

August 2021 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BREAKFAST 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal</p> <p>LUNCH ½ c. * TOFU VEGGIE PICADILLO (onion, carrot, celery, diced tomato, tofu) 1 ea. Fresh Apple ¼ c. + Brown Rice</p> <p>PM SNACK ½ c. + Lets Go Fishing Trail Mix ½ c. 1% Milk</p>	<p>3</p> <p>BREAKFAST 1 ea. Fresh Banana ½ ea. + Bagel/Cream Cheese</p> <p>LUNCH ½ ea. + TURKEY SANDWICH (eggless mayo & mustard dressing) ¼ c. Green Leaf Lettuce, ½ c. Tomato slices 1 ea. Fresh Kiwi</p> <p>PM SNACK ½ c. Fresh Strawberries 1 pkg. Graham Crackers</p>	<p>4</p> <p>BREAKFAST ½ c. Mango Chunks ¼ c. + Creamy Rice & Raisin Pudding (brown rice, milk, cinnamon, vanilla)</p> <p>LUNCH ¾ c. + GROUND BEEF SPAGHETTI ¼ c. Roasted Cauliflower ¼ c. Pineapple Chunks</p> <p>PM SNACK ½ c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk</p>	<p>5</p> <p>BREAKFAST 1 ea. Fresh Banana 1 ea. Hard Boiled Egg ¼ c. Cinnamon Oatmeal</p> <p>LUNCH ½ c. VEGGIE CASSEROLE (homemade marinara, cranberry beans, yellow squash, sliced yams, onion, mozzarella) ½ c. Spinach Salad/Ranch Dressing 1 ea. Fresh Tangerine Satsuma 1 ea. + Dinner Roll</p> <p>PM SNACK 1 pkg. + Goldfish Pretzel Crackers 1 ea. Fresh Kiwi</p>	<p>6</p> <p>BREAKFAST ½ c. Fresh Strawberries ¾ c. + Home Made Granola</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>9</p> <p>BREAKFAST ½ c. Pineapple Chunks ½ c. + Cheerios</p> <p>LUNCH ½ ea. + SUNBUTTER SANDWICH 1 ea. Cheese Stick ¼ c. Roasted Yam Sticks ¼ c. Fresh Strawberries</p> <p>PM SNACK 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>10</p> <p>BREAKFAST 1 ea. Fresh Fuji Apple ½ c. + Bran Cereal</p> <p>LUNCH 1 ¼ c. * JAMBALAYA (+ rice, veggie stock, 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>11</p> <p>BREAKFAST 1 ea. Fresh Banana ¾ c. + Kix Cereal</p> <p>LUNCH ½ c. NIGERIAN BEEF STEW (tomato, bell pepper, rosemary, paprika, curry, beef bouillon) ¼ c. Roasted Broccoli ¼ c. Fresh Papaya ¼ c. + Brown Rice</p> <p>PM SNACK Early Closure</p>	<p>12</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. + Pita Bread</p>	<p>13</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. + Flour Tortilla</p> <p>PM SNACK ¾ c. Cottage Cheese ½ c. Pineapple Tidbits</p>
<p>16</p> <p>BREAKFAST 1 ea. Fresh Orange ½ c. + Bran Cereal</p> <p>LUNCH 2 ozs. ROASTED TOFU IN PARMESAN SAUCE (tofu, milk, onion, parsley, thyme, nutmeg, parmesan) ¼ c. Roasted Broccoli ¼ c. Fresh Papaya 1 ea. + Dinner Roll</p> <p>PM SNACK 1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi</p>	<p>17</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 ½ c. Diced Tomatoes ½ ea. Fresh Satsuma Orange 5 ea. + Corn Tortilla Chips</p> <p>PM SNACK 1 ea. Fresh Pear 1 tbsp. Sunbutter</p>	<p>18</p> <p>BREAKFAST 1 ea. Fresh Smitten Apple ½ sl. + Cinnamon Toast</p> <p>LUNCH 1 c. + CHICKEN ALFREDO PASTA ¼ c. Roasted Butternut squash ½ ea. Fresh Red Pear</p> <p>PM SNACK 6 ea. + Wheat Thins ½ c. Cottage Cheese Green Onion Dip (cottage cheese, onion powder, garlic powder, green onion, dehydrated dill)</p>	<p>19</p> <p>BREAKFAST 1 ea. Fresh Pear ¼ c. + Cinnamon Oatmeal</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. + Flour Tortilla</p> <p>PM SNACK 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>20</p> <p>BREAKFAST 1 ea. Fresh Apple ¾ c. + Corn Chex Cereal</p> <p>LUNCH 1 ea. BYO CHEESE & BEAN QUESADILLA 2 lbsps. Light Sour Cream ¼ c. Pico De Gallo ¼ c. Roasted Purple Cauliflower 1 ea. Fresh Kiwi 1 ea. + Flour Tortilla</p> <p>PM SNACK 1 pkg. Animal Crackers ½ c. 1% Milk</p>
<p>23</p> <p>BREAKFAST 1 ea. Fresh Pear ½ c. + Bran Cereal</p> <p>LUNCH * RED BEANS & RICE (red beans, onions, bell pepper, diced tomatoes & rice) ¼ c. Cucumber Sticks/Ranch Dressing 1 ea. Fresh Tangerine</p> <p>PM SNACK 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk</p>	<p>24</p> <p>BREAKFAST 1 ea. Fresh Orange ¼ c. Cinnamon Oatmeal</p> <p>LUNCH 1 ea. SALMON BURGER (eggless mayo, bread crumbs, lemon zest, dill, salmon) ¼ c. Mexicali Corn ¼ c. Fresh Apple Slices ½ ea. + Hamburger Bun</p> <p>PM SNACK ½ c. Banana Pudding (banana, yogurt, vanilla) 1 pkg. Graham Crackers</p>	<p>25</p> <p>BREAKFAST 1 ea. Egg Squares (egg, cheese, onion) 1 ea. Fresh Kiwi</p> <p>LUNCH ½ c. RED POZOLE SOUP (diced chicken, tomato paste, hominy) ¼ c. Shredded Cabbage & Cilantro ¼ c. Mango Chunks 5 ea. + Corn Tortilla Chips</p> <p>PM SNACK Early Closure</p>	<p>26</p> <p>BREAKFAST 1 ea. Fresh Orange ½ sl. + Whole Wheat Cinnamon Bread</p> <p>LUNCH ¾ c. + MAC & CHEESE ¼ c. Herb Roasted Broccoli ½ ea. Fresh Pear</p> <p>PM SNACK ½ c. Diced Peaches ¼ c. Vanilla Cottage Cheese (cottage cheese, vanilla)</p>	<p>27</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 1 ea. + Wheat Roll</p> <p>PM SNACK 1 ea. Fresh Apple 2 tbsp. Sunbutter</p>
<p>30</p> <p>BREAKFAST 1 ea. Fresh Banana ½ c. + Cheerios</p> <p>LUNCH ½ c. EGG SALAD (egg, relish, red onion, eggless mayo, apple cider vinegar, celery) ¼ c. Zucchini Sticks 1 ea. Fresh Tangerine 1 ea. + Wheat Roll</p> <p>PM SNACK 1 ea. Fresh Apple ¼ c. Strawberry Cottage Cheese</p>	<p>31</p> <p>BREAKFAST 1 ea. Fresh Kiwi ¾ c. + Kix Cereal</p> <p>LUNCH ½ c. CHEESE BURGER PASTA (pasta, onion, tomato, beef, cheddar cheese) ¼ c. Roasted Broccoli ½ ea. Fresh Pink Lady Apple 1 ea. + Brown Rice</p> <p>PM SNACK ½ c. Cucumber & Carrot Sticks/Ranch Dressing ½ c. 1% Milk</p>	<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>		

