


July 2021 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL BREAKFAST & LUNCH SERVED WITH 1% MILK *Indicates vegetable included in main dish + Indicates Whole Grain Rich WATER IS OFFERED THROUGHOUT THE DAY				
5 	6 <u>BREAKFAST</u> 1 ea. Fresh Pear ½ c. + Bran Cereal <u>LUNCH</u> 1 ea. TURKEY SANDWICH (Egless Mayo & Mustard Dressing) ¼ c. Green Leaf Lettuce ½ c. Tomato Slice ½ ea. Fresh Orange 1 sl. + Pullman Loaf Bread <u>PM SNACK</u> 1 pkg. + Graham Crackers ½ c. 1% Milk	7 <u>BREAKFAST</u> 1 ea. Fresh Kiwi ¾ c. + Kix Cereal <u>LUNCH</u> ¾ c. TUSCAN CHICKEN (diced chicken, tomato puree, sundried tomatoes, basil, onion, thyme parmesan cheese, low-fat cream) ¼ c. Roasted Broccoli ½ ea. Fresh Pink Lady Apple 1 ea. + Dinner Roll <u>PM SNACK</u> Early Closure	8 <u>BREAKFAST</u> 1 ea. Fresh Orange ½ ea. + Bagel /Cream Cheese & Strawberries <u>LUNCH</u> 1 ea. SPANISH TORTILLA (egg, onion, potato, bell pepper, light half & half) ½ ea. + English Muffin ¼ c. Roasted Romasneco 1 sl. Fresh Cantaloupe <u>PM SNACK - Fruit Sunbutter Stack</u> 1 tbsp. Sunbutter ½ ea. Fresh Banana 1 pkg. + Graham Crackers	9 <u>BREAKFAST</u> ½ c. Mango Chunks 1 sq. + A - Z Bread <u>LUNCH</u> 1 ea. ROASTED CHICKEN LEG ¼ c. Rainbow Cauliflower & Onion ½ ea. Fresh Apple 2 ea. + Mini Corn Tortilla <u>PM SNACK</u> ½ c. Cottage Cheese ½ c. Pineapple Tidbits
12 <u>BREAKFAST</u> 1 ea. Fresh Orange ½ c. + Bran Cereal <u>LUNCH</u> 1 ea. BAJA BEAN WRAP ¼ c. Fresh Jicama Sticks ¼ c. Fresh Papaya 1 ea. + Flour Tortilla <u>PM SNACK</u> 1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi	13 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ c. + Cornflakes <u>LUNCH</u> 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. + Corn Tortilla Chips <u>PM SNACK</u> 1 ea. Fresh Pear 1 tbsp. Sunbutter	14 <u>BREAKFAST</u> 1 ea. Fresh Smitten Apple ½ sl. + Cinnamon Toast <u>LUNCH</u> 1 ea. CURRY CHICKEN LEG 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) <u>PM SNACK</u> 1 pkg. + Cheese Crackers 2 tbsps. Onion & Carrot Dip ½ c. Cottage Cheese	15 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ ea. + English Muffin/Cream Cheese <u>LUNCH</u> 1 c. * BLACK BEAN SALAD (onion, carrot, bell pepper, celery, broccoli, diced sweet potato, cilantro, lemon juice) ½ ea. Fresh Orange 1 sq. + Homemade Cornbread <u>PM SNACK</u> ½ c. Carrots & Zucchini Sticks/Italian dressing 1 pkg. + Animal Crackers	16 <u>BREAKFAST</u> 1 ea. Fresh D'anjou Pear ½ c. + Cheerios <u>LUNCH</u> ½ c. TUNA SALAD ¼ c. Carrot Sticks ½ ea. Fresh Apple 1 sl. + Pullman Loaf Bread <u>PM SNACK</u> ½ c. Cucumber Slices & Broccoli Florets ¼ c. Cottage Cheese Ranch Dressing
19 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ ea. + Bagel/Cream Cheese <u>LUNCH</u> 1 serv. + LENTIL VEGGIE SQUARES (red lentils, whole wheat flour, carrot, zucchini, peas, garlic) ¼ c. Garlic Roasted Hericovart (green beans) ½ ea. Fresh Smitten Apple <u>PM SNACK</u> ½ c. Tropical Fruit Salad 1 pkg. + Cheese Crackers	20 <u>BREAKFAST</u> 1 ea. Hard Boiled Egg ½ ea. + English Muffin/Sunbutter ½ c. Fresh Papaya <u>LUNCH</u> ½ c. GREEN POZOLE (diced chicken, onions, hominy, tomatillos, cabbage, cilantro) 1 ea. Fresh Tangerine Satsuma 2 ea. + Mini Corn Tortillas <u>PM SNACK</u> 1 pkg. + Goldfish Pretzel Crackers 1 ea. Diced Fresh Kiwi	21 <u>BREAKFAST</u> 1 ea. Fresh Banana 1 sq. + Homemade Zucchini Bread <u>LUNCH</u> ½ c. BUTTER CHICKEN (diced chicken, low fat cream, tomato, onion, garlic, paprika, turmeric, ginger, cumin) ¼ c. Cucumber Slices/Ranch Dressing ½ ea. Fresh Asian Pear ½ ea. + Pita Bread <u>PM SNACK</u> 1 pkg. + Graham Crackers ½ c. Applesauce	22 <u>BREAKFAST</u> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal <u>LUNCH</u> ½ c. LENTIL SALAD (garlic, corriander, paprika, red onion, bellpepper, lemon juice) ¼ c. Roasted Rainbow Baby Carrots ¼ c. Pineapple Chunks 2 ea. + Mini Corn Tortilla <u>PM SNACK</u> ½ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk	23 <u>BREAKFAST</u> 1 ea. Fresh Banana ¾ c. + Kix Cereal <u>LUNCH</u> ½ c. KALUA CHICKEN (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 <u>PM SNACK</u> 1 pkg. + Fish Crackers ½ c. 1% Milk
26 <u>BREAKFAST</u> 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal <u>LUNCH</u> ½ c. + BLACK BEAN TOFU YAKI SOBA (black beans, tomato paste, garlic, tofu, green onions carrot, soy, whole wheat noodles) ¼ c. Steamed Spinach ½ ea. Fresh Honey Crisp Apple <u>PM SNACK</u> 2 pkgs. Ritz Crackers ½ c. 1% Milk	27 <u>BREAKFAST</u> 1 ea. Fresh Banana 1 sl. + Cinnamon & Raisin Bread 1 ea. Turkey Sausage <u>LUNCH</u> ½ c. ROPA VIEJA (shredded beef, onion, garlic, red bell pepper, oregano, cumin, rosemary, bay leaves, tomato paste, beef stock) ½ ea. Fresh Pear ¼ c. Roasted Carrots ½ ea. + Cilantro Brown Rice <u>PM SNACK</u> ½ c. Carrots Sticks ¼ c. Green Onion Dip (green onions, garlic, onion, cottage cheese)	28 <u>BREAKFAST</u> ½ c. Pineapple Chunks 1 sq. + Homemade Banana Bread <u>LUNCH</u> ¾ c. SLOPPY JOES ¼ c. Roasted Zucchini ¼ c. Mango Chunks ½ ea. + Hamburger Bun <u>PM SNACK</u> Early Closure	29 <u>BREAKFAST</u> 1 ea. Fresh Banana ¼ c. + Homemade Oatmeal with Cinnamon & Raisins <u>LUNCH</u> ½ c. CHICKEN GUMBO (onions, celery, bell pepper, okra) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Pear ¼ c. + Brown Rice <u>PM SNACK</u> 1 pkg. + Cheese Crackers ½ c. 1% Milk	30 <u>BREAKFAST</u> 1 ea. Fresh Orange 1 sq. + Homemade Zucchini Bread 1 ea. Hard Boiled Egg <u>LUNCH</u> 1 ½ ozs. TURKEY TACOS ½ oz. Queso Fresco ¼ c. Shredded Lettuce ½ c. Tomatoes ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas <u>PM SNACK</u> ½ c. Yellow Wax Beans ¼ c. Cottage Cheese Ranch Dip