








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



	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY / MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
BREAKFAST Grain Fruit Milk 	Whole Grain Cereal (1/2 cup) Fresh Oranges (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Bagel (1/2 mini) w/ cream cheese (1/2 Tbsp) Fresh Cantaloupe (1/2 cup) 1% Milk (3/4 cup) 	Yogurt (1/2 cup) w/ granola (1 Tbsp) Fresh Papaya (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Cooked Oatmeal (1/4 cup) Fresh Pears (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Waffle (1/2) Frozen Strawberries (1/2 cup) 1% Milk (3/4 cup) 
DESAYUNO Grano Fruta Leche	Cereal Integral (1/2 taza) Naranja Fresca (1/2 taza) 1% Leche (3/4 taza)	Bagel integral (1/2 mini) con queso crema (1/2 cucharada) Cantalupo fresco (1/2 taza) 1% Leche (3/4 taza)	Yogur (1/2 taza) con granola (1 cucharada) Papaya Fresca (1/2 taza) 1% Leche (3/4 taza)	Avena cocida Integral (1/4 taza) Pera fresca (1/2 taza) 1% Leche (3/4 taza)	Waffle integral (1/2) Fresas congeladas (1/2 taza) 1% Leche (3/4 taza)
LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1% 	Whole Wheat Macaroni & Cheese (2/3 cup) Steamed Broccoli (1/4 cup) Fresh Watermelon (1/4 cup) 1% Milk (3/4 cup) 	Grilled Cheese Sandwich (1/2) Three Bean Salad (1/3 cup) Fresh Pears (1/4 cup) 1% Milk (3/4 cup) 	Chicken Pozole (2/3 cup) Shredded Cabbage (1/4 cup) Corn Tortilla (1) Fresh Kiwi (1/4 cup) 1% Milk (3/4 cup) 	Quinoa Bowl (1/4 cup) w/ Black Beans (1/3 cup) Shredded Lettuce & Salsa (1/4 cup) Fresh Mandarin (1) 1% Milk (3/4 cup) 	Baked Chicken Strips (1/3 cup) Brown Rice (1/4 cup) Spinach & Pineapple Salad (1/4 cup) Fresh Apple (1/4 cup) 1% Milk (3/4 cup) 
ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%	Macaroni integral con queso (3/4 taza) Brocoli al Vapor (1/4 taza) Sandia fresca (1/4 taza) 1% Leche (3/4 taza)	Sandwich de Queso Fundido (1/2) Ensalada de Tres Frijoles (1/3 taza) Peras frescas (1/4 taza) 1% Leche (3/4 taza)	Pozole de pollo (2/3 taza) Repollo rallado (1/4 taza) Tortilla de maiz (1) Kiwi fresco (1/4 taza) 1% Leche (3/4 taza)	Cuenco de quinua (1/4 taza) con frijoles negros (1/4 taza) Lechuga picada y Salsa (1/4 taza) Mandarina fresca (1) 1% Leche (3/4 taza)	Tiras de Pollo al Horno (1/3 taza) Arroz Integral (1/4 taza) Ensalada de Espinacas y Pina (1/4 t) Manzana fresca (1/4 taza) 1% Leche (3/4 taza)
SNACKS 	Fresh Apples (1/2 cup) Vanilla Yogurt (1/8 cup) 	Graham Crackers (1 crackers) 1% Milk (1/2 cup) 	Whole Grain Bread (1/2 slice) Sunflower Seed Butter (1 Tbsp) 	Jicama & Cucumber Slices with lime & chili (1/2 cup) Whole Grain Saltine Crackers (4) 	Whole Grain Goldfish (1/4 cup) Fresh Bananas (1/2 cup) 
BOTANAS	Manzanas frescas (1/2 taza) Yogur de Vainilla (1/8 taza)	Galletas Graham (1 galletas) 1% Leche (1/2 taza)	Pan Integral (1/2 rebanada) Semila de girasol (1 cucharada)	Rebanadas de Jicama y Pepino con limon y chili (1/2 taza) Galletas Salada Integrales (4)	Goldfish integral (1/4 taza) Platanos frescos (1/2 taza)



















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Menu subject to change



**Community Action Marin
Sample Spring Menu - Week 2
Preschool Age (3-5 years old)**



	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY / MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
BREAKFAST Grain Fruit Milk 	Whole Grain Cereal (1/2 cup) Fresh Oranges (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain English Muffin (1/4) Sunflower Seed Butter (1/2 Tbsp) Fresh Banana (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Cooked Oatmeal (1/4 cup) Fresh Pears (1/2 cup) 1% Milk (3/4 cup) 	Hard-boiled egg (1/2) Fresh Apples (1/2 cup) 1% Milk (3/4 cup) 	Pancake (1/2) Frozen Peaches (1/2 cup) 1% Milk (3/4 cup) 
DESAYUNO Grano Fruta Leche	Cereal Integral (1/2 taza) Naranja Fresca (1/2 taza) 1% Leche (3/4 taza)	Panque Ingles Integral (1/4) Semilla de Girasol (1/2 cucharada) Platano fresco (1/2 taza) 1% Leche (3/4 taza)	Avena cocida Integral (1/4 taza) Peras Frescas (1/2 taza) 1% Leche (3/4 taza)	Huevo cocido (1/2) Manzanas frescas (1/2 taza), 1% Leche (3/4 taza)	Pancake (1/2) Duraznos congelados (1/2 taza) 1% Leche (3/4 taza)
LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1% 	Cheese Tortellini w/ Marinara Sauce (2/3 cup) Steamed Zucchini (1/4 cup) Fresh Watermelon (1/4 cup) 1% Milk (3/4 cup) 	(Lettuce Wraps) Teriyaki Chicken (1/3 cup) & Brown Rice (1/4 cup) Lettuce (1/4 cup) Fresh Strawberries (1/4 cup) 1% Milk (3/4 cup) 	Bean & Cheese (Burrito) (1/3 cup) 10" Whole Wheat Tortilla (1/4) Lettuce & Salsa (1/4 cup) Fresh Mandarin (1) 1% Milk (3/4 cup) 	Arugula Pesto Meatball Pizza (1 slice, 1/8) Bell Peppers (1/4 cup) w/ ranch Fresh Cantaloupe (1/4 cup) 1% Milk (3/4 cup) 	BBQ Chicken Thigh (1.5 oz) Multi Grain Rolls (1/2) Shredded Carrot Salad (1/4 Cup) Fresh Kiwi (1/4 cup) 1% Milk (3/4 cup) 
ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%	Calabacin al vapor (1/4 cup) Sandia fresca (1/4 cup) 1% Leche (3/4 cup)	(Envoltura de Lechuga) Pollo Teriyaki (1/3 taza) y Arroz Integral (1/4 taza) Lechuga (1/4 taza) Fresas Frescas (1/4 taza) 1% Leche (3/4 taza)	(Burrito) Queso & Frijoles (1/3 taza) 10" Tortilla integral (1/4) Lechuga & Salsa (1/4 taza) Mandarina fresca (1) 1% Leche (3/4 taza)	Pizza de rucula pesto y carne (1 rebanada, 1/8) Pimientos (1/4 taza) con ranch Cantalupo fresco (1/4 taza) 1% Leche (3/4 taza)	Muslo de Pollo BBQ (1.5 onza) Pan redondo integral (1/2) Ensalada de Zanahoria Rallada (1/4 taza) Kiwi fresco (1/4 taza) 1% Leche (3/4 taza)
SNACKS 	Pretzels (1/3 cup) Cheese Stick (1/2 oz, 1/8 cup) 	Fresh Oranges (1/2 cup) Whole Grain Saltine Crackers (4) 	Fresh Bananas (1/2 cup) Whole Grain Goldfish (1/4 cup) 	Whole Grain Bread (1/2 Slice) Sunflower Seeds Butter (1 Tbsp) 	Graham Crackers (1 crackers) 1% Milk (1/2 cup) 
BOTANAS	Pretzels (1/3 taza) Quesito (1/2 onza, 1/8 taza)	Naranjas frescas (1/2 taza) Galletas Salada Integrales (4)	Platano fresco (1/2 taza) Goldfish integral (1/4 cup)	Rebanada de Pan (1/2 rebanada) Semilla de Girasol (1/2 cucharada)	Galletas Graham (1 galletas) 1% Leche (1/2 taza)

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**Community Action Marin
Sample Spring Menu - Week 3
Preschool Age (3-5 years old)**



	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY / MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
BREAKFAST Grain Fruit Milk 	Whole Grain Cereal (1/2 Cup) Fresh Oranges (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Waffles (1/2) Frozen Raspberries (1/2 cup) 1% Milk (3/4 cup) 	Baked Frittata w/ corn & cheese (1/2 oz slice) Fresh Banana (1/2 cup) 1% Milk (3/4 cup) 	Whole Wheat Mini Bagels (1/2) Cream Cheese (1/2 oz) Fresh Strawberries (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Cooked Oatmeal (1/4 cup) Fresh Apple (1/2 cup) 1% Milk (3/4 cup) 
DESAYUNO Grano Fruta Leche	Cereal Integral (1/2 taza) Naranja Fresca (1/2 taza) 1% Leche (3/4 taza)	Waffles integrales (1/2) Frambuesas congeladas (1/2 taza) 1% Leche (3/4 taza)	Frittata al horno con maiz y queso (1/2 oz slice) Platanos frescos (1/2 taza) 1% Leche (3/4 taza)	Mini Bagel Integral (1/2) Queso Crema (1/2 onza) Fresas frescas (1/2 taza) 1% Leche (3/4 taza)	Avena cocida Integral (1/4 taza) Manzanas Frescas (1/2 taza) 1% Leche (3/4 taza)
LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1% 	Cooked Lentils (1/3 cup) Brown Rice (1/4 cup) Mixed Veggies (1/4 cup) Fresh Cantaloupe (1/4 cup) 1% Milk (3/4 cup) 	Chicken Fajitas (1/2 cup) Corn Tortilla (1) Peruvian Purple Potatoes (1/4 cup) Fresh Apples (1/4 cup) 1% Milk (3/4 cup) 	Whole Wheat Spaghetti with Meat Sauce (2/3 cup) Steamed Green Beans (1/4 cup) Fresh Oranges (1/4 cup) 1% Milk (3/4 cup) 	(Tostada) Corn Tortilla (1) with Turkey & Beans (1/3 cup) Salsa & Cabbage Slaw (1/4 cup) Fresh Mango (1/4 cup) 1% Milk (3/4 cup) 	Lemon Chicken (1/3 cup) Cous Cous (1/4 cup) Green Peas (1/4 cup) Fresh Pears (1/4 cup) 1% Milk (3/4 cup) 
ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%	Lentejas Cocidas (1/2 taza) Arroz Integral (1/4 taza) Vegetales Mixtos (1/4 taza) Melon Fresco (1/4 taza) 1% Leche (3/4 taza)	Fajitas de Pollo (1/2 taza) Tortilla de maiz (1) Papas Moradas Peruanas (1/4 taza) Manzanas frescas (1/4 taza) 1% Leche (3/4 taza)	Spaghetti Integral con carne salsa (2/3 taza) Ejotes al vapor (1/4 taza) Naranja fresca (1/4 taza) 1% Leche (3/4 taza)	(Tostada) Tortilla de Maiz (1) con Pavo y Frijoles (1/3 taza) Salsa y Repollo (1/4 taza) Mango fresco (1/4 taza) 1% Leche (3/4 taza)	Pollo con limon (1/2 taza) Cous Cous (1/4 taza) Chicharos verdes (1/4 taza) Peras fresca (1/4 taza) 1% Leche (3/4 taza)
SNACKS 	Applesauce (1/2 cup) Cheese Stick (1/2 oz) 	Pita Chips (1/3 cup) Hummus (1 Tbsp) 	Graham Crackers (1 crackers) 1% Milk (1/2 cup) 	Fresh Kiwi (1/2 cup) Vanilla Yogurt (1/8 cup) 	Fresh Bananas (1/2 cup) Whole Grain Goldfish (1/4 cup) 
BOTANAS	Pure Manzana (1/2 cup) Quesito (1/2 oz)	Chips de Pita (1/3 taza) Hummus (1 chucharada)	Galletas Graham (1 galletas) 1% Leche (1/2 taza)	Kiwi frescas (1/2 taza) Yogur de Vainilla (1/8 taza)	Platano fresco (1/2 taza) Goldfish integral (1/4 cup)

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



	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY / MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
<p>BREAKFAST Grain Fruit Milk</p> <p>DESAYUNO Grano Fruta Leche</p>	<p>Whole Grain Cereal (1/2 cup) Fresh Oranges (1/2 cup) 1% Milk (3/4 cup)</p>	<p>(Banana Sushi) 10" Whole Wheat Tortilla (1/4) Sunflower Seed Butter (1/2 Tbsp) Fresh Banana (1/2 cup) 1% Milk (3/4 cup)</p>	<p>Whole Grain Cooked Oatmeal (1/4 cup) Frozen Strawberries (1/2 cup) 1% Milk (3/4 cup)</p>	<p>Whole Grain English Muffin (1/4) w/ Sunflower Seed Butter (1/2 Tbsp) Fresh Pear (1/2 cup) 1% Milk (3/4 cup)</p>	<p>Pancake (1/2) Frozen Blueberries (1/2 cup) 1% Milk (3/4 cup)</p>
<p>LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1%</p> <p>ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%</p>	<p>Kidney Bean Chili (1/3 cup) Brown Rice (1/4 cup) Green Peas (1/4 cup) Fresh Cantaloupe (1/4 cup) 1% Milk (3/4 cup)</p> <p>Chili con frijoles (1/2 taza) Arroz integral (1/4 taza) Chicaros verdes (1/4 taza) Cantalupo fresco (1/4 taza) 1% Leche (3/4 taza)</p>	<p>Whole Wheat Pita Pocket (1/4) Baked Falafels w/ yogurt (1 1/2 oz) Tomato & Cucumber (1/4 cup) Fresh Apples (1/4 cup) 1% Milk (3/4 cup)</p> <p>Pan de Pita integral (1/4) Falafels al horno con yogur (1.5 onza) Tomate y Pepino (1/4 cup) Manzanas frescas (1/4 cup) 1% Leche (3/4 cup)</p>	<p>Chicken Chili Verde (1/3 cup) Corn Tortillas (1) Roasted Butternut Squash (1/4 cup) Fresh Kiwis (1/4 cup), 1% Milk (3/4 cup)</p> <p>Pollo con Salsa Verde (1/3 taza) Tortilla de maiz (1) Calabaza tostada (1/4 taza) Kiwis frescos (1/4 taza) 1% Leche (3/4 taza)</p>	<p>(Zucchini Boats) Zucchini (1/4) w/ Turkey (1/3 cup) and Tomato Sauce Whole Wheat Roll (1/2) Fresh Mango (1/4 cup) 1% Milk (3/4 cup)</p> <p>(Barcos de Calabacin) Calabacin (1/4) con Pavo (1/3 taza) y Tomate Rollo de pan integral (1/2) Mangos frescos (1/4 cup) 1% Leche (3/4 taza)</p>	<p>Lemon Chicken Bowtie Pasta (2/3 cup) Peas (1/4 cup) Fresh Oranges (1/4 cup) 1% Milk (3/4 cup)</p> <p>Pastas de Pollo al Limon (2/3 taza) Guisantes (1/4 taza) Naranjas frescas (1/4 taza) 1% Leche (3/4 taza)</p>
<p>SNACKS</p> <p>BOTANAS</p>	<p>Graham Crackers (1 cracker) 1% Milk (1/2 cup)</p> <p>Galletas Graham (1 galleta) 1% Leche (1/2 taza)</p>	<p>Fresh Pears (1/2 cup) Vanilla Yogurt (1/4 cup)</p> <p>Manzanas frescas (1/2 taza) Yogur de Vainilla (1/8 taza)</p>	<p>Pretzels (1/3 cup) Cheese Stick (1/2 oz, 1/8 cup)</p> <p>Pretzels (1/3 taza) Quesito (1/2 oz, 1/8 taza)</p>	<p>Whole Wheat Bread (1/2 Slice) Sunflower Seed Butter (1 Tbsp)</p> <p>Pan integral (1/2 rebanada) Semila de girasol (1 cucharada)</p>	<p>Whole Grain Goldfish (1/4 cup) Fresh Cucumbers with lemon (1/2 cup)</p> <p>Goldfish integral (1/4 taza) Pepino fresco con limon (1/2 taza)</p>

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