

September 2019 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  BREAKFAST 1 ea. Fresh Apple 1/3 c. Bran Cereal LUNCH 1/2 c. BLACK BEAN CHILI (black beans, chunky salsa) 1/2 oz. Shredded Cheese 1/4 c. Fresh Jicama Sticks 1 ea. Fresh Kiwi 5 ea. Whole Grain Corn Tortilla Chips PM SNACK 1 pkg. Graham Crackers 1/2 c. 1% Milk	3 BREAKFAST 1 ea. Fresh Pear 1/2 c. Corn Chex LUNCH 2 1/3 c. *HAWAIIAN CHICKEN SALAD 1/2 ea. Fresh Apple 1 ea. Whole Wheat Tortilla PM SNACK 1 pkg. Goldfish Crackers 1/2 c. 1% Milk 	4 BREAKFAST 1/2 c. Applesauce 1 sq. Pancake LUNCH BUILD YOUR OWN TACO SALAD 1 1/2 ozs. Ground Turkey 1/2 oz. Shredded Cheese 1/8 c. Shredded Lettuce 1/8 c. Diced Tomatoes 1/4 c. Mango Chunks 5 ea. Whole Grain Corn Tortilla Chips PM SNACK 1 ea. Fresh Pear 1 tbsp. Sunbutter	5 BREAKFAST 1 ea. Fresh Banana 1/2 ea. Whole Wheat Bagel/Cream Cheese LUNCH 3/4 c. *CALIFORNIA PASTA SALAD WITH CUBED CHEESE 1/2 ea. Asian Pear PM SNACK 2 pkgs. Wheatworth Crackers 1/2 c. Cucumber & Tomato Salad With Italian Dressing	6 BREAKFAST 1/2 c. Fresh Strawberries 1 sq. Oatmeal Muffin Square  LUNCH 1 1/2 ozs. CHICKEN HOAGIE SANDWICH Mayo & Mustard Dressing 1/4 c. Zucchini Sticks 1/2 ea. Fresh Nectarine PM SNACK 1/4 c. Homemade Pico De Gallo 5 ea. Whole Grain Corn Tortilla Chips 1/2 c. 1% Milk
9 BREAKFAST 1 ea. Fresh Apple 1/3 c. Bran Cereal LUNCH 1/2 c. BLACK BEAN CHILI (black beans, chunky salsa) 1/2 oz. Shredded Cheese 1/4 c. Fresh Jicama Sticks 1 ea. Fresh Kiwi 5 ea. Whole Grain Corn Tortilla Chips PM SNACK 1 pkg. Graham Crackers 1/2 c. 1% Milk	10 BREAKFAST 1 ea. Fresh Plums 1/2 c. Kix Cereal LUNCH 1 c. *CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS & SPINACH 1/4 c. Fresh Strawberries PM SNACK 1/2 c. FRIENDS TRAIL MIX (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) 1/2 c. 1% Milk	11 BREAKFAST 1 ea. Fresh Banana 1/3 c. Cornflakes  LUNCH 1/2 c. *TURKEY SPAGHETTI (ground turkey, tomato paste, onions with whole wheat spaghetti) 1/2 ea. Fresh Apple PM SNACK 1/2 c. Fresh Broccoli & Cauliflower/Ranch Dip 6 ea. Wheat Thin Crackers	12 BREAKFAST 1 ea. Fresh Orange 1/2 ea. English Muffin/Cream Cheese  LUNCH 1 piece *SPINACH EGG BAKE (spinach, eggs, & feta cheese) 1 sl. Fresh Cantaloupe 1 ea. Whole Wheat Tortilla PM SNACK FRUITY SUNBUTTER PITAS 1 tbsp. Sunbutter 1/2 ea. Fresh Banana & 1/2 ea. Fresh Apple 1/2 c. Whole Wheat Pita Bread	13 BREAKFAST 1/2 c. Mango Chunks 1 sq. A - Z Bread LUNCH 3/4 c. GREEK STYLE CHICKEN SALAD (diced chicken, peppers, olives, parsley, & Feta cheese dressing) 1/4 c. Carrot Sticks 1/4 c. Fresh Strawberries 1/2 ea. Whole Wheat Pita Bread PM SNACK 1/8 c. Cottage Cheese 1/2 c. Pineapple Tidbits
16 BREAKFAST 1 ea. Fresh Orange 1/3 c. Bran Cereal  LUNCH 1/2 c. *ARROZ CON QUESO (yogurt, cheese, pinto beans, rice, tomatoes) 3 ea. Fresh Green Apple Slices PM SNACK 1 pkg. Graham Crackers 1/2 c. 1% Milk	17 BREAKFAST 1 ea. Fresh Pear 1/4 c. Oatmeal Cereal LUNCH 1/3 c. EGG SALAD 1/4 c. Carrot Sticks (No Dressing) 1/4 c. Fresh Strawberries 1 sl. Whole Wheat Bread PM SNACK 2 tbsps. Sunbutter (Raisins) 1/4 c. Celery Sticks 1/2 c. 1% Milk 	18 BREAKFAST 1/4 c. Rice Cereal With Cinnamon 1 sl. Fresh Cantaloupe LUNCH 1/2 c. TURKEY SALAD 1/4 c. Cucumber Slice/Ranch Dressing 1/2 ea. Fresh Apple 1/2 ea. Whole Wheat Bun PM SNACK 1 ea. Cauliflower Breadstick 2 pkgs. Wheatworth Crackers	19 BREAKFAST 1/2 c. Fresh Strawberries 1/2 ea. Whole Wheat English Muffin/Cream Cheese LUNCH 3/8 c. SEASONED BLACKEYE PEAS 1/4 c. Collard Greens 1 sl. Fresh Honeydew Melon 1 sq. Homemade Whole Wheat Cornbread PM SNACK 1/2 c. Carrot sticks & Zucchini Sticks/Italian dressing 1 pkg. Animal Crackers	20 BREAKFAST 1 ea. Fresh Banana 1/3 c. Cheerios LUNCH 1 1/2 ozs. TURKEY & SWISS CHEESE Mayo & Mustard Dressing 1 ea. Green Leaf Lettuce 1 ea. Tomato Slice 1/2 ea. Fresh Apple 1 sl. Whole Wheat Bread PM SNACK 1/4 c. Cucumber Slices 1/4 c. Broccoli Florets 1/8 c. Cottage Cheese Ranch Dressing
23 BREAKFAST 1 sl. Fresh Cantaloupe 1/3 c. Rice Chex Cereal LUNCH 1 serv. VEGETARIAN ENCHILADA CASSEROLE (cheese, black beans, corn, & corn tortilla chips) 1/4 c. Tossed Green Salad/Italian Dressing 1/2 ea. Fresh Apple PM SNACK 1 pkg. Scooby Doo Cinnamon Grahams 1/2 c. 1% Milk	24 BREAKFAST 1 ea. Fresh Orange 1/2 ea. Whole Wheat Bagel/Cream Cheese LUNCH 3/8 c. SLOPPY JOE (ground turkey) 1/4 c. Spinach Salad/Ranch Dressing 1 sl. Fresh Honeydew 1 ea. Whole Wheat Hamburger bun PM SNACK 1 pkg. Goldfish Pretzel Crackers 1 ea. Fresh Pluot	25 BREAKFAST 1/2 c. Pineapple Chunks 1 sq. Homemade Zucchini Bread LUNCH 1 c. *STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & whole wheat spaghetti) 1/2 ea. Fresh Peach  PM SNACK 1 pkg. Animal Crackers 1 ea. Fresh Plum	26 BREAKFAST 1 ea. Fresh Banana 1/4 c. Cinnamon Oatmeal With Vanilla & Raisins LUNCH 1 ea. *MEXICAN PIZZA (refried beans, tomato paste, chunky salsa) 1/2 oz. Shredded Mozzarella Cheese 1 ea. Fresh Kiwi 1 ea. Whole Wheat Flour Tortilla PM SNACK 1/2 c. Cucumber & Tomato Salad With Italian Dressing 2 pkgs. Wheatworth Crackers	27 BREAKFAST 1 ea. Fresh Apricot 1/2 sl. Whole Wheat Toast 1/8 c. Scrambled Eggs & Turkey Ham LUNCH 1/2 c. CURRY CHICKEN SALAD 1/4 c. Zucchini Sticks 1/4 c. Fresh Strawberries 1/2 ea. Whole Wheat Pita Bread PM SNACK 1/4 c. Homemade Pico De Gallo 5 ea. Whole Grain Corn Tortilla Chips 1/2 c. 1% Milk
30 BREAKFAST 1 ea. Fresh Apple 1/3 c. Corn Chex Cereal LUNCH 1 ea. BAJA BEAN WRAP 1/4 c. Fresh Jicama Sticks 1 ea. Fresh Kiwi 1 ea. Whole Wheat Tortilla PM SNACK 1 ea. Hard Boiled Egg 1 ea. Fresh Orange 				ALL BREAKFAST & LUNCH SERVED WITH 3/4 c. 1% MILK <i>*Indicates vegetable included in main dish</i> WATER IS OFFERED THROUGHOUT THE DAY