





















**Community Action Marin
Sample Summer Menu - Week 1
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>Cereal Integral (1/2 taza) Naranja Fresca (1/2 taza) 1% Leche (3/4 taza)</p>	<p>Whole Grain Bagel (1/2 mini) w/ cream cheese (1/2 Tbsp) Fresh Cantaloupe (1/2 cup) 1% Milk (3/4 cup)</p>  <p>Bagel integral (1/2 mini) con queso crema (1/2 cucharada) Cantalupo fresco (1/2 taza) 1% Leche (3/4 taza)</p>	<p>Yogurt (1/2 cup) w/ granola (1 Tbsp) Fresh Papaya (1/2 cup) 1% Milk (3/4 cup)</p>  <p>Yogur (1/2 taza) con granola (1 cucharada) Papaya Fresca (1/2 taza) 1% Leche (3/4 taza)</p>	<p>Whole Grain Cooked Oatmeal (1/4 cup) Fresh Pears (1/2 cup) 1% Milk (3/4 cup)</p>  <p>Avena cocida Integral (1/4 taza) Pera fresca (1/2 taza) 1% Leche (3/4 taza)</p>	<p>Whole Grain Waffle (1/2) Frozen Strawberries (1/2 cup) 1% Milk (3/4 cup)</p>  <p>Waffle integral (1/2) Fresas congeladas (1/2 taza) 1% Leche (3/4 taza)</p>
<p>LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1%</p>  <p>ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%</p>	<p>Whole Wheat Macaroni & Cheese (2/3 cup) Steamed Broccoli (1/4 cup) Fresh Watermelon (1/4 cup) 1% Milk (3/4 cup)</p>  <p>Macaroni integral con queso (3/4 taza) Brocoli al Vapor (1/4 taza) Sandia fresca (1/4 taza) 1% Leche (3/4 taza)</p>	<p>Grilled Cheese Sandwich (1/2) Three Bean Salad (1/3 cup) Fresh Pears (1/4 cup) 1% Milk (3/4 cup)</p>  <p>Sandwich de Queso Fundido (1/2) Ensalada de Tres Frijoles (1/3 taza) Peras frescas (1/4 taza) 1% Leche (3/4 taza)</p>	<p>Chicken Pozole (2/3 cup) Shredded Cabbage (1/4 cup) Corn Tortilla (1) Fresh Kiwi (1/4 cup) 1% Milk (3/4 cup)</p>  <p>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)</p>	<p>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)</p>  <p>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)</p>	<p>Baked Chicken Strips (1/3 cup) Brown Rice (1/4 cup) Green Peas (1/4 cup) Pineapple (1/4 cup) 1% Milk (3/4 cup)</p>  <p>Tiras de Pollo al Horno (1/3 taza) Arroz Integral (1/4 taza) Guisantes (1/4 t) Piña (1/4 taza) 1% Leche (3/4 taza)</p>
<p>SNACKS</p>  <p>BOTANAS</p>	<p>Fresh Apples (1/2 cup) Vanilla Yogurt (1/8 cup)</p>  <p>Manzanas frescas (1/2 taza) Yogur de Vainilla (1/8 taza)</p>	<p>Graham Crackers (1 cracker) 1% Milk (1/2 cup)</p>  <p>Galletas Graham (1 galletas) 1% Leche (1/2 taza)</p>	<p>Fresh Bananas (1/2 cup) Sunflower Seed Butter (1 Tbsp)</p>  <p>Platanos frescos (1/2 taza) Semila de girasol (1 cucharada)</p>	<p>Jicama & Cucumber Slices with lime & chili (1/2 cup) Whole Grain Saltine Crackers (4)</p>  <p>Rebanadas de Jicama y Pepino con limon y chili (1/2 taza) Galletas Salada Integrales (4)</p>	<p>Whole Grain Goldfish (1/4 cup) Fresh Peaches (1/2 cup)</p>  <p>Goldfish integral (1/4 taza) Duraznos frescos (1/2 taza)</p>




















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Menu subject to change



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



	MONDAY / LUNES	TUESDAY / MARTES	WEDNESDAY / MIERCOLES	THURSDAY / JUEVES	FRIDAY / VIERNES
BREAKFAST Grain Fruit Milk  DESAYUNO Grano Fruta Leche	Whole Grain Cereal (1/2 cup) Fresh Oranges (1/2 cup) 1% Milk (3/4 cup)  Cereal Integral (1/2 taza) Naranja Fresca (1/2 taza) 1% Leche (3/4 taza)	Whole Grain English Muffin (1/4) Sunflower Seed Butter (1/2 Tbsp) Fresh Banana (1/2 cup) 1% Milk (3/4 cup)  Panque Ingles Integral (1/4) Semilla de Girasol (1/2 cucharada) Platano fresco (1/2 taza) 1% Leche (3/4 taza)	Whole Grain Cooked Oatmeal (1/4 cup) Frozen Blueberries (1/2 cup) 1% Milk (3/4 cup)  Avena cocida Integral (1/4 taza) Arandanos Congelados (1/2 taza) 1% Leche (3/4 taza)	Hard-boiled egg (1/2) Fresh Apples (1/2 cup) 1% Milk (3/4 cup)  Huevo cocido (1/2) Manzanas frescas (1/2 taza), 1% Leche (3/4 taza)	Pancake (1/2) Frozen Peaches (1/2 cup) 1% Milk (3/4 cup)  Pancake (1/2) Duraznos congelados (1/2 taza) 1% Leche (3/4 taza)
LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1%  ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%	Cheese Tortellini w/ Fresh Tomatoes (serve cold) (2/3 cup) Steamed Zucchini (1/4 cup) Fresh Watermelon (1/4 cup) 1% Milk (3/4 cup)  Calabacin al vapor (1/4 cup) Sandia fresca (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)  (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)	Bean & Cheese (Burrito) (1/3 cup) 10" Whole Wheat Tortilla (1/4) Mixed Veggies (1/4 cup) Fresh Mandas (1) 1% Milk (3/4 cup)  (Burrito) Queso & Frijoles (1/3 taza) 10" Tortilla integral (1/4) Verduras Mixtas (1/4 taza) Mandarina fresca (1) 1% Leche (3/4 taza)	Arugula Pesto Meatball Pizza (1 slice, 1/8) Bell Pepper (1/4 cup) w/ ranch Fresh Cantaloupe (1/4 cup) 1% Milk (3/4 cup)  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)	BBQ Chicken Breast (1.5 oz) Baked Polenta (1/2 oz slice) Spinach Salad (1/4 Cup) Fresh Kiwi (1/4 cup) 1% Milk (3/4 cup)  Pollo BBQ (1.5 onza) Polenta al Horno (1/2 oz rebanada) Ensalada de Espinaca (1/4 taza) Kiwi fresco (1/4 taza) 1% Leche (3/4 taza)
SNACKS  BOTANAS	Pretzels (1/3 cup) Cheese Stick (1/2 oz, 1/8 cup)  Pretzels (1/3 taza) Quesito (1/2 onza, 1/8 taza)	Snap Peas (1/2 cup) Whole Grain Saltine Crackers (4)  Gisantes (1/2 taza) Galletas Salada Integrales (4)	Fresh Bananas (1/2 cup) Whole Grain Goldfish (1/4 cup)  Platano fresco (1/2 taza) Goldfish integral (1/4 cup)	Whole Grain Bread (1/2 Slice) Sunflower Seeds Butter (1 Tbsp)  Rebanada de Pan (1/2 rebanada) Semilla de Girasol (1/2 cucharada)	Graham Crackers (1 crackers) 1% Milk (1/2 cup)  Galletas Graham (1 galletas) 1% Leche (1/2 taza)

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**Community Action Marin
Sample Summer 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) 	(Taco) Corn Tortilla (1) Ground Turkey (1/3 cup) Tomatoes & Lettuce (1/4 cup) Fresh Mango (1/4 cup) 1% Milk (3/4 cup) 	Hawaiian Chicken (1/2 cup) Brown Rice (1/4 cup) Steamed Broccoli (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% Milk (3/4 taza)	Spaghetti Integral con Salsa de Carne (2/3 taza) Ejotes al vapor (1/4 taza) Naranja fresca (1/4 taza) 1% Leche (3/4 taza)	(Taco) Tortilla de Maiz (1) con Pavo Molido (1/3 taza) Tomates y Lechuga (1/4 taza) Mango fresco (1/4 taza) 1% Leche (3/4 taza)	Pollo Hawaiano (1/2 taza) Arroz Integral (1/4 taza) Brocoli al Vapor (1/4 taza) Peras fresca (1/4 taza) 1% Milk (3/4 taza)
SNACKS 	Applesauce (1/2 cup) Cheese Stick (1/2 oz) 	Whole Wheat Pita Bread (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)	Pan de Pita Integral (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 Summer Menu - Week 4
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) 	(Banana Sushi) 10" Whole Wheat Tortilla (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 Peaches (1/2 cup) 1% Milk (3/4 cup) 	(Smoothie) Yogurt (1/4 cup) Frozen Strawberries (1/2 cup) 1% Milk (3/4 cup) 	Pancake (1/2) Frozen Blueberries (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)	(Sushi de Platano) 10" Tortilla 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) Duraznos frescos (1/2 taza) 1% Leche (3/4 taza)	(Zalamero) Yogur (1/4 cup) Fresas congeladas (1/2 taza) 1% Leche (3/4 taza)	Pancake (1/2) Arandanos congelados (1/2 taza) 1% Leche (3/4 taza)
LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1% 	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) 	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) 	Chicken Chili Verde (1/3 cup) Corn Tortillas (1) Roasted Zucchini (1/4 cup) Fresh Kiwis (1/4 cup), 1% Milk (3/4 cup) 	(Greek Salad) Chicken (1/3 cup) Quinoa (1/4 cup) Lettuce, Tomato, Olives (1/4 cup) Fresh Oranges (1/4 cup) 1% Milk (3/4 cup) 	(Turkey Burger) Turkey Patty (1.5 oz) Whole Wheat Bun (1/2) Cucumber (1/4 cup) Fresh Mango (1/4 cup) 1% Milk (3/4 cup) 
ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%	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)	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% Milk (3/4 cup)	Pollo con Salsa Verde (1/3 taza) Tortilla de maiz (1) Calabacin tostada (1/4 taza) Kiwis frescos (1/4 taza) 1% Leche (3/4 taza)	(Ensalada Griega) Pollo (1/3 taza) Quinoa (1/4 taza) Lechuga, Tomate, Olivos (1/4 cup) Naranjas frescas (1/4 cup) 1% Milk (3/4 taza)	(Hamburguesa de Pavo) Pavo (1.5 oz) Pan Hamburguesa Integral (1/2) Pepino (1/4 taza) Mango fresco (1/4 taza) 1% Leche (3/4 taza)
SNACKS 	Graham Crackers (1 cracker) 1% Milk (1/2 cup) 	Fresh Pears (1/2 cup) Vanilla Yogurt (1/4 cup) 	Pretzels (1/3 cup) Cheese Stick (1/2 oz, 1/8 cup) 	Whole Wheat Bread (1/2 Slice) Sunflower Seed Butter (1 Tbsp) 	Whole Grain Goldfish (1/4 cup) Bell Pepper Slices (1/2 cup) 
BOTANAS	Galletas Graham (1 galleta) 1% Leche (1/2 taza)	Manzanas frescas (1/2 taza) Yogur de Vainilla (1/8 taza)	Pretzels (1/3 taza) Quesito (1/2 oz, 1/8 taza)	Pan integral (1/2 rebanada) Semila de girasol (1 cucharada)	Goldfish integral (1/4 taza) Rodajas de Pimiento (1/2 taza)

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