


# March 2021 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <b>BREAKFAST</b> 1 ea. Fresh Apple ¾ c. + Corn Chex Cereal</p> <p><b>LUNCH</b> 1 ea. <b>AZTEC PIZZA</b> (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><b>PM SNACK</b> 1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p><b>2</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ½ sl. + Wheat Cinnamon &amp; Raisin Bread 1 ea. Turkey Sausage</p> <p><b>LUNCH</b> 1 ½ ozs. <b>TURKEY TACOS</b> ½ oz. Queso Fresco ¼ c. Shredded Lettuce ⅓ c. Tomatoes ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas</p> <p><b>PM SNACK</b> ½ c. Cucumber Slices &amp; Carrot Sticks ½ c. Cottage Cheese Ranch Dip</p>	<p><b>3</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ¼ c. + Homemade Oatmeal ½ c. Plain Yogurt</p> <p><b>LUNCH</b> ½ c. <b>CHICKEN GUMBO</b> (onions, celery, bell pepper, okra) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Pear ¼ c. + Brown Rice</p> <p><b>PM SNACK</b> 1 pkg. + Cheese Crackers ½ c. 1% Milk</p>	<p><b>4</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal</p> <p><b>LUNCH</b> ½ c. <b>JERK TOFU</b> (garlic, coriander, paprika, cinnamon) ¼ c. Roasted Beets ¼ c. Pineapple Tidbits ½ ea. + Pita Bread</p> <p><b>PM SNACK</b> ½ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish &amp; cheese crackers) ½ c. 1% Milk</p>	<p><b>5</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ ea. + Whole Wheat Bagel/Cream Cheese</p> <p><b>LUNCH</b> ½ c. <b>HOPPIN' JOHNS</b> (black eyed peas, smoked turkey, onion, cheddar cheese) ¼ c. Garlic Roasted Radishes ½ ea. Fresh Fuji Apple ¼ c. + Brown Rice</p> <p><b>PM SNACK</b> ½ c. Fresh Strawberries 1 pkg. Graham Crackers</p>
<p><b>8</b> <b>BREAKFAST</b> ½ c. Pineapple Chunks ½ c. + Cheerios</p> <p><b>LUNCH</b> 1 ½ c. <b>TOFU FIDEO SOUP</b> (diced tofu, ww spaghetti, tomato, onion, garlic + whole wheat pasta) ¼ c. Carrot Sticks ¼ c. Fresh Strawberries</p> <p><b>PM SNACK</b> 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p><b>9</b> <b>BREAKFAST</b> 1 ea. Fresh Fuji Apple ½ c. + Bran Cereal</p> <p><b>LUNCH</b> 1 ea. <b>LEAN BEEF BURGER</b> (Mayo &amp; Mustard Dressing) ¼ c. Green Leaf Lettuce ⅓ c. Tomato Slice ½ ea. Fresh Orange 1 ea. + Wheat Burger Bun</p> <p><b>PM SNACK</b> 1 pkg. Graham Crackers ½ c. 1% Milk</p>	<p><b>10</b> <b>BREAKFAST</b> 1 ea. Fresh Kiwi ¾ c. + Kix Cereal</p> <p><b>LUNCH</b> ¾ c. <b>CHICKEN POT PIE</b> (onion, celery &amp; low-fat cream) ¼ c. Roasted Broccoli ½ ea. Fresh Pink Lady Apple 1 ea. + Wheat Puff Pastry</p> <p><b>PM SNACK</b> <b>EARLY CLOSURE</b></p>	<p><b>11</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ½ ea. + English Muffin/Cream Cheese &amp; Strawberries</p> <p><b>LUNCH</b> 1 c. <b>CARROT &amp; GINGER SOUP</b> (diced tofu) ½ ea. + Grilled Cheese Sandwich ¼ c. Roasted Brussel Sprouts 1 sl. Fresh Cantaloupe</p> <p><b>PM SNACK</b> <b>Fruit Sunbutter Pita</b> 1 tbsp. Sunbutter ½ ea. Fresh Banana ½ ea. + Pita Bread</p>	<p><b>12</b> <b>BREAKFAST</b> ½ c. Mango Chunks 1 sq. + A - Z Bread</p> <p><b>LUNCH</b> 1 ea. <b>ROASTED CHICKEN LEG</b> ¼ c. Roasted Cauliflower &amp; Onion ½ ea. Fresh Apple 1 ea. + Whole Wheat Tortilla</p> <p><b>PM SNACK</b> ½ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p><b>15</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ½ c. + Bran Cereal</p> <p><b>LUNCH</b> 1 ea. <b>BAJA BEAN WRAP</b> ¼ c. Fresh Jicama Sticks ¼ c. Fresh Papaya 1 ea. + Whole Wheat Tortilla</p> <p><b>PM SNACK</b> 1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi</p>	<p><b>16</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ c. + Cornflakes</p> <p><b>LUNCH</b> <b>BUILD YOUR OWN TACO SALAD</b> 1 ½ ozs. Ground Turkey ½ oz. Shredded Cheese ¼ c. Shredded Lettuce ⅓ c. Diced Tomatoes ½ ea. Fresh Satsuma Orange 5 ea. + Whole Corn Tortilla Chips</p> <p><b>PM SNACK</b> 1 ea. Fresh Pear 1 tbsp. Sunbutter</p>	<p><b>17</b> <b>BREAKFAST</b> 1 ea. Fresh Smitten Apple ½ sl. + Cinnamon Wheat Toast</p> <p><b>LUNCH</b> 1 ea. <b>BBQ CHICKEN LEG</b> ¼ c. Cucumber Slices/Ranch Dressing ½ ea. Fresh Red Pear ¾ c. + Pasta Salad (celery, red onion, eggless mayo, apple cider vinegar, salt, pepper)</p> <p><b>PM SNACK</b> ½ c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, &amp; dried apricots) ½ c. 1% Milk</p>	<p><b>18</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ ea. + Whole Wheat English Muffin/Cream Cheese</p> <p><b>LUNCH</b> 1 c. <b>* BLACK BEAN SALAD</b> (onion, carrot, bell pepper, celery, broccoli florets, diced sweet potato, cilantro, lemon juice) 1 sq. + Homemade Whole Wheat Cornbread</p> <p><b>PM SNACK</b> ½ c. Carrot Sticks &amp; Zucchini Sticks/Italian dressing 1 pkg. Animal Crackers</p>	<p><b>19</b> <b>BREAKFAST</b> 1 ea. Fresh D'anju Pear ½ c. + Cheerios</p> <p><b>LUNCH</b> ½ c. <b>CHICKEN SALAD</b> ¼ c. Carrot Sticks ½ ea. Fresh Apple 1 sl. + Whole Wheat Bread</p> <p><b>PM SNACK</b> ½ c. Cucumber Slices &amp; Broccoli Florets ½ c. Cottage Cheese Ranch Dressing</p>
<p><b>22</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ ea. + Whole Wheat Bagel/Cream Cheese</p> <p><b>LUNCH</b> 1 serv. + <b>MIGAS</b> (egg, whole corn tortilla chips) ¼ c. Garlic Roasted Hericovert ½ ea. Fresh Smitten Apple</p> <p><b>PM SNACK</b> ½ c. Tropical Fruit Salad 1 pkg. Graham Crackers</p>	<p><b>23</b> <b>BREAKFAST</b> 1 ea. Hard Boiled Egg ½ ea. + Whole Wheat Bagel/Cream Cheese 1 ea. Fresh Apple</p> <p><b>LUNCH</b> 1 c. <b>TURKEY SHEPERDS PIE</b> (ground turkey, potatoes) ½ c. Spinach Salad/Ranch Dressing 1 ea. Fresh Tangerine Satsuma ½ ea. + Wheat Hamburger Bun</p> <p><b>PM SNACK</b> 1 pkg. + Goldfish Pretzel Crackers 1 ea. Fresh Kiwi</p>	<p><b>24</b> <b>BREAKFAST</b> 1 ea. Fresh Banana 1 sq. + Homemade Zucchini Bread</p> <p><b>LUNCH</b> ½ c. <b>BUTTER CHICKEN</b> (diced chicken, low fat cream, tomato, onion, garlic, paprika, turmeric, ginger, cumin) ¼ c. Cucumber Slices ½ ea. Fresh Asian Pear ½ ea. + Whole Wheat Naan Bread</p> <p><b>PM SNACK</b> <b>EARLY CLOSURE</b></p>	<p><b>25</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal</p> <p><b>LUNCH</b> ½ c. <b>LENTIL SALAD</b> (garlic, coriander, paprika, red onion, bellpepper, lemon juice) ¼ c. Roasted Rainbow Baby Carrots ¼ c. Pineapple Chunks ½ ea. + Pita Bread</p> <p><b>PM SNACK</b> ½ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish &amp; cheese crackers) ½ c. 1% Milk</p>	<p><b>26</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ¾ c. + Kix Cereal</p> <p><b>LUNCH</b> ½ c. <b>KALUA CHICKEN</b> (smoked chicken, salt, pepper, banana leaf) ¾ c. Tofu Lomi Lomi (tomato, onion, green onion, diced tofu, salt, pepper, paprika) ½ ea. Fresh Pear ¼ c. + Spanish Rice</p> <p><b>PM SNACK</b> 1 pkg. + Cheese Crackers ½ c. 1% Milk</p>
<p><b>29</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal</p> <p><b>LUNCH</b> ½ c. <b>TOFU &amp; BUTTERNUT SQUASH SOUP</b> (tofu, butternut squash, onion, garlic, fennel) ½ ea. + Grilled Cheese Sandwich ¼ c. Steamed Spinach ½ ea. Fresh Honey Crisp Apple</p> <p><b>PM SNACK</b> 2 pkgs. Ritz Crackers ½ c. 1% Milk</p>	<p><b>30</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ sl. + Wheat Cinnamon &amp; Raisin Bread 1 ea. Turkey Sausage</p> <p><b>LUNCH</b> ½ c. <b>* PALAK PANEER</b> (paneer, spinach, onion, tomato, garlic, ginger, coriander, cumin, turmeric) ½ ea. Fresh Pear ½ ea. + Whole Wheat Naan Bread</p> <p><b>PM SNACK</b> ½ c. Cucumber Slices ½ c. Cottage Cheese Ranch Dip</p>	<p><b>31</b> <b>BREAKFAST</b> ½ c. Pineapple Chunks 1 sq. + Homemade Banana Bread</p> <p><b>LUNCH</b> 1 c. <b>*TUSCAN TURKEY SOUP</b> (onion, potato, kale, kidney beans, ground turkey, low-fat cream) ¼ c. Mango Chunks ½ ea. + Wheat Roll</p> <p><b>PM SNACK</b> 2 tbsps. Sweet Potato Dip 1 pkg. Graham Crackers ½ c. 1% Milk</p>	 <p><b>Spring!</b></p>	
<p><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% MILK</b></p> <p><b>* Indicates vegetable included in main dish</b></p> <p><b>+ Indicates Whole Grain Rich</b></p> <p><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>				