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

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

**PLEASE POST FOR PARENTS**

**Menu subject to change**
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<thead>
<tr>
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<tr>
<td><strong>BREAKFAST</strong></td>
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</tr>
<tr>
<td>Grain</td>
<td>Whole Grain Cereal (1/2 cup)</td>
<td>(Banana Split)</td>
<td>Hard-boiled Egg (1)</td>
<td>Oatmeal (1/2 cup)</td>
<td>Pancake (1/2)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Fresh Oranges (1/2 cup)</td>
<td>Fresh Banana (1/2, 1/2 cup)</td>
<td>Fresh Papaya (1/2 cup)</td>
<td>Frozen Blueberries (1/2 cup)</td>
<td>Frozen Blueberries (1/2 cup)</td>
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<tr>
<td>Milk</td>
<td>1% or Whole Milk (3/4 cup)</td>
<td>Yogurt (1/4 cup)</td>
<td>1% Milk (3/4 cup)</td>
<td>Sunflower Seed Butter (1 Tbsp)</td>
<td>1% Milk (3/4 cup)</td>
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<td></td>
<td></td>
<td>Homemade Strawberry Sauce (1 tsp)</td>
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<td></td>
<td></td>
<td>1% Milk (3/4 cup)</td>
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<tr>
<td><strong>DESAYUNO</strong></td>
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<tr>
<td>Grano</td>
<td>Cereal Integral (1/2 taza)</td>
<td>(Banana Split)</td>
<td>Huevo Cocido (1)</td>
<td>Avena (1/2 taza)</td>
<td>Pancake (1/2)</td>
</tr>
<tr>
<td>Fruta</td>
<td>Naranja Fresca (1/2 taza)</td>
<td>Banana Fresca (1/2, 1/2 cup)</td>
<td>Papayas Frescas (1/2 taza)</td>
<td>Arandanos Congelados (1/2 taza)</td>
<td>Arandanos Congelados (1/2 taza)</td>
</tr>
<tr>
<td>Leche</td>
<td>Leche 1% (3/4 taza)</td>
<td>Yogurt (1/4 taza)</td>
<td>Leche 1% (3/4 taza)</td>
<td>Semilla de Girasol (1 cucharada)</td>
<td>1% Leche (3/4 taza)</td>
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<tr>
<td></td>
<td></td>
<td>Salsa de fresa casera (1 cucharillo)</td>
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<td></td>
<td></td>
<td>Leche 1% (3/4 taza)</td>
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<tr>
<td><strong>LUNCH</strong></td>
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<tr>
<td>Carne/alternativa</td>
<td>WW Butternut Squash Macaroni &amp; Cheese (2/3 cup)</td>
<td>Green Chicken Enchiladas (1)</td>
<td>Chicken Pozole (2/3 cup)</td>
<td>(Stuffed Potato) Baked Sweet Potato (1/2</td>
<td>Coconut Chickpea Curry w/ Winter Squash</td>
</tr>
<tr>
<td>Grain</td>
<td>Steamed Broccoli (1/4 cup)</td>
<td>Thiny sliced Carrots (1/4 cup)</td>
<td>Shredded Cabbage (1/4 cup)</td>
<td>small) w/ Ground Turkey, Cheese (1/3 cup)</td>
<td>(3/4 cup)</td>
</tr>
<tr>
<td>Fruit/Veg.</td>
<td>Fresh Apples (1/4 cup)</td>
<td>Fresh Apples (1/4 cup)</td>
<td>Corn Tortilla (1)</td>
<td>salsa y sour cream</td>
<td>Brown Rice (1/4 cup)</td>
</tr>
<tr>
<td>Milk 1%</td>
<td>1% Milk (3/4 cup)</td>
<td>1% Milk (3/4 cup)</td>
<td>Fresh Kiwi (1/4 cup)</td>
<td>WW Salsa (Crackers)</td>
<td>1% Apple (1/4 cup)</td>
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<tr>
<td></td>
<td></td>
<td>1% Milk (3/4 cup)</td>
<td>1% Milk (3/4 cup)</td>
<td>Fresh Mandarin (1/4 cup)</td>
<td>1% Milk (3/4 cup)</td>
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<tr>
<td><strong>SNACKS</strong></td>
<td>Animal Crackers (8 crackers)</td>
<td>Shredded Jicama (1/2 cup)</td>
<td>Fresh Persimmon (1/2 cup)</td>
<td>Graham Crackers (1 cracker)</td>
<td></td>
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<tr>
<td></td>
<td>1% Milk (1/2 cup)</td>
<td>Cheese Stick (1/2)</td>
<td>WW Bread ()</td>
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<td>Sunflower Seed Butter ()</td>
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<tr>
<td><strong>BOTANAS</strong></td>
<td>Galletas Animales (8 galletas)</td>
<td>Palillos de Jicama (1/2 taza)</td>
<td>Fresh Cucumbers (1/2 cup)</td>
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<tr>
<td></td>
<td>Leche 1% (1/2 taza)</td>
<td>Quesito (1/2)</td>
<td>Hummus Dip (1 Tbsp)</td>
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**Raw fruits and vegetables must be peeled and sliced thin**

**PLEASE POST FOR PARENTS**

**Menu subject to change**
# Community Action Marin

## Sample Winter Menu - Week #3

### Preschool Age (3-5 years old)

<table>
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<tr>
<th>Day</th>
<th>Monday / Lunes</th>
<th>Tuesday / Martes</th>
<th>Wednesday / Miércoles</th>
<th>Thursday / Jueves</th>
<th>Friday / Viernes</th>
</tr>
</thead>
</table>
| **Breakfast** | Whole Grain Cereal (1/2 cup)  
Frod Grains/Alternatives  
Leche 1% | Whole Grain Waffle (1/2 mini) w/ Strawberry Sauce (1 Tbsp)  
Frod Grains/Alternatives  
Leche 1% | Mini Egg muffins w/ Spinach and Cheese (1/2 oz)  
Frod Grains/Alternatives  
Leche 1% | (Blueberry Protein Shake)  
Sunflower Seed Butter (1 Tbsp)  
Leche 1% | Whole Wheat Bagel (1/2 mini) w/ Cream Cheese (1 Tbsp)  
Leche 1% |
| **Desayuno** | 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)  
Frod Grains/Alternatives  
Leche 1% (3/4 taza) | Mini muffin de huevo con Espinaca y Queso (1/2 oz)  
Frod Grains/Alternatives  
Leche 1% (3/4 taza) | (Batido de Proteína de Arándanos)  
Arándanos 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) |
| **Almuerzo** | Minestrone Soup w/ Pasta and Beans (1/2 cup)  
Roasted Cauliflower (1/4 cup)  
Frod Grains/Alternatives  
Leche 1% (3/4 taza) | (Turkey Burger)  
Turkey Patty (1.5 oz)  
Whole Wheat Bun (1/2)  
Bell Pepper Slices (1/4 cup)  
Frod Grains/Alternatives  
Leche 1% (3/4 taza) | Bean & Cheese (Burrito) (1/3 cup)  
Whole Wheat Tortilla (1/4)  
Mixed Veggies (1/4 cup)  
Frod Grains/Alternatives  
Leche 1% (3/4 taza) | Baked Chicken Strips (1/3 cup)  
Brown Rice (1/4 cup)  
Green Peas (1/4 cup)  
Pineapple (1/4 cup)  
Leche 1% (3/4 taza) | Veggie Lasagna - cheese, noodles, mixed veggies (2.5 oz slice)  
Garden Salad w/ Ranch dressing (1/4 cup)  
Fresh Strawberries (1/4 cup)  
Leche 1% (3/4 taza) |
| **Snacks** | Whole Wheat Bread (1/2 slice) w/ Sunflower Seed Butter (1/2 Tbsp)  
1% Milk (1/2 cup)  
Persimmon (1/2 cup)  
Cheese Sticks (1/2) | Fresh Fruits (1/2 cup)  
Sunflower Seed Butter (1 Tbsp) | Cucumber Slices (1/2 cup) w/ Tzatziki sauce (1 Tbsp)  
Whole Wheat Saltine Crackers (4) | Graham Crackers (1)  
1% Milk (1/2 cup) | Galletas de Graham (1)  
1% Leche (1/2 taza) |
| **Botanas** | Pan Integral (1/2 rebanada) con Semilla de Girasol (1/2 cucharada)  
Leche 1% Completa (1/2 taza)  
Persimmon (1/2 taza)  
Palito de queso (1/2) | Persimmon Fresco (1/2 taza)  
Manzanas frescas (1/2 taza)  
Salsa Tzatziki (1 cucharada)  
Leche 1% Completa (1/2 taza) | Rebanadas de Pepino (1/2 taza) con Salsa Tzatziki (1 Tbsp)  
Salsa de Ranch | Galletas de Graham (1)  
1% Leche (1/2 taza) |  
| **Raw fruits and vegetables must be peeled and sliced thin**  
**PLEASE POST FOR PARENTS**  
**Menu subject to change** |
### Sample Winter Menu - Week #4
Preschool Age (3-5 years old)

**MONDAY / LUNES**
- **Whole Grain Cereal** (1/2 cup)
- **Grain**
- **Fruit**
- **Milk**

**TUESDAY / MARTES**
- (Strawberry Banana Smoothie)
- **Frozen Strawberries** (1/4 cup)
- **Fresh Banana** (1/4 cup)
- **Plain Yogurt** (1/4 cup)
- **1% Milk** (3/4 cup)

**WEDNESDAY / MIERCOLES**
- Baked Winter Frittata w/ Potato & Leeks (1/2 oz slice)
- **Fresh Apples** (1/2 cup)
- **1% Milk** (3/4 cup)

**THURSDAY / JUEVES**
- Apple Oatmeal Muffin (1 oz)
- **Hard-boiled Egg** (1/2)
- **Fresh Pears** (1/2 cup)
- **1% Milk** (3/4 cup)

**FRIDAY / VIERNES**
- WW English Muffin (1/2)
- **Sunflower Seed Butter** (1 Tbsp)
- **Mandarin** (1/2 cup)
- **1% Milk** (3/4 cup)

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**BREAKFAST**
- Whole Grain Cereal (1/2 cup)
- Fresh Oranges (1/2 cup)
- 1% Milk (3/4 cup)

**DESAYUNO**
- Cereal Integral (1/2 taza)
- Naranja Fresca (1/2 taza)
- Leche 1% (3/4 taza)

**LUNCH**
- 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)

**ALMUERZO**
- Lentejas Cocidas (1/3 taza)
- Arroz Integral (1/4 taza)
- Vegetales Mixtos (1/4 taza)
- Melon Fresco (1/4 taza)
- 1% Leche (3/4 taza)

**SNACKS**
- Applesauce (1/2 cup)
- Cheese Sticks (1/2)

**BOTANAS**
- Pure de Manzana (1/2 taza)
- Palito de queso (1/2)

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PLEASE POST FOR PARENTS

**Menu subject to change**