


December 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				
6 BREAKFAST ½ c. Pineapple Tidbits ½ c. + Cornflakes LUNCH SUNBUTTER & JELLY SANDWICH ½ 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	7 BREAKFAST 1 ea. Fresh Kiwi 1 ea. + Blueberry Pancake Square LUNCH BEEF MOLE (mole paste, vegetable stock, diced beef) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Red Pear ¼ c. + Spanish Rice PM SNACK 1 sl. Fresh Honeydew ½ c. 1% Milk	1 BREAKFAST ½ c. Fresh Blackberries ¼ c. + Cream of Rice LUNCH 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	2 BREAKFAST 1 ea. Fresh Banana ¾ c. + Cinnamon Oatmeal & Raisins LUNCH BROCCOLI & TOFU ALFREDO PASTA ¼ c. Roasted Rainbow Cauliflower ½ ea. Fresh Apple PM SNACK 5 ea. + Corn Tortilla Chips/Pico De Gallo ½ c. 1% Milk	3 BREAKFAST 1 ea. Fresh Orange ½ ea. + Homemade French Toast LUNCH 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) ½ c. Graham Crackers
13 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	14 BREAKFAST ½ c. Fresh Strawberries ½ ea. + Homemade Belgian Waffle LUNCH 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	8 BREAKFAST 1 ea. Fresh Banana ¾ c. + Rice Krispy LUNCH FEIJOADA (black beans, green onions, diced turkey, sweet potato, cilantro, rainbow swiss chard) ¼ c. Mango Chunks ¼ c. + Brown Rice PM SNACK - Part Day Only 1 ea. Fresh Apple ¾ c. Blueberry Yogurt Dip	9 BREAKFAST ½ c. Pineapple Chunks ½ c. + Cheerios LUNCH PANELA CHEESE & FIDEO SOUP (panela cheese, tomato, onion, garlic, + wheat pasta) ¼ c. Carrot Sticks 1 ea. Fresh Tangerine PM SNACK 2 pkgs. + Wheatworth Crackers/Hummus ½ c. 1% Milk	10 BREAKFAST ½ c. Peach Chunks 1 sq. + A - Z Bread LUNCH CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS & SPINACH ¼ c. Fresh Strawberries PM SNACK ½ c. Cottage Cheese ½ c. Roasted Sweet Potato Sticks
20 BREAKFAST 1 ea. Fresh Orange ¾ c. + Kix Cereal LUNCH 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	21 BREAKFAST ½ c. Fresh Raspberries 1 sq. + Blueberry Muffin Square LUNCH PALEK PANEER ¼ c. Curry Roasted Cauliflower Florets ½ ea. Fresh Pink Lady Apple ½ ea. + Pita Bread PM SNACK ¼ c. Plain Yogurt ½ c. Diced Cantaloupe	15 BREAKFAST ½ c. Applesauce ½ c. + Cheerios LUNCH TUNA SALAD (eggless mayo) ¼ c. Carrot Sticks 1 ea. Fresh Kiwi 1 sl. + Pullman Loaf Bread PM SNACK ½ c. Cucumber Slices & Broccoli Florets ¼ c. Cottage Cheese Ranch Dressing	16 BREAKFAST ½ c. Blackberries ½ c. + Homemade Granola ¼ c. Plain Yogurt LUNCH BLACK BEAN TORTILLA SOUP 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	17 BREAKFAST 1 ea. Fresh Banana 1 sq. + Apple Pancake Square LUNCH KALUA CHICKEN (smoked chicken leg, salt, pepper, banana leaf) ¾ c. Roasted Bell Pepper and Cipollini Onions 1 sl. Fresh Watermelon ¼ c. + Spanish Rice PM SNACK 1 pkg. + Fish Crackers ½ c. 1% Milk
27 BREAKFAST 1 ea. Fresh Orange ½ ea. + Bagel/Cream Cheese & Strawberries LUNCH VEGGIE WRAP ½ c. Leafy Greens & Shredded Carrots ½ oz. Shredded Cheese 1 ea. Hard Boiled Egg 1 ea. Fresh Tangerine 1 ea. + Wheat Tortilla PM SNACK - Fruit Sunbutter Stack 1 tbsp. Sunbutter ½ ea. Fresh Banana 1 pkg. + Graham Crackers	28 BREAKFAST ½ c. Diced Peaches ¾ c. + Kix Cereal LUNCH CHEESE BURGER PASTA (+ pasta, onion, tomato, beef, cheddar cheese) ¼ c. Roasted Butternut Squash ½ ea. Fresh Pink Lady Apple PM SNACK ¼ c. Plain Yogurt ½ c. Diced Honeydew	22 BREAKFAST ½ c. Fresh Strawberries 1 sq. + Cinnamon Apple Pancake LUNCH 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 2 pkgs. Ritz Crackers ½ c. 1% Milk	23 BREAKFAST 1 ea. Fresh Mandarin ¾ c. + Rice Chex Cereal LUNCH BLACK BEAN YAKI SOBA (black beans, tomato paste, garlic, green onions carrot, soy, wheat noodles) ¼ c. Steamed Spinach ½ ea. Fresh Honey Crisp Apple PM SNACK EARLY CLOSURE	24 
31 BREAKFAST ½ c. Pineapple Chunks 1 sq. + Homemade Banana Bread LUNCH CHANA MASALA (garbanzo beans, onion, garlic, ginger, cumin, coriander, tomato, garam masala, ground turmeric, spinach) ¼ c. Mango Chunks ½ sl. + Wheat Naan Bread PM SNACK ½ c. Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk	31 