

AUGUST 2023 – COMMUNITY SERVICES BUREAU INFANT/ TODDLER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST 1 ea. Tropical fruit cup ¾ c. Corn Chex LUNCH ½ c. *VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) 1/2 ea. Fresh diced Kiwi 1 ea. + whole wheat roll PM SNACK 2 pkgs Wheat Crackers 1 ea. String Cheese	BREAKFAST 1 ea. Fresh diced Kiwi 1 sl. +Cinnamon Raisin Bread LUNCH 1 c. + CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS 1/8 c. Roasted Rainbow Carrots 1/4 ea. Fresh diced Orange PM SNACK 2 pkgs. + Wheat Crackers 1 each String Cheese	BREAKFAST 1 ea. Fresh Banana 1 sq. c. Cornflakes LUNCH ½ c. *BEEF SPAGHETTI (ground beef, tomato paste, onions with + wheat spaghetti) 1/4 ea. Fresh thinly sliced Apple PM SNACK ½ c. Milk 1 pkg. Bug Bite Crackers	BREAKFAST 1/4 c. Fresh Diced Watermelon ½ ea. + Wheat Bagel /Sunbutter LUNCH 1 ea. SPANISH TORTILLA (egg, onion, potato, bell pepper, light half & half) ½ ea. + English Muffin 1/8 c. Roasted broccoli 1/8 c. Fresh Strawberries PM SNACK 1 pkg. + Graham Crackers 1 ea. Fruit cup	BREAKFAST 1/2 ea. Fresh diced Orange 1 sq. A – Z Bread LUNCH ¾ c. CHICKEN CESAR WRAP (chicken, Caesar dressing, parmesan cheese, lettuce) 1/8 c. Carrot Sticks 1/8 c. Fresh Blueberries ½ ea. + Whole Wheat Tortilla PM SNACK ½ c. Cottage Cheese ½ c. Pineapple Tidbits
BREAKFAST 1 ea. Tropical fruit cup ¾ c. Corn Chex LUNCH ½ c. *VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) 1/2 ea. Fresh diced Kiwi 1 ea. + whole wheat roll PM SNACK 2 pkgs Wheat Crackers 1 ea. String Cheese	BREAKFAST 1/2 ea. Fresh thinly sliced Apple ½ sl. + Wheat Cinnamon Bread LUNCH 1½ oz. TURKEY TACOS WITH CHEESE 1/8 c. roasted broccoli 1/8 c. Mango Chunks 2 ea. + Mini Corn Tortillas PM SNACK 1 pkg. Cheese Crackers 1 ea. Banana	BREAKFAST 1 ea. Mandarin Orange ¾ c. Rice Chex Cereal LUNCH 1 ea. CHEESE & BEAN QUESADILLA 1/8 c. Pico De Gallo 1/4 ea. Fresh thinly sliced Apple 1 ea. + Wheat Tortilla PM SNACK Early Closure	BREAKFAST 1 ea. Peach Cup ½ ea. + Wheat English Muffin/Cream Cheese LUNCH 1 ea. *MEXICAN PIZZA (refried beans, tomato paste, chunky salsa) ½ oz. Shredded Mozzarella Cheese 1/2 ea. Fresh diced Kiwi 2 ea. + Corn Tortilla PM SNACK 1 pkg. Scooby Snacks ½ c. Milk	BREAKFAST 1 ea. Fresh Banana ¾ c. Cheerios LUNCH ½ c. CHICKEN SALAD 1/8 c. Zucchini Sticks 1/8 c. Fresh Strawberries ½ ea. + Pita Bread PM SNACK ½ each Fresh Apple 1 ea. Sunbutter cup
BREAKFAST 1 ea. Fresh diced Kiwi ½ c. Cornflakes LUNCH 1 ea. *SOUTHWEST VEGGIE WRAP (coleslaw mix, cucumbers, black beans, salsa, romaine, spinach, and cheddar cheese) 1/8 c. Fresh Strawberries 1/2 ea. + Wheat Tortilla PM SNACK ½ c. Trail Mix (Cheerios, Kix, Goldfish, Apricots) 1/2c. Milk	BREAKFAST 1/2 ea. Fresh diced Orange 1 sq. + Homemade Zucchini Bread LUNCH ½ ea. SUNBUTTER & JELLY SANDWICH 1 ea. Cheese Stick 1/8 c. Steamed Carrot Sticks 1/4 ea. Fresh thinly sliced Apple ½ eac + Whole Wheat English Muffin PM SNACK 1 pkg. Animal Crackers 1 ea. Tropical Fruit cup	BREAKFAST 1 ea. Pear cup 1 ea. + Blueberry Muffin LUNCH 1 c. *STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & + wheat spaghetti) 1/8 c. Fresh Strawberries PM SNACK ½ c. Milk 1 pkg.. Simply Chex Mix	BREAKFAST 1 ea. Fresh Banana 3/4c. Corn Chex LUNCH 1 c. + MAC & CHEESE with Turkey 1/8 c. Roasted Rainbow Carrots ½ ea.. Mandarin orange wedges PM SNACK 1/2c. Fresh berries ¼ c Plain Yogurt 1 pkg. Graham Crackers	BREAKFAST 1/4 c. Pineapple Chunks ½ ea. + Wheat Bagel/Cream Cheese LUNCH 1½ ozs. TURKEY & SWISS CHEESE Eggless Mayo & Mustard Dressing 1/8 c.Diced tomato 1/4 ea. Fresh thinly sliced Apple 1 Sl. + Whole Wheat bread PM SNACK ¼ c. Pico De Gallo 2 ea. + Mini Corn Tortillas
BREAKFAST 1/2 ea. Fresh Thinly sliced Apple ¾ c. Kix Cereal LUNCH 1 ea. BAJA BEAN TACO (beans, salsa, cheese) 1/8 c. steamed carrots 1 ea. Peach cup 2 ea. + mini Corn Tortilla PM SNACK 1 ea. Sun butter cup 2 pkgs Wheat Crackers	BREAKFAST 1 ea. Fresh Banana ½ sl. + Wheat Cinnamon Bread LUNCH ¾ c. *WHITE CHICKEN CHILI 1/8 c. Fresh Strawberries 1 ea. + Wheat dinner roll PM SNACK ½ c. Milk 1 pkgs. Bunny Grahams	BREAKFAST 1 ea. Fresh diced kiwi ½ c. Cornflakes LUNCH 1½ ozs. + TURKEY HOAGIE SANDWICH Mayo & Mustard Dressing 1/8 c. steamed Zucchini 1/8 c. Fresh diced cantaloupe PM SNACK Early Closure	BREAKFAST 1/2 ea. Fresh diced Orange ½ ea. + Wheat Bagel/Cream Cheese LUNCH ½ c. *GREEN POZOLE (diced chicken, tomatillos, hominy, shredded cabbage) 1/8 c. Mango Chunks 2 ea. + Corn Tortillas PM SNACK 1 each applesauce cup 1 pkg. Cheese Crackers	BREAKFAST 1 ea. Peach Cup ¾ c. Rice Chex LUNCH ½ c. TUNA SALAD (tuna, eggs, mayo, relish, celery, onions) 1/8 c. Steamed spinach ¼ ea.. Fresh mandarin orange wedges 1 sl. + Wheat Sandwich Thin PM SNACK ¾ c. Trail Mix (corn chex, fish & cheese crackers) ½ c. Milk
BREAKFAST 1 ea. Tropical Fruit cup 1 ea. + Banana Muffin LUNCH ½ ea. SUNBUTTER & JELLY SANDWICH 1 ea. Cheese Stick 1/8 c. Mixed Vegetables 1/4 ea. Fresh Apple 1 sl. + Whole Wheat Bread PM SNACK 1 pkg. + Graham Crackers ½ c. Milk	BREAKFAST 1 ea. Fresh Mandarin Orange wedges ¾ c. Kix Cereal LUNCH 3/8 c. ROPA VIEJA (shredded beef, red bell pepper, tomato paste, beef stock) 1/8 c. Steamed Carrots 1/4 ea. Fresh Thinly sliced Pear ¼ c. + Brown Rice PM SNACK 1 ea.. Fruit Salad Cup 1 pkgs. Bug Bite Crackers	BREAKFAST 1 ea. Fresh Banana 1 sl. + Cinnamon & Raisin Bread LUNCH ½ c. + TURKEY SPAGHETTI 1/8 c. steamed spinach 1/4 ea. Fresh thinly sliced Apple PM SNACK 2 pkgs. Wheat Crackers 1 ea. Cheese stick	BREAKFAST 1/2 ea. Fresh thinly sliced Apple ½ c. + Bran Cereal LUNCH ¾ c. CHICKEN POT PIE (onion, celery, low-fat cream) 1/8 c. Roasted Broccoli 1/4 ea. Fresh Diced Orange 1 ea. + wheat biscuit PM SNACK- Banana Sushi Roll 1 tbps. Sunbutter ½ ea. Fresh Banana ½ ea. + Wheat Tortilla	ALL BREAKFAST & LUNCH SERVED WITH PLAIN WHOLE OR PLAIN 1% MILK *Indicates vegetable included in main dish + Indicates Whole Grain Rich WATER IS OFFERED THROUGHOUT THE DAY

AUGUST 2023 – COMMUNITY SERVICES BUREAU PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>BREAKFAST</u> 1 ea. Fresh Kiwi 1 sl. + Cinnamon Raisin Bread <u>LUNCH</u> 1 c. + CHICKEN CHILAQUILES WITH WHOLE GRAIN CORN TORTILLA CHIPS ¼ c. Roasted Rainbow Carrots ½ ea. Fresh Orange <u>PM SNACK</u> 2 pkgs. + Wheat Crackers 1 each String Cheese	2 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ c. Cornflakes <u>LUNCH</u> ¾ c. *BEEF SPAGHETTI (ground beef, tomato paste, onions with + wheat spaghetti) ½ ea. Fresh Apple <u>PM SNACK</u> ½ c. 1% Milk 1 pkg. Bug Bite Crackers	3 <u>BREAKFAST</u> 1/2 c. Fresh Diced Watermelon ½ ea. + Wheat bagel /Sunbutter <u>LUNCH</u> 1 ea. SPANISH TORTILLA (egg, onion, potato, bell pepper, light half & half) ½ ea. + English Muffin ¼ c. Roasted broccoli ¼ c. Fresh Strawberries <u>PM SNACK</u> 1 pkg. + Pretzel Crackers 1 ea. Fruit cup	3 <u>BREAKFAST</u> 1 ea. Fresh Orange 1 sq. A – Z Bread <u>LUNCH</u> ¾ c. CHICKEN CESAR WRAP (chicken, Caesar dressing, parmesan cheese, lettuce) ¼ c. Carrot Sticks ¼ c. Fresh blueberries ½ ea. + Whole Wheat Tortilla <u>PM SNACK</u> ½ c. Cottage Cheese ½ c. Pineapple Tidbits
7 <u>BREAKFAST</u> 1 ea. Tropical Fruit cup ¼ c. Corn Chex <u>LUNCH</u> ¾ c. *VEGETABLE CHILI (kidney beans, tomatoes, bulgur wheat, yogurt, & cheddar cheese) 1 ea. Fresh Kiwi 5 ea. + Whole Grain Corn Tortilla Chips <u>PM SNACK</u> 6 ea. Wheat thin Crackers 1 ea. String Cheese	8 <u>BREAKFAST</u> 1 ea. Fresh Apple ½ sl. + Wheat Cinnamon Bread <u>LUNCH</u> 1½ oz. TURKEY TACOS WITH CHEESE ¼ c. Shredded Lettuce ¼ c. Mango Chunks 2 ea. + Mini Corn Tortillas <u>PM SNACK</u> 1 pkg. Cheese Crackers 1 ea. Banana	9 <u>BREAKFAST</u> 1 ea. Mandarin Orange ¾ c. Rice Chex Cereal <u>LUNCH</u> 1 ea. CHEESE & BEAN QUESADILLA ¼ c. Pico De Gallo ½ ea. Fresh Apple 1 ea. + Wheat Tortilla <u>PM SNACK</u> Early Closure	10 <u>BREAKFAST</u> 1 ea. Peach Cup ½ ea. + Wheat English Muffin/Cream Cheese <u>LUNCH</u> 1 ea. *MEXICAN PIZZA (refried beans, tomato paste, chunky salsa) ½ oz. Shredded Mozzarella Cheese 1 ea. Fresh Kiwi 2 ea. + Corn Tortilla <u>PM SNACK</u> 1 pkg. Scooby Snacks ½ c. 1% Milk	11 <u>BREAKFAST</u> 1 ea. Fresh Banana ¾ c. Cheerios <u>LUNCH</u> ½ c. CHICKEN SALAD ¼ c. Zucchini Sticks ¼ c. Fresh Strawberries ½ ea. + Pita Bread <u>PM SNACK</u> ½ each Fresh Apple 1 ea. Sunbutter cup
14 <u>BREAKFAST</u> 1 ea. Fresh Kiwi ½ c. Cornflakes <u>LUNCH</u> 1 ea. *SOUTHWEST VEGGIE WRAP (coleslaw mix, cucumbers, black beans, salsa, romaine, spinach, and cheddar cheese) ¼ c. Fresh Strawberries 1 ea. + Wheat Tortilla <u>PM SNACK</u> ½ c. Trail Mix (Cheerios, Kix, Goldfish, Apricots) 1/2c. 1% Milk	15 <u>BREAKFAST</u> 1 ea. Fresh Orange 1 sq. + Homemade Zucchini Bread <u>LUNCH</u> ½ ea. SUNBUTTER & JELLY SANDWICH 1 ea. Cheese Stick ¼ c. Carrot Sticks ½ ea. Fresh Apple ½ eac + Whole Wheat English Muffin <u>PM SNACK</u> 1 pkg. Animal Crackers 1 ea. Tropical Fruit cup	16 <u>BREAKFAST</u> 1 ea. Pear cup 1 ea. + Blueberry Muffin <u>LUNCH</u> 1 c. *STIR-FRY CHICKEN (diced chicken, shredded cabbage, carrots, & + wheat spaghetti) 1/4c. Fresh Strawberries <u>PM SNACK</u> ½ c. 1% Milk 1 pkg.. Simply Chex Mix	17 <u>BREAKFAST</u> 1 ea. Fresh Banana 3/4c. Corn Chex <u>LUNCH</u> 1 c. + MAC & CHEESE with Turkey ¼ c. Roasted Rainbow Carrots 1 ea.. Mandarin orange <u>PM SNACK</u> 1/2c. Fresh berries ¼ c. Plain Yogurt 1 pkg. Graham Crackers	18 <u>BREAKFAST</u> ½ c. Pineapple Chunks ½ ea. + Wheat Bagel/Cream Cheese <u>LUNCH</u> 1½ ozs. TURKEY & SWISS CHEESE Eggless Mayo & Mustard Dressing ¼ c. Shredded Lettuce ½ ea. Fresh Apple 1 Sl. + Whole Wheat bread <u>PM SNACK</u> ¼ c. Pico De Gallo 5 ea. + Whole Grain Corn Tortilla Chips
21 <u>BREAKFAST</u> 1 ea. Fresh Apple ¾ c. Kix Cereal <u>LUNCH</u> 1 ea. BAJA BEAN TACO (beans, salsa, cheese) ¼ c. shredded lettuce 1 ea. Peach cup 2 ea. + mini Corn Tortilla <u>PM SNACK</u> 1 ea. Sun butter cup 2 pkgs Wheat Crackers	22 <u>BREAKFAST</u> 1 ea. Fresh Banana ½ sl. + Wheat Cinnamon Bread <u>LUNCH</u> 1 c. * WHITE CHICKEN CHILI ¼ c. Fresh Strawberries 1 ea. + Wheat dinner roll <u>PM SNACK</u> ½ c. Carrot Sticks/Ranch Dressing 1 pkgs. Bunny Grahams	23 <u>BREAKFAST</u> 1 ea. Fresh kiwi ½ c. Cornflakes <u>LUNCH</u> 1½ ozs. + TURKEY HOAGIE SANDWICH Mayo & Mustard Dressing ¼ c. Zucchini Sticks 1/4 c. Fresh diced cantaloupe <u>PM SNACK</u> Early Closure	24 <u>BREAKFAST</u> 1 ea. Fresh Orange ½ ea. + Wheat Bagel/Cream Cheese <u>LUNCH</u> ½ c. GREEN POZOLE (diced chicken, tomatillos, hominy) ¼ c. Shredded Cabbage ¼ c. Fresh mandarin orange 5 ea. + Whole Grain Corn Tortilla Chips <u>PM SNACK</u> 1 each applesauce cup 1 pkg. Cheese Crackers	26 <u>BREAKFAST</u> 1 ea. Peach Cup ¾ c. Rice Chex <u>LUNCH</u> ½ c. TUNA SALAD (tuna, eggs, mayo, relish, celery, onions) ½ c. Spring Salad Mix/Italian Dressing ¼ c. Fresh mandarin orange 1 sl. + Wheat Sandwich Thin <u>PM SNACK</u> ¾ c. Lets Go Fishing Trail Mix (corn chex, pretzels, fish & cheese crackers) ½ c. 1% Milk
28 <u>BREAKFAST</u> 1 ea. Tropical Fruit cup 1 ea. + Banana Muffin <u>LUNCH</u> ½ ea. SUNBUTTER & JELLY SANDWICH 1 ea. Cheese Stick ¼ c. Mixed Vegetables ½ ea. Fresh Apple 1 sl. + Whole Wheat Bread <u>PM SNACK</u> 1 pkg. + Graham Crackers ½ c. 1% Milk	29 <u>BREAKFAST</u> 1 ea. Fresh Mandarin Orange ¾ c. Kix Cereal <u>LUNCH</u> ½ c. ROPA VIEJA (shredded beef, red bell pepper, tomato paste, beef stock) ¼ c. Roasted Carrots ½ ea. Fresh Pear ¼ c. + Brown Rice <u>PM SNACK</u> 1 ea.. Fruit Salad Cup 1 pkgs. Bug Bite Crackers	30 <u>BREAKFAST</u> 1 ea. Fresh Banana 1 sl. + Cinnamon & Raisin Bread <u>LUNCH</u> ¾ c. + TURKEY SPAGHETTI ¼ c. steamed spinach ½ ea. Fresh Apple <u>PM SNACK</u> 2 pkgs. Wheat Crackers 1 ea. Cheese stick	31 <u>BREAKFAST</u> 1 ea. Fresh Apple ½ c. + Bran Cereal <u>LUNCH</u> ¾ c. CHICKEN POT PIE (onion, celery, low-fat cream) ¼ c. Roasted Broccoli ½ ea. Fresh Orange 1 ea. + wheat biscuit <u>PM SNACK- Banana Sushi Roll</u> 1 tbsp. Sunbutter ½ ea. Fresh Banana ½ ea. + Wheat Tortilla	ALL BREAKFAST & LUNCH SERVED WITH PLAIN 1% MILK *Indicates vegetable included in main dish + Indicates Whole Grain Rich WATER IS OFFERED THROUGHOUT THE DAY