




February 2022 - COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BREAKFAST 1 ea. Fresh Kiwi ½ sl. + Wheat Cinnamon & Raisin Bread 1 ea. Turkey Sausage LUNCH 1 ½ ozs. TURKEY TACO MEAT ½ oz. Queso Fresco ¼ c. Shredded Lettuce ⅓ c. Diced Tomatoes ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas PM SNACK ½ c. Cucumber Slices & Carrot Sticks ½ c. Cottage Cheese Ranch Dip	2 BREAKFAST ½ c. Fresh Strawberries ¼ c. + Cinnamon Oatmeal LUNCH ¾ c. BEEF MOLE (mole paste, vegetable stock, diced beef) ¼ c. Broccoli Florets/Ranch Dressing ½ ea. Fresh Apple ¼ c. + Spanish Rice PM SNACK ¼ c. Sweet Potato Dip 2 pkgs. + Wheatworth Crackers ½ c. 1% Milk	3 BREAKFAST 1 ea. Fresh Orange ¾ c. + Rice Chex Cereal LUNCH ½ c. + TOFU ALFREDO WITH PENE PASTA (tofu, alfredo sauce) ¼ c. Roasted Rainbow Baby Carrots ¼ c. Fresh Pear PM SNACK ¾ c. + Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk	4 BREAKFAST 1 ea. Fresh Banana ½ ea. + Wheat Bagel/Cream Cheese LUNCH 1 serv. CHICKEN CHILAQUILES WITH CORN TORTILLA CHIPS ¼ c. Garlic Roasted Hericover ½ ea. Fresh Smitten Apple PM SNACK ½ c. Tropical Fruit Salad 1 pkg. Graham Crackers
	7 BREAKFAST 1 ea. Fresh Apple ½ c. + Bran Cereal LUNCH ½ c. CANELINI BEAN CASSEROLE (tomato, celery, garlic, onions, kale, paprika) ½ oz. Shredded Cheese ¼ c. Roasted Butternut Squash 1 ea. Fresh Kiwi ½ ea. + Wheat Roll PM SNACK 1 pkg. Graham Crackers ½ c. 1% Milk	8 BREAKFAST 1 ea. Fresh Pear ¾ c. + Arroz con Leche LUNCH ½ c. BEEF FAJITAS (bell peppers & onions) ¼ c. Roasted Broccoli 1 ea. Fresh Persimmon 1 ea. + Wheat Tortilla PM SNACK ¾ c. + Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk	9 BREAKFAST 1 ea. Fresh Banana ½ c. + Homemade Granola LUNCH ½ c. GREEN POZOLE SOUP (diced chicken, tomatillo, hominy) ¼ c. Cabbage & Cilantro ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas PM SNACK (Pm Only) ½ c. Cucumber Slices & Broccoli Florets ½ c. Cottage Cheese Ranch Dressing	10 BREAKFAST 1 ea. Fresh Kiwi ½ ea. + Wheat English Muffin/Sunbutter LUNCH ½ c. BEAN CHILI ½ ea. + Grilled Cheese Sandwich ¼ c. Roasted Brussel Sprouts ½ ea. Fresh Orange PM SNACK - Fruity Sunbutter Pitas 1 tbsp. Sunbutter ½ ea. Fresh Banana & ½ ea. Fresh Opal Apple ½ ea. + Wheat Pita Bread
14 BREAKFAST 1 ea. Fresh Satsuma Orange ½ c. + Cornflakes LUNCH BUILD YOUR OWN BURRITO 1 ½ ozs. Ground Tofu ½ oz. Shredded Cheese ¼ c. Shredded Lettuce ⅓ c. Diced Tomatoes ¼ c. Fresh Papaya 1 ea. + Wheat Tortilla PM SNACK 1 ea. Fresh Pear 1 tbsp. Sunbutter	15 BREAKFAST ¾ c. Fresh Pineapple ½ c. + Rice Chex Cereal LUNCH 1 serv. *VEGETARIAN ENCHILADA CASSEROLE (cheese, black beans, corn, + corn tortilla chips) ½ c. Tossed Green Salad/Italian Dressing ¼ c. Mango Chunks PM SNACK 1 pkg. + Scooby Doo Cinnamon Grahams ½ c. 1% Milk	16 BREAKFAST 1 ea. Fresh Smitten Apple ½ sl. + Cinnamon Wheat Toast LUNCH 1 ea. BBQ CHICKEN LEG ¼ c. Cucumber Slices/Ranch Dressing 1 ea. Fresh Kiwi ¼ c. + Brown Rice PM SNACK 2 pkgs. + Wheatworth Crackers ½ c. Roasted Rainbow Carrots	17 BREAKFAST 1 ea. Fresh Banana ½ ea. + Wheat English Muffin/Cream Cheese LUNCH 1 c. *LENTIL & BUTTERNUT SQUASH STEW (lentils, onion, carrot, rainbow swiss chard, celery, butternut squash) ¼ c. Gold Beet Salad (feta cheese, mixed greens) 1 sq. + Homemade Whole Wheat Cornbread PM SNACK ½ c. Zucchini Sticks/Italian dressing 1 pkg. + Animal Crackers	18 BREAKFAST 1 ea. Fresh Pear ½ c. + Cheerios LUNCH 1½ ozs. TURKEY & SWISS CHEESE Mayo & Mustard Dressing ¼ c. Green Leaf Lettuce ⅓ c. Tomato Slice ½ ea. Fresh Apple 1 sl. + Wheat Bread PM SNACK ¼ c. Cucumber Slices ¼ c. Broccoli Florets ½ c. Homemade Hummus (chickpeas, sesame paste, olive oil, garlic, paprika, lemon juice)
21 	22 BREAKFAST 1 ea. Fresh Apple ½ ea. + Wheat Bagel/Cream Cheese LUNCH ½ c. TURKEY PICADILLO (ground turkey, carrot, celery, garlic) ½ c. Spinach Salad/Ranch Dressing ¼ c. Fresh Strawberries ¼ ea. + Brown Rice PM SNACK 1 pkg. + Goldfish Pretzel Crackers 1 ea. Fresh Banana	23 BREAKFAST ½ c. Pineapple Chunks ½ ea. + English Muffin/Sunbutter LUNCH 1 ½ c. CHICKEN NOODLE SOUP (onion, potato, kale, kidney beans, diced chicken, + whole wheat pasta) ¼ c. Carrot Sticks ½ ea. Fresh Apple PM SNACK(Early Closure) ½ c. Sweet Potato Dip 1 ea. + Dinner Roll	24 BREAKFAST ½ c. Mango Chunks ½ ea. + Wheat Cinnamon Bread LUNCH 1 c. * VEGETABLE & TOFU STEW (roasted tomatoes, sliced carrots, celery, onion, parsnip) ½ ea. Fresh Pear ½ ea. + Wheat Roll PM SNACK ½ c. Cucumber Slices & Carrot Sticks ½ c. Cottage Cheese Ranch Dip	25 BREAKFAST 1 ea. Fresh Kiwi ½ c. + Bran Cereal LUNCH 1 serv. EGG CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS ¼ c. Roasted Rainbow Carrots ¼ c. Fresh Strawberries PM SNACK ¾ c. + Friends Trail Mix (kix, cheerios, corn chex, raisins, pretzels, & dried apricots) ½ c. 1% Milk
28 BREAKFAST 1 ea. Fresh Orange ½ ea. + English Muffin/Cream Cheese & Strawberries LUNCH 1 c. TOMATO BISQUE (diced tofu) ½ ea. + Grilled Cheese Sandwich ¼ c. Roasted Brussel Sprouts ½ ea. Fresh Pear PM SNACK - Fruity Sunbutter Pitas 1 tbsp. Sunbutter ½ ea. Fresh Opal Apple ½ ea. Pita Bread				<p style="text-align: center;">ALL BREAKFAST & LUNCH SERVED WITH 1% MILK</p> <p style="text-align: center;">*Indicates vegetable included in main dish</p> <p style="text-align: center;">+ Indicates Whole Grain Rich</p> <p style="text-align: center;">WATER IS OFFERED THROUGHOUT THE DAY</p>