

# Winter

## Community Action Marin Sample Winter Menu - Week #1 Preschool Age (3-5 years old)



COMM  
UNITY  
ACTION  
MARIN

	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY/MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
<b>BREAKFAST</b> Grain Fruit Milk  	<b>Whole Grain Cereal</b> (1/2 cup) Fresh <b>Oranges</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Whole Wheat Bagel</b> (1/2 mini) w/ Cream Cheese (1 Tbsp) Fresh <b>Bananas</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Hard-Boiled Egg</b> (1) Toast (1/2 slice) Fresh <b>Apples</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Whole Grain Waffles</b> (1/2) w/ Homemade Blueberry Sauce (1 tsp) Fresh <b>Mandarins</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Vanilla Yogurt</b> (1/4 cup) Fresh <b>Blueberries</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  
<b>DESAYUNO</b> Grano Fruta Leche	<b>Cereal Integral</b> (1/2 taza) <b>Naranja Fresca</b> (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Bagel Integral</b> (1/2 mini) con Queso Crema (1 cucharada) <b>Platanos</b> frescos (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Huevo Cocido</b> (1) Pan Tostado (1/2 rebanada) <b>Manzanas</b> frescas (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Waffles Integral</b> (1/2) con Salsa de Arandanos (1 cucharilla) <b>Mandarinas</b> frescas (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Yogur de Vainilla</b> (1/4 taza) <b>Arandanos</b> Frescas (1/2 taza) <b>Leche</b> 1% (3/4 taza)
<b>LUNCH</b> Meat/Alternate Grain Fruit/Veg. Milk 1%  	<b>Grilled Cheese Sandwich</b> (1/2) <b>Three Bean Salad</b> (1/3 cup) Fresh <b>Pears</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	(Fish Taco) <b>Tilapia</b> (1.5 oz) Corn <b>Tortilla</b> (1) <b>Cilantro Lime Coleslaw</b> (1/4 cup) Fresh <b>Papaya</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Turkey Sloppy Joe</b> (1/3 cup) <b>Whole Wheat Buns</b> (1/2) Steamed <b>Green Beans</b> (1/4 cup) Fresh <b>Pears</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	(Sandwich) <b>Chicken Salad w/ Avocado</b> (1/3 cup) <b>Whole Wheat Bread</b> (1 slice) Steamed <b>Broccoli</b> (1/4 cup) Fresh <b>Persimmon</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Chicken Noodle Soup</b> (3/4 cup) <b>WW Saltine Crackers</b> (?) <b>Mixed Veggies</b> (1/4 cup) Fresh <b>Mandarin</b> (1/4 taza) 1% <b>Milk</b> (3/4 cup)  
<b>ALMUERZO</b> Carne/alternativa Grano Fruta/Vegetal Leche 1%	<b>Sandwich de Queso Fundido</b> (1/2) <b>Ensalada de Tres Frijoles</b> (1/3 taza) <b>Peras</b> frescas (1/4 taza) 1% <b>Leche</b> (3/4 taza)	(Taco de pescado) <b>Tilapia</b> (1.5 onza) <b>Tortilla</b> de maiz (1) <b>Repollo</b> con cilantro y limon (1/4 taza) <b>Papaya</b> fresca (1/4 taza) <b>Leche</b> 1% (3/4 taza)	<b>Sloppy Joe de Pavo</b> (1/3 taza) <b>Pan hamburguesa integral</b> (1/2) <b>Ejotes</b> al vapor (1/4 taza) <b>Peras</b> frescas (1/4 taza) <b>Leche</b> 1% (3/4 cup)	(Emparedado) <b>Ensalada de Pollo y Aguacate</b> (1/3 taza) <b>Pan Integral</b> (1 rebanada) <b>Brocoli</b> al Vapor (1/4 taza) <b>Persimon</b> fresca (1/4 taza) <b>Leche</b> 1% (3/4 taza)	<b>Sopa de Pollo y Nodos</b> (3/4 taza) <b>Panecillos</b> (1/2 oz) <b>Verduras Mixtas</b> (1/4 taza) <b>Mandarina</b> fresca (1/4 taza) <b>Leche</b> 1% (3/4 taza)
<b>SNACKS</b>  	<b>Whole Grain Cheez-IT Crackers</b> (10) Fresh <b>Cantaloupe</b> (1/2 cup)  	<b>Pineapple</b> (1/2 cup) <b>Cottage Cheese</b> (1/4 taza)  	<b>Whole Grain Goldfish</b> (1/4 cup) <b>Cucumber Slices</b> (1/2 cup) w/ Tahini Dip (1 Tbsp)  	<b>Zucchini Muffins</b> (1oz) Fresh <b>Apples</b> (1/2 cup)  	<b>Graham Crackers</b> (1 cracker) Fresh <b>Banana</b> (1/2 cup)  
<b>BOTANAS</b>	<b>Galletas de Queso</b> (10) <b>Melon Fresco</b> (1/2 taza)	<b>Pina Fresca</b> (1/2 taza) <b>Requeson</b> (1/4 taza)	<b>Goldfish integral</b> (1/4 taza) <b>Rajas de Pepino</b> (1/2 taza) con Salsa de Tahini (1 cucharada)	<b>Pastel de calabacita</b> (1oz) <b>Manzana Fresca</b> (1/2 cup)	<b>Galletas Graham</b> (1 galleta) <b>Platanos</b> frescos (1/2 taza)

**Raw fruits and vegetables must be peeled and sliced thin**

**PLEASE POST FOR PARENTS**

**Menu subject to change**

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# Winter

## Community Action Marin

Sample Winter Menu - Week #2  
Preschool Age (3-5 years old)



COMMUNITY ACTION MARIN

	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY/MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
<b>BREAKFAST</b> Grain Fruit Milk 	<b>Whole Grain Cereal</b> (1/2 cup) Fresh <b>Oranges</b> (1/2 cup) 1% or Whole <b>Milk</b> (3/4 cup) 	(Banana Split) Fresh <b>Banana</b> (1/2, 1/2 cup) <b>Yogurt</b> (1/4 cup) Homemade Strawberry Sauce (1 tsp) 1% <b>Milk</b> (3/4 cup) 	Hard-boiled <b>Egg</b> (1) Fresh <b>Papaya</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup) 	<b>Oatmeal</b> (1/2 cup) Frozen <b>Blueberries</b> (1/2 cup) Sunflower Seed Butter (1 Tbsp) 1% <b>Milk</b> (3/4 cup) 	<b>Pancake</b> (1/2) Frozen <b>Blueberries</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup) 
<b>DESAYUNO</b> Grano Fruta Leche	<b>Cereal Integral</b> (1/2 taza) <b>Naranja</b> Fresca (1/2 taza) <b>Leche</b> 1% (3/4 taza)	(Banana Split) <b>Banana</b> Fresca (1/2, 1/2 cup) <b>Yogur</b> (1/4 taza) Salsa de fresa casera (1 cucharillo) <b>Leche</b> 1% (3/4 taza)	<b>Huevo Cocido</b> (1) <b>Papayas</b> Frescas (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Avena</b> (1/2 taza) <b>Arandanos</b> Congelados (1/2 taza) Semilla de Girasol (1 cucharada) <b>Leche</b> 1% (3/4 taza)	<b>Pancake</b> (1/2) <b>Arandanos</b> congelados (1/2 taza) 1% <b>Leche</b> (3/4 taza)
<b>LUNCH</b> Meat/Alternate Grain Fruit/Veg. Milk 1% 	<b>WW Butternut Squash Macaroni &amp; Cheese</b> (2/3 cup) Steamed <b>Broccoli</b> (1/4 cup) Fresh <b>Apples</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup) 	<b>Green Chicken Enchiladas</b> (1) Thinly sliced <b>Carrots</b> (1/4 cup) Fresh <b>Apples</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup) 	<b>Chicken Pozole</b> (2/3 cup) <b>Shredded Cabbage</b> (1/4 cup) <b>Corn Tortilla</b> (1) Fresh <b>Kiwi</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup) 	(Stuffed Potato) Baked <b>Sweet Potato</b> (1/2 small) w/ <b>Ground Turkey, Cheese</b> (1/3 cup), salsa y sour cream <b>WW Saltine Crackers</b> (4) Fresh <b>Mandarin</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup) 	<b>Coconut Chickpea Curry w/ Winter Squash</b> (3/4 cup) <b>Brown Rice</b> (1/4 cup) Fresh <b>Apple</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup) 
<b>ALMUERZO</b> Carne/alternativa Grano Fruta/Vegetal Leche 1%	<b>Macaroni integral con queso</b> (2/3 taza) <b>Brocoli</b> al Vapor (1/4 taza) <b>Manzana</b> fresca (1/4 taza) 1% <b>Leche</b> (3/4 taza)	<b>Enchiladas Verdes con Pollo</b> (1) <b>Zanahorias</b> (1/4 taza) <b>Manzanas</b> frescas (1/4 taza) 1% <b>Leche</b> (3/4 taza)	<b>Pozole</b> de pollo (2/3 taza) <b>Repollo</b> rallado (1/4 taza) <b>Tortilla de maiz</b> (1) <b>Kiwi</b> fresco (1/4 taza) 1% <b>Leche</b> (3/4 taza)	(Papa Rellena) <b>Batata</b> al Horno (1/2 pequena) con <b>Pavo Molido, Queso</b> (1/3 taza), Salsa y Crema <b>Galletas Saladas Integrales</b> (4) <b>Mandarina</b> fresca (1/4 taza) 1% <b>Leche</b> (3/4 taza)	<b>Curry de Garbanzos y Coco con Batatas</b> (3/4 taza) <b>Brown Rice</b> (1/4 taza) <b>Manzanas</b> frescas (1/4 cup) 1% <b>Milk</b> (3/4 taza)
<b>SNACKS</b> 	<b>Animal Crackers</b> (8 crackers) 1% <b>Milk</b> (1/2 cup) 	<b>Shredded Jicama</b> (1/2 cup) <b>Cheese Stick</b> (1/2) 	Fresh <b>Persimmon</b> (1/2 cup) WW Bread () Sunflower Seed Butter () 	Fresh <b>Cucumbers</b> (1/2 cup) <b>Hummus Dip</b> (1 Tbsp) 	<b>Graham Crackers</b> (1 cracker) 1% <b>Milk</b> (1/2 cup) 
<b>BOTANAS</b>	<b>Galletas Animales</b> (8 galletas) <b>Leche</b> 1% (1/2 taza)	Palillos de <b>Jicama</b> (1/2 taza) <b>Quesito</b> (1/2)	<b>Fresas</b> Frescas (1/2 taza) <b>Yogur</b> de Vainilla (1/4 taza)	<b>Pepinos</b> Frescos (1/2 taza) <b>Salsa de Hummus</b> (1 Cucharada)	<b>Galletas Graham</b> (1 galleta) 1% <b>Leche</b> (1/2 taza)

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# Winter

## Community Action Marin Sample Winter Menu - Week #3 Preschool Age (3-5 years old)



COMMUNITY  
ACTION  
MARIN

	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY/MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
<b>BREAKFAST</b> Grain Fruit Milk  	<b>Whole Grain Cereal</b> (1/2 cup) Fresh <b>Oranges</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Whole Grain Waffle</b> (1/2 mini) w/ Strawberry Sauce (1 Tbsp) Fresh <b>Pears</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Mini Egg muffins</b> w/ Spinach and Cheese (1/2 oz) Fresh <b>Bananas</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	(Blueberry Protein Shake) Frozen <b>Blueberry</b> (1/2 cup) <b>Sunflower Seed Butter</b> (1 Tbsp) 1% <b>Milk</b> (3/4 cup)  	<b>Whole Wheat Bagel</b> (1/2 mini) w/ Cream Cheese (1 Tbsp) Fresh <b>Cucumbers</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  
<b>DESAYUNO</b> Grano Fruta Leche	<b>Cereal Integral</b> (1/2 taza) <b>Naranjas</b> frescas (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Bagel integral</b> (1/2 mini) con queso crema (1 cucharada) <b>Peras</b> frescas (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Mini muffin de huevo</b> con Espinaca y Queso (1/2 oz) <b>Banana</b> fresca (1/2 taza) <b>Leche</b> 1% (3/4 cup)	(Batido de Proteina de Arandanos) <b>Arandanos</b> Congelados (1/2 taza) <b>Semilla de Girasol</b> (1 cucharada) <b>Leche</b> 1% (3/4 taza)	<b>Bagel Integral</b> (1/2 mini) con Queso Crema (1 cucharada) <b>Pepinos</b> frescos (1/2 taza) <b>Leche</b> 1% (3/4 taza)
<b>LUNCH</b> Meat/Alternate Grain Fruit/Veg. Milk 1%  	<b>Minestrone Soup w/ Pasta and Beans</b> (1/2 cup) <b>Roasted Cauliflower</b> (1/4 cup) Fresh <b>Apples</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	(Turkey Burger) <b>Turkey Patty</b> (1.5 oz) <b>Whole Wheat Bun</b> (1/2) <b>Bell Pepper</b> Slices (1/4 cup) Fresh <b>Oranges</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Bean &amp; Cheese</b> (Burrito) (1/3 cup) 10" Whole Wheat <b>Tortilla</b> (1/4) <b>Mixed Veggies</b> (1/4 cup) Fresh <b>Mandarin</b> (1) 1% <b>Milk</b> (3/4 cup)  	<b>Baked Chicken Strips</b> (1/3 cup) <b>Brown Rice</b> (1/4 cup) <b>Green Peas</b> (1/4 cup) <b>Pineapple</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	Veggie Lasagna - cheese, noodles, mixed veggies (2.5 oz slice) <b>Garden Salad w/ Ranch dressing</b> (1/4 cup) Fresh <b>Strawberries</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  
<b>ALMUERZO</b> Carne/alternativa Grano Fruta/Vegetal Leche 1%	<b>Sopa de Minestrone con Pasta y Frijoles</b> (1/2 cup) <b>Coliflor</b> del Horno (1/4 taza) <b>Manzana</b> Fresca (1/4 taza) <b>Leche</b> 1% (3/4 taza)	(Hamburguesa de Pavo) <b>Pavo</b> (1.5 oz) <b>Pan Hamburguesa Integral</b> (1/2) <b>Rodajas de Pimientos</b> (1/4 taza) <b>Naranjas</b> frescas (1/4 taza) 1% <b>Leche</b> (3/4 taza)	(Burrito) <b>Queso &amp; Frijoles</b> (1/3 taza) 10" <b>Tortilla</b> integral (1/4) <b>Verduras Mixtas</b> (1/4 taza) <b>Mandarina</b> fresca (1) 1% <b>Leche</b> (3/4 taza)	<b>Tiras de Pollo al Horno</b> (1/3 taza) <b>Arroz Integral</b> (1/4 taza) <b>Guisantes</b> (1/4 t) <b>Piña</b> (1/4 taza) 1% <b>Leche</b> (3/4 taza)	<b>Lasagna vegetariano</b> - queso, fideos, vegetales mixtos (2.5 onzas) <b>Ensalada de Jardin</b> (1/4 taza) con Salsa de Ranch <b>Fresas</b> Frescas (1/4 taza) 1% <b>Leche</b> (3/4 taza)
<b>SNACKS</b>  	<b>Whole Wheat Bread</b> (1/2 slice) w/ Sunflower Seed Butter (1/2 Tbsp) 1% <b>Milk</b> (1/2 cup)  	<b>Persimmon</b> (1/2cup) <b>Cheese Sticks</b> (1/2)  	Fresh <b>Apples</b> (1/2 cup) <b>Sunflower Seed Butter</b> (1 Tbsp)  	<b>Cucumber Slices</b> (1/2 cup) w/ Tzatziki sauce (1 Tbsp) Whole Grain <b>Saltine Crackers</b> (4)  	<b>Graham Crackers</b> (1) 1% <b>Milk</b> (1/2 cup)  
<b>BOTANAS</b>	<b>Pan Integral</b> (1/2 rebanada) con Semilla de Girasol (1/2 cucharada) <b>Leche</b> 1% Completa (1/2 taza)	<b>Persimon Fresco</b> (1/2 taza) <b>Palito de queso</b> (1/2)	<b>Manzanas</b> frescas (1/2 taza) <b>Semilla de girasol</b> (1 cucharada)	Rebanadas de <b>Pepino</b> (1/2 taza) con Salsa <b>Tzatziki</b> (1 Cucharada) <b>Galletas Salada</b> Integrales (4)	<b>Galletas de Graham</b> (1) 1% <b>Leche</b> (1/2 taza)

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# Winter

## Community Action Marin Sample Winter Menu - Week #4 Preschool Age (3-5 years old)



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MARIN

	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY/MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
<b>BREAKFAST</b> Grain Fruit Milk  	<b>Whole Grain Cereal</b> (1/2 cup) Fresh <b>Oranges</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	(Strawberry Banana Smoothie) Frozen <b>Strawberries</b> (1/4 cup) Fresh <b>Banana</b> (1/4 cup) Plain <b>Yogurt</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Baked Winter Frittata</b> w/ Potato & Leeks (1/2 oz slice) Fresh <b>Apples</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Apple Oatmeal Muffin</b> (1 oz) Hard-boiled <b>Egg</b> (1/2) Fresh <b>Pears</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  	WW English Muffin (1/2) <b>Sunflower Seed Butter</b> (1 Tbsp) <b>Mandarin</b> (1/2 cup) 1% <b>Milk</b> (3/4 cup)  
<b>DESAYUNO</b> Grano Fruta Leche	<b>Cereal Integral</b> (1/2 taza) <b>Naranja Fresca</b> (1/2 taza) <b>Leche</b> 1% (3/4 taza)	(Batido de Fresa y Platano) <b>Fresas Congeladas</b> (1/4 taza) <b>Platanos Frescos</b> (1/4 taza) <b>Yogur natural</b> (1/4 cup) <b>Leche</b> 1% (3/4 taza)	<b>Frittata al Invierno</b> con Papas y Leeks (1/2 oz rebanada) <b>Manzanas frescas</b> (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Panque de Manzana y Avena</b> (1 oz) <b>Huevo Cocido</b> (1/2) <b>Peras Frescas</b> (1/2 taza) <b>Leche</b> 1% (3/4 taza)	<b>Pnngque Ingles Integral</b> (1/2) <b>Semilla de Girasol</b> (1 cucharada) <b>Mandarin</b> (1/2 taza) 1% <b>Leche</b> (3/4 taza)
<b>LUNCH</b> Meat/Alternate Grain Fruit/Veg. Milk 1%  	Cooked <b>Lentils</b> (1/3 cup) <b>Brown Rice</b> (1/4 cup) <b>Mixed Veggies</b> (1/4 cup) Fresh <b>Cantaloupe</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	<b>Chicken Fajitas</b> (1/2 cup) Corn <b>Tortilla</b> (1) Peruvian <b>Purple Potatoes</b> (1/4 cup) w/ Chimicurri Sauce Fresh <b>Apples</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	Whole Wheat <b>Spaghetti</b> with <b>Meat Sauce</b> (2/3 cup) Steamed <b>Green Beans</b> (1/4 cup) Fresh <b>Oranges</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	Tofu Chow Mein (1/3 cup) <b>Bok Choi</b> (1/4 cup) Fresh <b>Honeydew Melon</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  	<b>BBQ Chicken Breast</b> (1.5 oz) <b>Rice Pilaf</b> (1/4 cup) <b>Roasted Brussels Sprouts</b> (1/4 Cup) Fresh <b>Kiwi</b> (1/4 cup) 1% <b>Milk</b> (3/4 cup)  
<b>ALMUERZO</b> Carne/alternativa Grano Fruta/Vegetal Leche 1%	<b>Lentejas Cocidas</b> (1/3 taza) <b>Arroz Integral</b> (1/4 taza) <b>Vegetales Mixtos</b> (1/4 taza) <b>Melón Fresco</b> (1/4 taza) 1% <b>Leche</b> (3/4 taza)	<b>Fajitas de Pollo</b> (1/2 taza) <b>Tortilla</b> de maiz (1) <b>Papas Moradas</b> Peruanas (1/4 taza) con Salsa de Chimichurri <b>Manzanas frescas</b> (1/4 taza) 1% <b>Milk</b> (3/4 taza)	<b>Spaghetti Integral</b> con <b>Salsa de Carne</b> (2/3 taza) <b>Ejotes</b> al vapor (1/4 taza) <b>Naranja fresca</b> (1/4 taza) 1% <b>Leche</b> (3/4 taza)	<b>Tofu Chow Mein</b> (1/3 taza) <b>Bok Choi</b> (1/4 taza) <b>Melón Fresco</b> (1/4 taza) 1% <b>Leche</b> (3/4 taza)	<b>Pollo BBQ</b> (1.5 onza) <b>Pilaf de Arroz</b> (1/4 taza) <b>Coles de Bruselas Asadas</b> (1/4 taza) <b>Kiwi fresco</b> (1/4 taza) 1% <b>Leche</b> (3/4 taza)
<b>SNACKS</b>  	<b>Applesauce</b> (1/2 cup) <b>Cheese Sticks</b> (1/2)  	<b>Animal Crackers</b> (8 crackers) <b>Snap Peas</b> (1/2 cup)  	Fresh <b>Bananas</b> (1/2 cup) Sunflower Seed Butter (1 Tbsp)  	<b>Whole Wheat Pita Bread</b> (1/4 Slice) <b>Roasted Red Pepper Hummus</b> (1 Tbsp)  	<b>Whole Wheat Graham Crackers</b> (1 crackers) 1% <b>Milk</b> (1/2 cup)  
<b>BOTANAS</b>	<b>Pure de Manzana</b> (1/2 taza) <b>Palito de queso</b> (1/2)	<b>Galletas de animales</b> (8 galletas) <b>Guisantes</b> (1/2 taza)	<b>Platanos Frescos</b> (1/2 taza) <b>Semilla de Girasol</b> (1 cucharada)	<b>Pan pita integral</b> (1/4 rebanada) <b>Hummus de Pimiento Rojo Asado</b> (1 cucharada)	<b>Galletas Graham</b> (1 galletas) <b>Leche</b> 1% (1/2 taza)

*Raw fruits and vegetables must be peeled and sliced thin*

**PLEASE POST FOR PARENTS**

*Menu subject to change*

*This institution is an equal opportunity provider.  
Esta Institucion es un proveedor que ofrece igualdad de oportunidad.*