

November 2021 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BREAKFAST 1 ea. Fresh Banana ½ c. + Cheerios LUNCH ½ c. EGG SALAD (egg, relish, red onion, eggless mayo, apple cider vinegar, celery) ¼ c. Roasted Broccoli Florets ¼ c. Diced Peaches ½ ea. + Wheat Roll PM SNACK 1 ea. Fresh Apple 1 tbsp. Sunbutter	2 BREAKFAST 1 ea. Fresh Orange ½ ea. + Bagel/Mango Cream Cheese LUNCH ½ ea. + TURKEY SANDWICH Eggless Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce, ½ c. Tomato Slice ½ ea. Fresh Pear ½ sl. + Pullman Bread PM SNACK ½ c. Fruit Salad (strawberries, honeydew, pineapple) ¼ c. Plain Yogurt	3 BREAKFAST ½ c. Fresh Blackberries ¼ c. + Cream of Rice LUNCH ½ c. RED POZOLE SOUP (diced chicken, tomato paste, hominy) ¼ c. Shredded Cabbage & Cilantro ¼ c. Mango Chunk 1 ea. + Blue Corn Tortilla PM SNACK ½ c. Black Bean Dip 1 pkg. + Cheese Crackers	4 BREAKFAST 1 ea. Fresh Banana ¾ c. + Cinnamon Oatmeal & Raisins LUNCH ½ c. BLACK BEAN FIESTA (yam, black beans, cilantro, lemon) ¼ c. Rainbow Coleslaw (eggless mayo) ½ ea. Fresh Apple 1 sq. + Homemade Mexicali Cornbread PM SNACK 5 ea. + Corn Tortilla Chips/Pico De Gallo ½ c. 1% Milk	5 BREAKFAST 1 ea. Fresh Orange ½ ea. + Homemade Blueberry Waffle LUNCH 1 ½ c. CHICKEN NOODLE SOUP (onion, potato, kale, kidney beans, diced chicken, + wheat pasta) ¼ c. Cucumber Sticks 1 ea. Fresh Persimmon PM SNACK ½ c. Banana Pudding (banana, yogurt, vanilla) 1 pkg. Graham Crackers
8 BREAKFAST ½ c. Pineapple Tidbits ½ c. + Cornflakes LUNCH ½ ea. SUNBUTTER & JELLY SANDWICH 1 ea. Cheese Stick ¼ c. Carrot Sticks ½ ea. Fresh Apple 1 sl. + Pullman Bread PM SNACK 1 pkg. Graham Crackers ½ c. 1% Milk	9 BREAKFAST 1 ea. Fresh Kiwi ¾ c. + Kix Cereal LUNCH ¾ ea. BEEF MOLE (mole paste, vegetable stock, diced beef) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Asian Pear ¼ c. + Spanish Rice PM SNACK 1 sl. Fresh Honeydew ½ c. 1% Milk	10 BREAKFAST 1 ea. Fresh Banana ½ c. + Rice Krispy LUNCH CHICKEN TACOS ALPASTOR 1 ½ ozs. Diced Chicken ½ c. Cilantro w/Onion ½ c. Diced Tomatoes ¼ c. Mango Chunks 2 ea. + Mini Corn Tortilla PM SNACK 1 ea. Fresh Pear ¾ c. Blueberry Yogurt Dip	11 	12 BREAKFAST ½ c. Peach Chunks 1 sq. + A – Z Bread LUNCH 1 c. + * CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS & SPINACH ¼ c. Fresh Strawberries PM SNACK ½ c. Cottage Cheese ½ c. Roasted Sweet Potato Sticks
15 BREAKFAST ½ c. Fresh Raspberries ½ c. + Bran Cereal LUNCH BEAN VEGGIE TACOS ¾ c. Seasoned Pinto Beans ½ c. Avocado Puree ½ c. Pickled Red Onions 1 ea. Fresh Kiwi 2 ea. + Mini Corn Tortilla PM SNACK 1 ea. Hard Boiled Egg 1 ea. Fresh Persimmon	16 BREAKFAST ½ c. Fresh Strawberries ½ ea. + Homemade Belgian Waffle/ 2 tbsp Fruit Jelly LUNCH 1 ea. BBQ CHICKEN LEG ¼ c. Cucumber sticks/Ranch Dressing ½ ea. Fresh Red Pear ¾ c. + Wheat Pasta Salad (celery, red onion, eggless mayo, apple cider vinegar, salt, pepper) PM SNACK 1 pkg. Scooby Doo Graham Crackers ½ c. 1% Milk	17 Professional Development Day	18 BREAKFAST ½ c. Mixed Berries (raspberry, blackberry, strawberry) ½ c. + Homemade Granola ¼ c. Plain Yogurt LUNCH CRISPY BLACKENED TOFU TACO 1 ½ ozs. Crispy Blackened Tofu ½ c. Guacamole (avocado, lemon juice, onion, tomato, cilantro) ½ c. Shredded Red Cabbage ½ ea. Fresh Orange 2 ea. + Mini Corn Tortilla PM SNACK 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk	19 BREAKFAST 1 ea. Fresh Banana 1 ea. Banana Pancake LUNCH 1 ea. KALUA CHICKEN (smoked chicken leg, 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 PM SNACK 1 pkg. + Fish Crackers ½ c. 1% Milk
22 BREAKFAST 1 ea. Fresh Orange ¾ c. + Kix Cereal LUNCH 1 ea. BAJA BEAN WRAP ¼ c. Fresh Jicama Sticks ¼ c. Fresh Papaya 1 ea. + Wheat Tortilla PM SNACK 2 tbsp. Sunbutter 1 pkg. Graham Crackers	23 BREAKFAST ½ c. Fresh Raspberries 1 ea. + Blueberry Muffin Square LUNCH ½ c. TUNA SALAD (eggless mayo) ¼ c. Roasted Cauliflower Florets ½ ea. Fresh Pink Lady Apple ½ ea. + Pita Bread PM SNACK ¼ c. Plain Yogurt ½ c. Diced Cantaloupe	24 BREAKFAST ½ c. Fresh Strawberries 1 ea. + Cinnamon Apple Pancakes LUNCH 1 ½ ozs. HERB ROASTED TURKEY BREAST ¼ c. Pumpkin & Yam Mash ½ ea. Fresh Pear ¼ c. + Corn Bread Dressing (toasted corn bread, veggie stock, cranberries, carrots, celery, onion, garlic, thyme, ground sunflower seeds) PM SNACK Early Closure	25 	26
29 BREAKFAST 1 ea. Fresh Orange ½ ea. + Bagel /Cream Cheese & Strawberries LUNCH 1 ea. SPANISH TORTILLA (egg, onion, potato, bell pepper, light half & half) ¼ c. Roasted Romasneco ½ ea. Fresh Apple ½ ea. + English Muffin PM SNACK - Fruit Sunbutter Stack 1 tbsp. Sunbutter ½ ea. Fresh Banana 1 pkg. + Graham Crackers	30 BREAKFAST ½ c. Diced Peaches ¾ c. + Kix Cereal LUNCH ½ c. CHEESE BURGER PASTA (+ pasta, onion, tomato, beef, cheddar cheese) ¼ c. Roasted Cauliflower Florets ½ ea. Fresh Pink Lady Apple PM SNACK ¼ c. Plain Yogurt ½ c. Diced Honeydew		ALL BREAKFAST & LUNCH SERVED WITH 1% MILK *Indicates vegetable included in main dish + Indicates Whole Grain Rich WATER IS OFFERED THROUGHOUT THE DAY	