


April 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>1 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ¾ c. + Rice Chex Cereal</p> <p><u>LUNCH</u></p> <p>½ c. JERK TOFU (garlic, coriander, paprika, cinnamon) ¼ c. Roasted Beets ¼ c. Pineapple Tidbits ½ ea. + Whole Wheat Pita Bread</p> <p><u>PM SNACK</u></p> <p>½ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk</p>	<p>2 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ ea. + Whole Wheat Bagel/Cream Cheese</p> <p><u>LUNCH</u></p> <p>½ c. HOPPIN' JOHNS (black eyed peas, smoked turkey, onion, cheddar cheese) ¼ c. Garlic Roasted Radishes ½ ea. Fresh Fuji Apple ¼ c. + Brown Rice</p> <p><u>PM SNACK</u></p> <p>½ c. Fresh Strawberries 1 pkg. Graham Crackers</p>
<p>5 <u>BREAKFAST</u></p> <p>½ c. Pineapple Chunks ½ c. + Cheerios</p> <p><u>LUNCH</u></p> <p>1 ½ c. KIDNEY BEAN FIDEO SOUP (kidney beans, tomato, onion, garlic, + whole wheat pasta) ¼ c. Carrot Sticks ¼ c. Fresh Strawberries</p> <p><u>PM SNACK</u></p> <p>2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>6 <u>BREAKFAST</u></p> <p>1 ea. Fresh Fuji Apple ½ c. + Bran Cereal</p> <p><u>LUNCH</u></p> <p>1 ea. VEGGIE BURGER (black beans, cilantro, lime, sweet potato, ww bread crumbs) (eggless mayo & mustard dressing) ¼ c. Green Leaf Lettuce ½ c. Tomato Slice ½ ea. Fresh Orange 1 ea. + Whole Wheat Burger Bun</p> <p><u>PM SNACK</u></p> <p>1 pkg. Graham Crackers ½ c. 1% Milk</p>	<p>7 <u>BREAKFAST</u></p> <p>1 ea. Fresh Kiwi ¾ c. + Kix Cereal</p> <p><u>LUNCH</u></p> <p>¾ c. CHICKEN POT PIE (onion, celery & low-fat cream) ¼ c. Roasted Broccoli ½ ea. Fresh Pink Lady Apple 1 ea. + Homemade Wheat Puff Pastry</p> <p><u>PM SNACK</u></p> <p>½ c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk</p>	<p>8 <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. BLENDED CARROT & GINGER SOUP (diced tofu) ¼ c. Roasted Brussel Sprouts 1 sl. Fresh Cantaloupe ¼ c. Spanish Quinoa</p> <p><u>PM SNACK</u></p> <p>Fruit Sunbutter Pita 1 tbsps. Sunbutter ½ ea. Fresh Banana ½ ea. + Whole Wheat Pita Bread</p>	<p>9 <u>BREAKFAST</u></p> <p>½ c. Mango Chunks 1 sq. + A - Z Bread</p> <p><u>LUNCH</u></p> <p>1 ea. ROASTED CHICKEN LEG ¼ c. Roasted Cauliflower & Onion ½ ea. Fresh Apple 1 ea. + Whole Wheat Tortilla</p> <p><u>PM SNACK</u></p> <p>½ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p>12 <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 ¼ c. Fresh Papaya 1 ea. + Whole Wheat Tortilla</p> <p><u>PM SNACK</u></p> <p>1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi</p>	<p>13 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ c. + Cornflakes</p> <p><u>LUNCH</u></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><u>PM SNACK</u></p> <p>1 ea. Fresh Pear 1 tbsps. Sunbutter</p>	<p>14 <u>BREAKFAST</u></p> <p>1 ea. Fresh Smitten Apple ½ sl. + Whole Wheat Cinnamon Toast</p> <p><u>LUNCH</u></p> <p>1 ea. BBQ CHICKEN LEG ¼ c. Cucumber Slices/Ranch Dressing ½ ea. Fresh Red Pear ¾ c. + Whole Wheat Pasta Salad (celery, red onion, eggless mayo, apple cider vinegar, salt, pepper)</p> <p><u>PM SNACK</u></p> <p>1 pkg. Scooby Doo Graham Crackers ½ c. 1% Milk</p>	<p>15 <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. *BLACK BEAN SALAD (onion, carrot, bell pepper, diced celery, diced sweet potato, cilantro, lemon juice) ¼ c. Roasted Broccoli Florets 1 sq. + Homemade Whole Wheat Cornbread</p> <p><u>PM SNACK</u></p> <p>½ c. Carrot Sticks & Zucchini Sticks/Italian Dressing 1 pkg. Animal Crackers</p>	<p>16 <u>BREAKFAST</u></p> <p>1 ea. Fresh D'anju Pear ½ c. + Cheerios</p> <p><u>LUNCH</u></p> <p>½ c. + CHIX & WHOLE GRAIN GRITS (tomato, red onion, tomato paste, garlic, oregano, basil, & light cream) ¼ c. Carrot Sticks ½ ea. Fresh Apple</p> <p><u>PM SNACK</u></p> <p>½ c. Cucumber Slices & Broccoli Florets ½ c. Cottage Cheese Ranch Dip</p>
<p>19 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ½ c. + Cornflakes</p> <p><u>LUNCH</u></p> <p>1 serv. + MIGAS (egg, whole corn tortilla chips) ¼ c. Garlic Roasted Hericovert ½ ea. Fresh Smitten Apple</p> <p><u>PM SNACK</u></p> <p>½ c. Tropical Fruit Salad 1 pkg. Graham Crackers</p>	<p>20 <u>BREAKFAST</u></p> <p>1 ea. Hard Boiled Egg ½ ea. + Whole Wheat Bagel/Cream Cheese 1 ea. Fresh Banana</p> <p><u>LUNCH</u></p> <p>1 c. ROPA VIEJA (beef shoulder, onions, bell pepper, fresh garlic) ½ c. Spinach Salad/Ranch Dressing 1 ea. Fresh Tangerine Satsuma ½ ea. + Whole Wheat Dinner Roll</p> <p><u>PM SNACK</u></p> <p>1 pkg. + Goldfish Pretzel Crackers 1 ea. Fresh Kiwi</p>	<p>21 <u>BREAKFAST</u></p> <p>1 ea. Fresh Apple 1 sq. + Homemade Zucchini Bread</p> <p><u>LUNCH</u></p> <p>½ c. FEIJOADA (brazilian black bean stew) ¼ c. Cucumber Slices ½ ea. Fresh Asian Pear ½ ea. + Whole Wheat Naan Bread</p> <p><u>PM SNACK</u></p> <p>2 tbsps. Sweet Potato Dip 1 pkg. Graham Crackers ½ c. 1% Milk</p>	<p>22</p> <p align="center">STAFF DEVELOPMENT</p>	<p>23 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¾ c. + Kix Cereal</p> <p><u>LUNCH</u></p> <p>½ c. HERB ROASTED TURKEY BREAST ¼ c. Roasted Green Beans 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>26 <u>BREAKFAST</u></p> <p>1 ea. Fresh Orange ¾ c. + Rice Chex Cereal</p> <p><u>LUNCH</u></p> <p>½ c. TOFU & BUTTERNUT CHEESY BAKE (tofu, butternut squash, onion, garlic, fennel, ww pasta) 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>27 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ½ sl. + Wheat Cinnamon & Raisin Bread 1 ea. Turkey Sausage</p> <p><u>LUNCH</u></p> <p>½ c. ROASTED TURKEY & POTATO HASH ¼ c. Baked Zucchini ½ ea. Fresh Pear ½ ea. + Whole Wheat Bread</p> <p><u>PM SNACK</u></p> <p>½ c. Cucumber Slices ½ c. Cottage Cheese Ranch Dip</p>	<p>28 <u>BREAKFAST</u></p> <p>½ c. Pineapple Chunks 1 sq. + Homemade Banana Bread</p> <p><u>LUNCH</u></p> <p>1 ea. CRUNCHY HAWAIIAN CHICKEN WRAP ¼ c. Mango Chunks 1 ea. + Whole Wheat Tortilla</p> <p><u>PM SNACK</u></p> <p>EARLY CLOSURE</p>	<p>29 <u>BREAKFAST</u></p> <p>1 ea. Fresh Apple ¾ c. + Corn Chex Cereal</p> <p><u>LUNCH</u></p> <p>1 ea. CHEESE & BEAN QUESADILLA 2 tbsps. Sour Cream ¼ c. Pico De Gallo 1 ea. Fresh Kiwi 1 ea. + Whole Wheat Tortilla</p> <p><u>PM SNACK</u></p> <p>1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p>30 <u>BREAKFAST</u></p> <p>1 ea. Fresh Banana ¼ c. + Homemade Oatmeal ¼ c. Plain Yogurt</p> <p><u>LUNCH</u></p> <p>½ c. CHICKEN GUMBO (onions, celery, bell pepper, okra) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Pear ¼ c. + Brown Rice</p> <p><u>PM SNACK</u></p> <p>1 pkg. + Cheese Crackers ½ c. 1% Milk</p>