


# October 2021 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>ALL BREAKFAST &amp; LUNCH SERVED WITH 1% MILK</b></p> <p align="center">*Indicates vegetable included in main dish</p> <p align="center">+ Indicates Whole Grain Rich</p> <p align="center"><b>WATER IS OFFERED THROUGHOUT THE DAY</b></p>				<p><b>1</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1/2 c. Fresh Strawberries 1/6 c. + Homemade Granola</p> <p align="center"><b>LUNCH</b></p> <p>1 1/2 ozs. <b>GARLIC ROASTED TURKEY BREAST</b></p> <p>1/4 c. Roasted Delicata Squash &amp; Purple Cauliflower 1/2 ea. Fresh Pear 1/4 c. + Spanish Rice</p> <p align="center"><b>PM SNACK</b></p> <p>1 pkg. + Cheese Crackers 1/2 c. 1% Milk</p>
<p><b>4</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange 1/2 sl. + Cinnamon Toast</p> <p align="center"><b>LUNCH</b></p> <p>1/2 c. <b>CANELLINI BEAN CASSEROLE</b> (tomato, celery, garlic, onions, kale, paprika) 1/2 oz. Shredded Cheese 1/4 c. Roasted Butternut Squash 1 ea. Fresh Kiwi 1/2 ea. + Wheat Roll</p> <p align="center"><b>PM SNACK</b></p> <p>1/2 c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish &amp; cheese crackers) 1/2 c. 1% Milk</p>	<p><b>5</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1/2 c. Pineapple Tidbits 1/2 c. + Bran Cereal</p> <p align="center"><b>LUNCH</b></p> <p>1 ea. <b>SUNBUTTER &amp; JELLY SANDWICH</b> 1 ea. Cheese Stick 1/4 c. Carrot Sticks 1/2 ea. Fresh Apple 1 sl. + Pullman Bread</p> <p align="center"><b>PM SNACK</b></p> <p>1 pkg. Graham Crackers 1/2 c. 1% Milk</p>	<p><b>6</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Kiwi 3/4 c. + Kix Cereal</p> <p align="center"><b>LUNCH</b></p> <p>3/4 c. <b>BEEF MOLE</b> (mole paste, vegetable stock, diced beef) 1/4 c. Broccoli Florets/Ranch Dressing 1/2 ea. Fresh Pear 1/4 c. + Spanish Rice</p> <p align="center"><b>PM SNACK</b></p> <p>1 sl. Fresh Honeydew 1/2 c. 1% Milk</p>	<p><b>7</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange 1/2 ea. + English Muffin/Cream Cheese &amp; Strawberries</p> <p align="center"><b>LUNCH</b></p> <p>3/4 c. * <b>BROCCOLI &amp; CHEDDAR SOUP</b> (broccoli, cheddar, light cream, salt, pepper) 1 sl. Fresh Cantaloupe 1/4 c. + Red Quinoa</p> <p align="center"><b>PM SNACK - Fruit Sunbutter Pita</b></p> <p>1 tbsp. Sunbutter 1/2 ea. Fresh Banana 1/2 ea. + Pita Bread</p>	<p><b>8</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1/2 c. Mango Chunks 1 sq. + A - Z Bread</p> <p align="center"><b>LUNCH</b></p> <p>1 c. + * <b>CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS &amp; SPINACH</b> 1/4 c. Fresh Strawberries</p> <p align="center"><b>PM SNACK</b></p> <p>1/6 c. Cottage Cheese 1/2 c. Diced Peaches</p>
<p><b>11</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Apple 1/2 c. + Bran Cereal</p> <p align="center"><b>LUNCH</b></p> <p><b>VEGGIE TACOS</b> 3/8 c. Seasoned Pinto Beans 1/8 c. Avocado Puree 1/8 c. Pickled Red Onions 1/4 c. Fresh Strawberries 2 ea. + Mini Corn Tortilla</p> <p align="center"><b>PM SNACK</b></p> <p>1 ea. Hard Boiled Egg 1 ea. Fresh Kiwi</p>	<p><b>12</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana 1/2 c. + Cornflakes</p> <p align="center"><b>LUNCH</b></p> <p><b>CHICKEN TACOS ALPASTOR</b> 1 1/2 ozs. Diced Chicken w/Roasted Pineapple 1/6 c. Cilantro w/Onion 1/8 c. Diced Tomatoes 1/4 c. Mango Chunks 2 ea. + Mini Corn Tortilla</p> <p align="center"><b>PM SNACK</b></p> <p>1 ea. Fresh Pear 1 tbsp. Sunbutter</p>	<p><b>13</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Smitten Apple 1/2 sl. + Cinnamon French Toast</p> <p align="center"><b>LUNCH</b></p> <p><b>CARNE AZADA TACOS</b> 1 1/2 ozs. Diced Beef 1/4 c. Pico de Gallo 1 ea. Fresh Plum 2 ea. Mini Corn Tortillas</p> <p align="center"><b>PM SNACK - Part Day Only</b></p> <p>12 ea. + Wheat Thins 1/4 c. Cottage Cheese Green Onion Dip (cottage cheese, onion powder, garlic powder, dehydrated dill)</p>	<p><b>14</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1/2 c. Pineapple Tidbits 1/8 c. + Homemade Granola 1/4 c. Plain Yogurt</p> <p align="center"><b>LUNCH</b></p> <p><b>CRISPY BLACKENED TOFU TACO</b> 1 1/2 ozs. Crispy Blackened Tofu 1/8 c. Guacamole (avocado, lemon juice, onion, tomato, cilantro) 1/8 c. Shredded Red Cabbage 1/2 ea. Fresh Orange 2 ea. + Mini Corn Tortilla</p> <p align="center"><b>PM SNACK</b></p> <p>2 pkgs. + Wheatworth Crackers/Hummus 1/2 c. 1% Milk</p>	<p><b>15</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Apple 3/4 c. + Corn Chex Cereal</p> <p align="center"><b>LUNCH</b></p> <p><b>CHICKEN TINGA TACO</b> 1 1/2 ozs. Chicken Tinga 2 tbsp. Cotija Cheese 1/4 c. Cabbage Pico De Gallo 1 ea. Fresh Kiwi 2 ea. + Mini Corn Tortilla</p> <p align="center"><b>PM SNACK</b></p> <p>1 pkg. Animal Crackers 1/2 c. 1% Milk</p>
<p><b>18</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Pear 1/2 c. + Bran Cereal</p> <p align="center"><b>LUNCH</b></p> <p>* <b>TOFU VEGGIE WRAP</b> Ranch Dressing 1/2 c. Leafy Greens &amp; Shredded Carrots 1/2 oz. Shredded Cheese 1 1/2 ozs. Garlic Herb Tofu 1 sl. Fresh Honeydew 1 ea. + Flour Tortilla</p> <p align="center"><b>PM SNACK</b></p> <p>2 pkgs. + Wheatworth Crackers/Hummus 1/2 c. 1% Milk</p>	<p><b>19</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange 1/4 c. + Cinnamon Oatmeal</p> <p align="center"><b>LUNCH</b></p> <p>1 1/2 c. <b>CHICKEN NOODLE SOUP</b> (onion, potato, kale, kidney beans, diced chicken, + wheat pasta) 1/4 c. Carrot Sticks 1/2 ea. Fresh Apple</p> <p align="center"><b>PM SNACK</b></p> <p>1/2 c. Banana Pudding (banana, yogurt, vanilla) 1 pkg. Graham Crackers</p>	<p><b>20</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1/2 c. Pineapple Tidbits 1/4 c. + Cream of Rice</p> <p align="center"><b>LUNCH</b></p> <p>1/2 c. <b>RED POZOLE SOUP</b> (diced chicken, tomato paste, hominy) 1/4 c. Shredded Cabbage &amp; Cilantro 1/4 c. Mango Chunks 5 ea. + Corn Tortilla Chips</p> <p align="center"><b>PM SNACK</b></p> <p>1/6 c. Black Bean Dip 1 Pkg. + Cheese Crackers</p>	<p><b>21</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange 1/2 sl. + Cinnamon Bread</p> <p align="center"><b>LUNCH</b></p> <p>1 c. + <b>MAC &amp; CHEESE</b> 1/4 c. Roasted Butternut Squash &amp; Broccoli Florets 1/2 ea. Fresh Pear</p> <p align="center"><b>PM SNACK</b></p> <p>1 ea. Fresh Apple 1 tbsp. Sunbutter</p>	<p><b>22</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana 1/2 c. + Cheerios</p> <p align="center"><b>LUNCH</b></p> <p>3/4 c. <b>GREEK STYLE CHICKEN SALAD</b> (diced chicken, peppers, olives, parsley, &amp; feta cheese dressing) 1/4 c. Carrot Sticks 1/4 c. Fresh Strawberries 1/2 ea. + Pita Bread</p> <p align="center"><b>PM SNACK</b></p> <p>1/2 oz. Sliced Turkey Ham 1/2 sl. + Pullman Bread</p>
<p><b>25</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana 1/2 c. + Cheerios</p> <p align="center"><b>LUNCH</b></p> <p>1/2 c. <b>EGG SALAD</b> (egg, relish, red onion, eggless mayo, apple cider vinegar, celery) 1/4 c. Roasted Broccoli Florets 1/2 ea. Fresh Peach 1/2 ea. + Wheat Roll</p> <p align="center"><b>PM SNACK</b></p> <p>1 ea. Fresh Apple 1 tbsp. Sunbutter</p>	<p><b>26</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1/2 c. Diced Peaches 1 ea. + Banana Muffin</p> <p align="center"><b>LUNCH</b></p> <p>1/2 c. <b>CHEESE BURGER PASTA</b> (+ pasta, onion, tomato, beef, cheddar cheese) 1/4 c. Roasted Cauliflower Florets 1/2 ea. Fresh Pink Lady Apple</p> <p align="center"><b>PM SNACK</b></p> <p>1/4 c. Plain Yogurt 1/2 c. Diced Cantaloupe</p>	<p><b>27</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1/2 c. Fresh Strawberries 1/2 ea. + Bagel/Mango Cream Cheese</p> <p align="center"><b>LUNCH</b></p> <p>1/2 ea. + <b>TURKEY SANDWICH</b> Mayo &amp; Mustard Dressing 1/4 c. Green Leaf Lettuce, 1/8 c. Tomato Slice 1 ea. Fresh Plum 1/2 sl. + Pullman Bread</p> <p align="center"><b>PM SNACK - Part Day Only</b></p> <p>1/2 c. Fruit Salad (strawberries, honeydew, pineapple) 1 pkg. Graham Crackers</p>	<p><b>28</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Orange 3/4 c. + Rice Chex Cereal</p> <p align="center"><b>LUNCH</b></p> <p>1/2 c. * <b>TOFU VEGGIE PICADILLO</b> (onion, carrot, celery, diced tomato, tofu) 1/4 c. Pineapple Tidbits 1/4 c. + Brown Rice</p> <p align="center"><b>PM SNACK</b></p> <p>1/2 c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish &amp; cheese crackers) 1/2 c. 1% Milk</p>	<p><b>29</b></p> <p align="center"><b>BREAKFAST</b></p> <p>1 ea. Fresh Banana 1/4 c. Cinnamon Oatmeal &amp; Raisins</p> <p align="center"><b>LUNCH</b></p> <p>1/2 c. <b>BLACK BEAN FIESTA</b> 1/4 c. Rainbow Coleslaw (eggless mayo) 1/2 ea. Fresh Apple 1 sq. Homemade Mexicali Cornbread</p> <p align="center"><b>PM SNACK</b></p> <p>5 ea. + Corn Tortilla Chips/Pico De Gallo 1/2 c. 1% Milk</p>