






















**Community Action Marin
Sample Winter 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 Pears (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Cooked Oatmeal (1/4 cup) Frozen Strawberries (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Waffle (1/2) Fresh Papaya (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) Pera Fresca (1/2 taza) 1% Leche (3/4 taza)	Avena cocida Integral (1/4 taza) Fresas congeladas (1/2 taza) 1% Leche (3/4 taza)	Waffle integral (1/2) Papaya fresca (1/2 taza) 1% Leche (3/4 taza)
LUNCH Meat/Alternate Grain Fruit/Veg. Milk 1% 	Whole Wheat Macaroni & Cheese (2/3 cup) Steamed Cauliflower (1/4 cup) Fresh Mango (1/4 cup) 1% Milk (3/4 cup) 	Whole Wheat Pita Pocket (1/4) w/ Tuna Salad (1/2 cup) Lettuce & Tomato (1/4 cup) Fresh Apples (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) 	Whole Wheat Spaghetti with Meat Sauce (2/3 cup) Steamed Broccoli (1/4 cup) Fresh Oranges (1/4 cup) 1% Milk (3/4 cup) 	Chicken & Brown Rice Jambalaya (2/3 cup) Steamed Cauliflower (1/4 cup) Fresh Cantaloupe (1/4 cup) 1% Milk (3/4 cup) 
ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%	Macaroni integral con queso (3/4 taza) Coliflor al Vapor (1/4 taza) Mango fresco (1/4 taza) 1% Leche (3/4 taza)	Pan de Pita integral (1/4) con Ensalada de Atun (1/2 taza) Lechuga y Tomate (1/4 cup) Manzanas frescas (1/4 cup) 1% Milk (3/4 cup)	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)	Spaghetti Integral con carne salsa (2/3 taza) Broccoli al vapor (1/4 taza) Naranja fresca (1/4 taza) 1% Leche (3/4 taza)	Jambalaya de pollo y arroz integral (2/3 taza) Coliflor al vapor (1/4 taza) Cantalupo fresco (1/4 taza) 1% Leche (3/4 taza)
SNACKS 	Graham Crackers (1 cracker) Sunflower Seed Butter (1 Tbsp) 	Cheese Stick (1/2 oz, 1/8 cup) Whole Grain Saltine Crackers (4) 	Jicama & Cucumber Slices with lime & chili (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Goldfish (1/4 cup) Fresh Bananas (1/2 cup) 	Fresh Apples (1/2 cup) Vanilla Yogurt (1/8 cup) 
BOTANAS	Galletas Graham (1 galleta) Semila de girasol (1 cucharada)	Quesito (1/2 onza, 1/8 taza) Galletas Salada Integrales (4)	Rebanadas de Jicama y Pepino con limon y chili (1/2 taza) 1% Leche (3/4 taza)	Goldfish integral (1/4 taza) Platanos frescos (1/2 taza)	Manzanas frescas (1/2 taza) Yogur de Vainilla (1/8 taza)



















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PLEASE POST FOR PARENTS**

Menu subject to change



**Community Action Marin
Sample Winter 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) Fresh Pears (1/2 cup) 1% Milk (3/4 cup)  Avena cocida Integral (1/4 taza) Peras Frescas (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/ Marinara Sauce (2/3 cup) Steamed Zucchini (1/4 cup) Fresh Watermelon (1/4 cup) 1% Milk (3/4 cup)  Tortellini de queso con Marinara (2/3 cup) Calabacin al vapor (1/4 cup) Sandia fresca (1/4 cup) 1% Milk (3/4 cup)	BBQ Chicken Thigh (1.5 oz) Kohlrabi coleslaw (1/4 Cup) Multi Grain Rolls (1/2) Fresh Kiwi (1/4 cup) 1% Milk (3/4 cup)  Muslo de Pollo BBQ (1.5 onza) Ensalada de colinabo (1/4 taza) Pan redondo integral (1/2) Kiwi fresco (1/4 taza) 1% Leche (3/4 taza)	Bean & Cheese Burrito (1/3 cup) 10" Wheat Tortilla (1/4) Lettuce & Salsa (1/4 cup) Fresh Mandarin (1) 1% Milk (3/4 cup)  Burrito Queso & Frijoles (1/3 taza) 10" Tortilla integral (1/4) Lechuga & Salsa (1/4 taza) Mandarina fresca (1) 1% Leche (3/4 taza)	Meatball Pizza (1 slice, 1/8) Fresh Bell Pepper (1/4 cup) with ranch dip Fresh Cantaloupe (1/4 cup) 1% Milk (3/4 cup)  Pizza con carne (1 rebanada, 1/8) Pimientos frescos (1/4 taza) con ranch dip Cantalupo fresco (1/4 taza) 1% Leche (3/4 taza)	Chicken Teriyaki (1/3 cup) Brown Rice (1/4 cup) Mixed Vegetables (1/4 cup) Fresh Papaya (1/4 cup) 1% Milk (3/4 cup)  Pollo Teriyaki (1/4 taza) Arroz integral (1/4 taza) Vegetales mixtos (1/4 taza) Papaya Fresca (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)	Fresh Oranges (1/2 cup) Whole Grain Saltine Crackers (4)  Naranjas frescas (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 Wheat 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)

Raw fruits and vegetables must be peeled and sliced thin















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**Community Action Marin
Sample Winter 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) 	Hard-boiled egg (1/2) Fresh Pears (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Waffles (1/2) Frozen Raspberries (1/2 cup) 1% Milk (3/4 cup) 	Whole Wheat mini Bagels (1/2) Mango (1/2 cup) 1% Milk (3/4 cup) Cream Cheese (1/2 oz) 	Whole Grain Cooked Oatmeal (1/4 cup) Fresh Banana (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)	Huevo cocido (1/2) Peras frescas (1/2 taza), 1% Leche (3/4 taza)	Waffles integrales (1/2) Frambuesas congeladas (1/2 taza) 1% Leche (3/4 taza)	mini Bagel integral (1/2) Mango fresco (1/2 taza) 1% Leche (3/4 taza) Queso Crema (1/2 onza)	Avena cocida Integral (1/4 taza) Platanos 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) 	Roasted Turkey (1 1/2 oz) w/ gravy Corn Bread (1/2 oz slice) Steamed Green Beans (1/4 cup) Fresh Apples (1/4 cup) 1% Milk (3/4 cup) 	Lemon Chicken (1/3 cup) Cous Cous (1/4 cup) Green Peas (1/4 cup) Fresh Kiwi (1/4 cup) 1% Milk (3/4 cup) 	Beef Fajitas (1/2 cup) Corn Tortilla (1) Butternut Squash (1/4 cup) Fresh Apples (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) 
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)	Pavo del horno (1 1/2 oz) con gravy Pan de Elote (1/2 oz rebanada) Alubias verdes al vapor (1/4 taza) Manzanas frescas (1/4 taza) 1% Leche (3/4 taza)	Pollo con limon (1/2 taza) Cous Cous (1/4 taza) Chicharos verdes (1/4 taza) Kiwi fresco (1/4 taza) 1% Leche (3/4 taza)	Fajitas de Carne (1/2 taza) Tortilla de maiz (1) Calabaza Moscada (1/4 taza) Manzanas frescas (1/4 taza) 1% Leche (3/4 taza)	Cuenco de quinoa (1/4 taza) con frijoles negros (1/4 taza) Lechuga picada y Salsa (1/4 taza) Mandarina fresca (1) 1% Leche (3/4 taza)
SNACKS 	Fresh Bananas (1/2 cup) Whole Grain Goldfish (1/4 cup) 	Whole Wheat Bread (1/2 Slice) Sunflower Seeds Butter (1 Tbsp) 	Graham Crackers (1 crackers) 1% Milk (1/2 cup) 	Fresh Kiwi (1/2 cup) Vanilla Yogurt (1/8 cup) 	Applesauce (1/2 cup) Cheese Stick (1/2 oz) 
BOTANAS	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)	Kiwi frescas (1/2 taza) Yogur de Vainilla (1/8 taza)	Pure Manzana (1/2 cup) Quesito (1/2 oz)

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**Community Action Marin
Sample Winter 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) 	Whole Grain Toast (1/2 slice) w/ butter (1/2 tsp) Fresh Papaya (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain English Muffin (1/4) w/ Sunflower Seed Butter (1/2 Tbsp) Fresh Banana (1/2 cup) 1% Milk (3/4 cup) 	Whole Grain Cooked Oatmeal w/ cinnamon (1/4 cup) Fresh Pear (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)	Pan integral (1/2 rebanada) con mantequilla (1/2 cucharilla) Papaya fresca (1/2 taza) 1% Leche (3/4 taza)	Panque Ingles Integral (1/4) con Semilla de Girasol (1/2 cucharada) Platano fresco (1/2 taza) 1% Leche (3/4 taza)	Avena cocida Integral (1/4 taza) Peras Fresco (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 (1/2 cup) Brown Rice (1/4 cup) Green Peas (1/4 cup) Fresh Cantaloupe (1/4 cup) 1% Milk (3/4 cup) 	Turkey Sloppy Joe (1/3 cup) Whole Wheat Buns (1/2) Baked Sweet Potato Fries (1/4 cup) Fresh Pears (1/4 cup) 1% Milk (3/4 cup) 	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) 	Beef Stew w/ potatoes & carrots (2/3 cup) Rice (1/4 cup) Fresh Apples (1/4 cup) 1% Milk (3/4 cup) 	Zucchini Boats (1/4 zucchini) w/ Turkey (1/3 cup) and tomato sauce Whole Wheat Roll (1/2) 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)	Sloppy Joe de pavo (1/3 taza) Pan hamburguesa integral (1/2) Camote al horno (1/4 taza) Peras frescas (1/4 taza) 1% Leche (3/4 taza)	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)	Estofado de carne con patatas y zanahorias (2/3 taza) Arroz (1/4 taza) Manzanas frescas (1/4 taza) 1% Leche (3/4 taza)	Barcos de Calabacin (1/4 calabacin) con Pavo (1/3 taza) y tomate Rollo de pan integral (1/2) Mangos frescos (1/4 cup) 1% Milk (3/4 taza)
SNACKS 	Graham Crackers (1 cracker) 1% Milk (1/2 cup) 	Fresh Apples (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) Fresh Cucumbers with lemon (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) Pepino fresco con limon (1/2 taza)

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