


# June 2021 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>BREAKFAST</b> 1 ea. Fresh Orange 1 sl. + Cinnamon & Raisin Bread  <b>LUNCH</b> 1 ½ ozs. <b>TURKEY TACO MEAT</b> ½ oz. Queso Fresco ¼ c. Shredded Lettuce ¼ c. Tomatoes ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas  <b>PM SNACK</b> ½ c. Cucumber Slices & Carrot Sticks ½ c. Cottage Cheese Ranch Dip	<b>2</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ¼ c. + Homemade Oatmeal ½ c. Plain Yogurt  <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  <b>PM SNACK</b> 1 pkg. + Cheese Crackers ½ c. 1% Milk	<b>3</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal  <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  <b>PM SNACK</b> ½ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk	<b>4</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ ea. + Bagel/Cream Cheese  <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  <b>PM SNACK</b> ½ c. Fresh Strawberries 1 pkg. + Graham Crackers
	<b>7</b> <b>BREAKFAST</b> ½ c. Pineapple Chunks ½ c. + Cheerios  <b>LUNCH</b> 1 ½ c. <b>BLACK BEAN FIIDEO SOUP</b> (black beans, + spaghetti, tomato, onion, garlic) ¼ c. Carrot Sticks ¼ c. Fresh Strawberries  <b>PM SNACK</b> 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk	<b>8</b> <b>BREAKFAST</b> 1 ea. Fresh Fuji Apple ½ c. + Bran Cereal  <b>LUNCH</b> 1 ea. <b>TURKEY SANDWICH</b> (eggless mayo & mustard dressing) ¼ c. Green Leaf Lettuce ¼ c. Tomato Slice ½ ea. Fresh Orange 1 sl. + Pullman Bread  <b>PM SNACK</b> 1 pkg. + Graham Crackers ½ c. 1% Milk	<b>9</b> <b>BREAKFAST</b> 1 ea. Fresh Kiwi ¾ c. + Kix Cereal  <b>LUNCH</b> ¾ c. <b>CHICKEN POT PIE</b> (onion, celery & low-fat cream) ¼ c. Roasted Broccoli ½ ea. Fresh Pink Lady Apple 1 ea. + Homemade Biscuits  <b>PM SNACK</b> EARLY CLOSURE	<b>10</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ½ ea. + English Muffin/Cream Cheese & Strawberries  <b>LUNCH</b> ½ c. <b>VEGGIE LASAGNA</b> (diced tofu, eggplant, zucchini, onion, spinach, marinara, mozzarella cheese) ¼ c. Roasted Romanesco 1 sl. Fresh Cantaloupe ½ ea. + Dinner Roll  <b>PM SNACK- Fruit Sunbutter Stack</b> 1 tbsp. Sunbutter ½ ea. Fresh Banana 1 pkg. + Graham Crackers
<b>14</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ½ c. + Bran Cereal  <b>LUNCH</b> 1 ea. <b>BAJA BEAN WRAP</b> ¼ c. Fresh Jicama Sticks ¼ c. Diced Fresh Papaya 2 ea. + Mini Corn Tortilla  <b>PM SNACK</b> 1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi	<b>15</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ c. + Cornflakes  <b>LUNCH</b> <b>BUILD YOUR OWN TACO SALAD</b> 1 ½ ozs. Ground Turkey ½ oz. Shredded Cheese ¼ c. Shredded Lettuce ¼ c. Diced Tomatoes ½ ea. Fresh Satsuma Orange 5 ea. + Corn Tortilla Chips  <b>PM SNACK</b> 1 ea. Fresh Pear 1 tbsp. Sunbutter	<b>16</b> <b>BREAKFAST</b> 1 ea. Fresh Smitten Apple ½ sl. + Cinnamon Toast  <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)  <b>PM SNACK</b> ½ c. + Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk	<b>17</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ ea. + English Muffin/Cream Cheese  <b>LUNCH</b> 1 c. <b>* BLACK BEAN SALAD</b> (onion, carrot, bell pepper, celery, broccoli florets, diced sweet potato, cilantro, lemon juice) ¼ c. Strawberries 1 sq. + Homemade Cornbread  <b>PM SNACK</b> ½ c. Carrot Sticks & Zucchini Sticks/Italian dressing 1 pkg. + Animal Crackers	<b>18</b> <b>BREAKFAST</b> 1 ea. Fresh D'anjou Pear ½ c. + Cheerios  <b>LUNCH</b> ½ c. <b>CHICKEN SALAD</b> ¼ c. Carrot Sticks ½ ea. Fresh Apple 1 sl. + Pullman Loaf  <b>PM SNACK</b> ½ c. Cucumber Slices & Broccoli Florets ½ c. Cottage Cheese Ranch Dressing
<b>21</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ½ ea. + Bagel/Cream Cheese  <b>LUNCH</b> 1 serv. <b>RED CHILAQUILES WITH EGG</b> (+ corn tortilla chips) ¼ c. Garlic Roasted Hericovert ½ ea. Fresh Smitten Apple  <b>PM SNACK</b> ½ c. Tropical Fruit Salad 1 pkg. + Graham Crackers	<b>22</b> <b>BREAKFAST</b> 1 ea. Hard Boiled Egg ½ sl. + Raisin Bread /Sunbutter 1 ea. Fresh Apple  <b>LUNCH</b> 1 c. <b>GREEN CHICKEN POZOLE</b> ¼ c. Cabbage & Cilantro 1 ea. Fresh Tangerine Satsuma 5 ea. + Corn Tortilla Chips  <b>PM SNACK</b> 1 pkg. + Goldfish Pretzel Crackers 1 ea. Fresh Kiwi	<b>23</b> <b>BREAKFAST</b> 1 ea. Fresh Banana 1 sq. + Homemade Zucchini Bread  <b>LUNCH</b> ½ c. <b>BUTTER CHICKEN</b> (low fat yogurt, tomato, onion, garlic, paprika, turmeric, ginger, cumin) ¼ c. Cucumber Slices ½ ea. Fresh Asian Pear ½ ea. + Pita Bread  <b>PM SNACK</b> EARLY CLOSURE	<b>24</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal  <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 2 ea. + Mini Corn Tortilla  <b>PM SNACK</b> ½ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk	<b>25</b> <b>BREAKFAST</b> 1 ea. Fresh Banana ¾ c. + Kix Cereal  <b>LUNCH</b> 1 ea. <b>KALUA CHICKEN</b> (salt, pepper, banana leaf) ¾ c. Lomi Lomi (tomato, onion, green onion, diced tofu, salt, pepper, paprika) ½ ea. Fresh Pear ¼ c. + Spanish Rice  <b>PM SNACK</b> 1 pkg. + Cheese Crackers ½ c. 1% Milk
<b>28</b> <b>BREAKFAST</b> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal  <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  <b>PM SNACK</b> 2 pkgs. + Ritz Crackers ½ c. 1% Milk	<b>29</b> <b>BREAKFAST</b> 1 ea. Fresh Banana 1 sl. + Cinnamon & Raisin Bread 1 ea. Turkey Sausage  <b>LUNCH</b> ½ c. <b>ROPA VIEJA</b> (shredded beef, onion, garlic, red bell pepper, oregano, cumin, rosemary, bay leaves, tomato paste, beef stock) ¼ c. Roasted Carrots ½ ea. Fresh Pear ¼ c. + Cilantro Brown Rice  <b>PM SNACK</b> ½ c. Cucumber Slices ½ c. Yogurt Ranch Dip	<b>30</b> <b>BREAKFAST</b> ½ c. Pineapple Chunks 1 sq. + Homemade Banana Bread  <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. + Dinner Roll  <b>PM SNACK</b> 2 tbsps. Sweet Potato Dip 1 pkg. + Graham Crackers ½ c. 1% Milk	<b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% MILK</b>  *Indicates vegetable included in main dish  + Indicates Whole Grain Rich  WATER IS OFFERED THROUGHOUT THE DAY	

