



















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

Raw fruits and vegetables must be peeled and sliced thin

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Menu subject to change

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

**Raw fruits and vegetables must be peeled and sliced thin
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Menu subject to change

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

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Menu subject to change

Winter

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



COMMUNITY
ACTION
MARIN

	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) 	(Strawberry Banana Smoothie) Frozen Strawberries (1/4 cup) Fresh Banana (1/4 cup) Plain Yogurt (1/4 cup) 1% Milk (3/4 cup) 	Baked Winter Frittata w/ Potato & Leeks (1/2 oz slice) Fresh Apples (1/2 cup) 1% Milk (3/4 cup) 	Apple Oatmeal Muffin (1 oz) Hard-boiled Egg (1/2) Fresh Pears (1/2 cup) 1% Milk (3/4 cup) 	WW English Muffin (1/2) Sunflower Seed Butter (1 Tbsp) Mandarin (1/2 cup) 1% Milk (3/4 cup) 
DESAYUNO Grano Fruta Leche	Cereal Integral (1/2 taza) Naranja Fresca (1/2 taza) Leche 1% (3/4 taza)	(Batido de Fresa y Platano) Fresas Congeladas (1/4 taza) Platanos Frescos (1/4 taza) Yogur natural (1/4 cup) Leche 1% (3/4 taza)	Frittata al Invierno con Papas y Leeks (1/2 oz rebanada) Manzanas frescas (1/2 taza) Leche 1% (3/4 taza)	Panque de Manzana y Avena (1 oz) Huevo Cocido (1/2) Peras Frescas (1/2 taza) Leche 1% (3/4 taza)	Pnngque Ingles Integral (1/2) Semilla de Girasol (1 cucharada) Mandarin (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) w/ Chimicurri Sauce 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) 	Tofu Chow Mein (1/3 cup) Bok Choi (1/4 cup) Fresh Honeydew Melon (1/4 cup) 1% Milk (3/4 cup) 	BBQ Chicken Breast (1.5 oz) Rice Pilaf (1/4 cup) Roasted Brussels Sprouts (1/4 Cup) Fresh Kiwi (1/4 cup) 1% Milk (3/4 cup) 
ALMUERZO Carne/alternativa Grano Fruta/Vegetal Leche 1%	Lentejas Cocidas (1/3 taza) Arroz Integral (1/4 taza) Vegetales Mixtos (1/4 taza) Melón 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) con Salsa de Chimichurri 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)	Tofu Chow Mein (1/3 taza) Bok Choi (1/4 taza) Melón Fresco (1/4 taza) 1% Leche (3/4 taza)	Pollo BBQ (1.5 onza) Pilaf de Arroz (1/4 taza) Coles de Bruselas Asadas (1/4 taza) Kiwi fresco (1/4 taza) 1% Leche (3/4 taza)
SNACKS 	Applesauce (1/2 cup) Cheese Sticks (1/2) 	Animal Crackers (8 crackers) Snap Peas (1/2 cup) 	Fresh Bananas (1/2 cup) Sunflower Seed Butter (1 Tbsp) 	Whole Wheat Pita Bread (1/4 Slice) Roasted Red Pepper Hummus (1 Tbsp) 	Whole Wheat Graham Crackers (1 crackers) 1% Milk (1/2 cup) 
BOTANAS	Pure de Manzana (1/2 taza) Palito de queso (1/2)	Galletas de animales (8 galletas) Guisantes (1/2 taza)	Platanos Frescos (1/2 taza) Semilla de Girasol (1 cucharada)	Pan pita integral (1/4 rebanada) Hummus de Pimiento Rojo Asado (1 cucharada)	Galletas Graham (1 galletas) Leche 1% (1/2 taza)

Raw fruits and vegetables must be peeled and sliced thin

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