

May 2021 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>BREAKFAST 1 ea. Fresh Orange ¼ c. + Rice Chex Cereal</p> <p>LUNCH ½ c. JERK TOFU (garlic, coriander, paprika, cinnamon) ¼ c. Roasted Beets ¼ c. Pineapple Tidbits ½ ea. + Whole Wheat Pita Bread</p> <p>PM SNACK ½ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk</p>	<p>4</p> <p>BREAKFAST 1 ea. Fresh Banana ½ ea. + Whole Wheat Bagel/Cream Cheese</p> <p>LUNCH ½ c. HOPPIN' JOHNS (black eyed peas, smoked turkey, onion, cheddar cheese) ¼ c. Garlic Roasted Green Beans ½ ea. Fresh Apple ¼ c. + Brown Rice</p> <p>PM SNACK ½ c. Fresh Strawberries 1 pkg. Graham Crackers</p>	<p>5</p> <p>BREAKFAST ½ c. Pineapple Chunks 1 sq. + Homemade Banana Bread</p> <p>LUNCH ½ c. CHANA MASALA (garbanzo beans, onion, garlic, ginger, cumin, coriander, tomato, garam masala, ground turmeric) ¼ c. Roasted Cauliflower ¼ c. Mango Chunks ½ sl. + Whole Wheat Naan Bread</p> <p>PM SNACK ½ c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk</p>	<p>6</p> <p>BREAKFAST 1 ea. Hard Boiled Egg ¼ c. Cinnamon oatmeal 1 ea. Fresh Banana</p> <p>LUNCH ¼ c. VEGGIE LASAGNA (home made marinara, yellow squash, eggplant, onion, mozzarella) ½ c. Spinach Salad/Ranch Dressing 1 ea. Fresh Tangerine Satsuma ½ ea. + Whole Wheat Dinner Roll</p> <p>PM SNACK 1 pkg. + Goldfish Pretzel Crackers 1 ea. Fresh Kiwi</p>	<p>7</p> <p>BREAKFAST ½ c. Fresh Fresh Strawberries ¾ c. + Kix Cereal</p> <p>LUNCH 1.5 ozs. HERB ROASTED TURKEY BREAST ¼ c. Roasted Garlic Eggplant ½ ea. Fresh Pear ¼ c. + Spanish Rice</p> <p>PM SNACK 1 pkg. + Cheese Crackers ½ c. 1% Milk</p>
<p>10</p> <p>BREAKFAST ½ c. Pineapple Chunks ½ c. + Cheerios</p> <p>LUNCH ½ c. KIDNEY BEAN FIDEO SOUP (kidney beans, tomato, onion, garlic, + whole wheat pasta) ¼ c. Carrot Sticks ¼ c. Fresh Strawberries</p> <p>PM SNACK 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>11</p> <p>BREAKFAST 1 ea. Fresh Fuji Apple ½ c. + Bran Cereal</p> <p>LUNCH 1 ¼ c. * JAMBALAYA (+ rice, veggie stock, diced chicken, turkey apple sausage, onion, green bellpepper, garlic, celery) ½ ea. Fresh Orange</p> <p>PM SNACK 1 pkg. Graham Crackers ½ c. 1% Milk</p>	<p>12</p> <p>BREAKFAST 1 ea. Fresh Kiwi ¾ c. + Kix Cereal</p> <p>LUNCH 1 ea. TANDOORI CHICKEN (chicken leg, yogurt, chili powder, garlic, ginger, turmeric, garam masala, kashmiri powder) ¼ c. Roasted Broccoli ½ ea. Fresh Pink Lady Apple 1 ea. + Brown Rice</p> <p>PM SNACK Early Closure</p>	<p>13</p> <p>BREAKFAST 1 ea. Fresh Orange ½ ea. + English Muffin/Cream Cheese & Strawberries</p> <p>LUNCH ¾ c. BROCCOLI & CHEDDAR SOUP (broccoli, cheddar, light cream, salt, pepper) 1 sl. Fresh Cantaloupe ¼ c. Spanish Quinoa</p> <p>PM SNACK Fruit Sunbutter Pita 1 tbsp. Sunbutter ½ ea. Fresh Banana ½ ea. + Whole Wheat Pita Bread</p>	<p>14</p> <p>BREAKFAST ½ c. Mango Chunks 1 sq. + A - Z Bread</p> <p>LUNCH 1 ea. ROASTED CHICKEN LEG ¼ c. Roasted Cauliflower & Onion ½ ea. Fresh Apple 1 ea. + Whole Wheat Tortilla</p> <p>PM SNACK ½ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p>17</p> <p>BREAKFAST 1 ea. Fresh Orange ½ c. + Bran Cereal</p> <p>LUNCH 1 ea. BAJA BEAN WRAP ¼ c. Fresh Jicama Sticks ¼ c. Fresh Papaya 1 ea. + Whole Wheat Tortilla</p> <p>PM SNACK 1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi</p>	<p>18</p> <p>BREAKFAST 1 ea. Fresh Banana ½ c. + Cornflakes</p> <p>LUNCH BUILD YOUR OWN TACO SALAD 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>PM SNACK 1 ea. Fresh Pear 1 tbsp. Sunbutter</p>	<p>19</p> <p>BREAKFAST 1 ea. Fresh Smitten Apple ½ sl. + Whole Wheat Cinnamon Toast</p> <p>LUNCH 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>PM SNACK 1 pkg. Scooby Doo Graham Crackers ½ c. 1% Milk</p>	<p>20</p> <p>Staff Development Day</p>	<p>21</p> <p>BREAKFAST 1 ea. Fresh Apple ¾ c. + Corn Chex Cereal</p> <p>LUNCH 1 ea. CHEESE & BEAN QUESADILLA 2 tbsps. Light Sour Cream ¼ c. Pico De Gallo 1 ea. Fresh Kiwi 1 ea. + Whole Wheat Tortilla</p> <p>PM SNACK 1 pkg. Animal Crackers ½ c. 1% Milk</p>
<p>24</p> <p>BREAKFAST 1 ea. Fresh Pear ½ c. + Bran Cereal</p> <p>LUNCH * VEGGIE WRAP ½ c. Leafy Greens & Shredded Carrots ½ oz. Shredded Cheese 1 ea. Hard Boiled Egg 1 ea. Fresh Tangerine 1 ea. + Whole Wheat Tortilla</p> <p>PM SNACK 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>25</p> <p>BREAKFAST 1 ea. Fresh Orange ¼ c. Cinnamon Oatmeal</p> <p>LUNCH ¼ c. SLOPPY JOE ¼ c. Mexicali Corn ¼ c. Fresh Apple Slices ½ ea. + Whole Wheat Hamburger Bun</p> <p>PM SNACK 1 pkg. Animal Crackers ½ c. 1% Milk</p>	<p>26</p> <p>BREAKFAST 1 ea. Fresh Banana ¾ c. + Kix Cereal</p> <p>LUNCH ½ c. RED POZOLE SOUP (diced chicken, tomato paste, hominy) ¼ c. Shredded Cabbage & Cilantro ¼ c. Mango Chunks 5 ea. + Whole Corn Tortilla Chips</p> <p>PM SNACK ½ c. Cucumber & Carrot Sticks/Ranch Dressing ½ c. 1% Milk</p>	<p>27</p> <p>BREAKFAST 1 ea. Fresh Orange ½ sl. + Whole Wheat Cinnamon Bread</p> <p>LUNCH ½ c. HOPPIN' JOHN BLACKEYE PEAS (black eyed peas, onion, cheddar cheese) ¼ c. Collard Greens ½ ea. Fresh Pear 1 sq. + Homemade Cornbread Square</p> <p>PM SNACK ½ c. Pineapple Tidbits ½ c. Cottage Cheese</p>	<p>28</p> <p>BREAKFAST 1 ea. Fresh Banana ½ c. + Cheerios</p> <p>LUNCH ½ c. * CHINESE CHICKEN SALAD (diced chicken, napa cabbage, red cabbage, carrots, scallions, chow mein noodles) 1 ea. Fresh Tangerine ½ ea. + Whole Wheat Roll</p> <p>PM SNACK ½ c. Fresh Apple 1 tbsp. Sunbutter</p>
<p>31</p> <div data-bbox="73 1266 430 1485" data-label="Image"> </div> <p style="text-align: center;">ALL BREAKFAST & LUNCH SERVED WITH 1% MILK</p> <p style="text-align: center;">*Indicates vegetable included in main dish</p> <p style="text-align: center;">+ Indicates Whole Grain Rich</p> <p style="text-align: center;">WATER IS OFFERED THROUGHOUT THE DAY</p>				