ c. Roasted Rainbow Baby Carrots ¼ c. Fresh Strawberries PM SNACK ¾ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk	5 BREAKFAST 1 ea. Fresh Banana ½ ea. + Whole Wheat Bagel/Cream Cheese LUNCH 1 serv. CHICKEN CHILAQUILES WITH + CORN TORTILLA CHIPS ¼ c. Garlic Roasted Hericover ½ ea. Fresh Smitten Apple PM SNACK ½ c. Tropical Fruit Salad 1 pkg. Graham Crackers
8 BREAKFAST 1 ea. Fresh Apple ½ c. + Bran Cereal LUNCH ½ c. CANELINI BEAN CASSEROLE (tomato, celery, garlic, onions, kale, paprika) ½ oz. Shredded Cheese ¼ c. Roasted Butternut Squash 1 ea. Fresh Kiwi ½ ea. + Whole Wheat Roll PM SNACK 1 pkg. Graham Crackers ½ c. 1% Milk	9 BREAKFAST 1 ea. Fresh Pear ¾ c. + Arroz con Leche LUNCH ½ c. BEEF FAJITAS (bell peppers & onions) ¼ c. Roasted Broccoli 1 ea. Fresh Persimon 1 ea. + Whole Wheat Tortilla PM SNACK ¾ c. + Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk	10 BREAKFAST 1 ea. Fresh Banana ¾ c. + Home Made Granola LUNCH ½ c. GREEN POZOLE SOUP (diced chicken, tomatillo, hominy) ¼ c. Cabbage & Cilantro ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas PM SNACK EARLY CLOSURE	11 BREAKFAST 1 ea. Fresh Kiwi ½ ea. + Wheat English Muffin/Sunbutter LUNCH 1 c. BEAN CHILI ½ ea. + Grilled Cheese Sandwich ¼ c. Roasted Brussel Sprouts ½ ea. Fresh Orange PM SNACK Fruity Sunbutter Pitas 1 tbsp. Sunbutter ½ ea. Fresh Banana & ½ ea. Fresh Opal Apple ½ ea. + Wheat Pita Bread	12 BREAKFAST ½ c. Mango Chunks 1 sq. + A – Z Bread LUNCH ½ c. CHICKEN TINGA ¼ c. Roasted Zucchini ½ ea. Fresh Pink Lady Apple ½ ea. + Whole Wheat Tortilla PM SNACK ½ c. Cottage Cheese ½ c. Pineapple Tidbits
15 	16 BREAKFAST 1 ea. Fresh Satsuma Orange ½ c. + Cornflakes LUNCH BUILD YOUR OWN BURRITO 1 ½ ozs. Ground Turkey ½ oz. Shredded Cheese ¼ c. Shredded Lettuce ½ c. Diced Tomatoes ¼ c. Fresh Papaya 1 ea. + Whole Wheat Tortilla PM SNACK 1 ea. Fresh Pear 1 tbsp. Sunbutter	17 BREAKFAST ½ sl. + Cinnamon Wheat Toast 1 ea. Fresh Smitten Apple LUNCH 1 ea. BBQ CHICKEN LEG ¼ c. Cucumber Slices/Ranch Dressing 1 ea. Fresh Kiwi ¼ c. + Brown Rice PM SNACK 2 pkgs. + Wheatworth Crackers ½ c. Roasted Rainbow Carrots	18 BREAKFAST 1 ea. Fresh Banana ½ ea. + Wheat English Muffin/Cream Cheese LUNCH 1 c. LENTIL & BUTTERNUT SQUASH STEW (lentils, onion, carrot, rainbow swiss chard, celery, butternut squash) ¼ c. Gold Beet Salad (feta cheese, mixed greens) 1 sq. + Homemade Whole Wheat Cornbread PM SNACK ½ c. Zucchini Sticks/Italian dressing 1 pkg. + Animal Crackers	19 BREAKFAST 1 ea. Fresh Pear ½ c. + Cheerios LUNCH 1½ 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 PM SNACK ¼ c. Cucumber Slices ¼ c. Broccoli Florets ½ c. Homemade Hummus (chickpeas, sesame paste, olive oil, garlic, paprika, lemon juice)
22 BREAKFAST 1 ea. Fresh Tangerine ¾ c. + Rice Chex Cereal LUNCH 1 serv. VEGETARIAN ENCHILADA CASSEROLE (cheese, black beans, corn, + corn tortilla chips) ½ c. Tossed Green Salad/Italian Dressing ½ ea. Fresh Pear PM SNACK 1 pkg. + Scooby Doo Cinnamon Grahams ½ c. 1% Milk	23 BREAKFAST 1 ea. Hard Boiled Egg ½ ea. + Whole Wheat Bagel/Cream Cheese 1 ea. Fresh Kiwi LUNCH ½ c. TURKEY PICADILLO (ground turkey, carrot, celery, garlic) ½ c. Spinach Salad/Ranch Dressing ¼ c. Fresh Strawberries ¼ ea. + Brown Rice PM SNACK 1 pkg. + Goldfish Pretzel Crackers 1 ea. Fresh Banana	24 BREAKFAST ½ c. Pineapple Chunks 1 sq. + Homemade Zucchini Bread LUNCH 1 ½ c. CHICKEN NOODLE SOUP (onion, potato, kale, kidney beans, diced chicken, + whole wheat pasta) ¼ c. Carrot Sticks ½ ea. Fresh Apple PM SNACK EARLY CLOSURE	25 BREAKFAST ½ c. Mango Chunks ½ ea. + Whole Wheat Cinnamon Bread LUNCH 1 c. + VEGETABLE & TOFU STEW (roasted tomatoes, sliced carrots, celery, onion, parsnip) ½ ea. Fresh Pear ½ ea. + Whole Wheat Roll PM SNACK ½ c. Cucumber Slices & Carrot Sticks ½ c. Cottage Cheese Ranch Dip	26 BREAKFAST 1 ea. Fresh Kiwi ½ c. + Bran Cereal LUNCH 1 serv. EGG CHILAQUILES WITH + WHOLE GRAIN CORN TORTILLA CHIPS ¼ c. Roasted Rainbow Carrots ¼ c. Fresh Strawberries PM SNACK ¾ c. + Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk
Healthy Heart  Healthy You			ALL BREAKFAST & LUNCH SERVED WITH 1% MILK *Indicates vegetable included in main dish + Indicates Whole Grain Rich WATER IS OFFERED THROUGHOUT THE DAY	