

Mon	Tue	Wed	Thu	Fri
<p>Please inform the Health Manager or teacher if your child has a dietary restriction. For those who have allergies, alternatives are available.</p> <p>Lactaid and Soy milk are available for those with lactose intolerance or dietary allergy.</p>	<p>The Vegetable Song (Tune: "Twinkle, Twinkle Little Star")</p> <p><b>Carrots, Peas, and Broccoli, Vegetables are good for me.</b></p> <p><b>For my snack and in my lunch, Veggie sticks are great to munch.</b></p> <p><b>Carrots, Peas, and Broccoli, Vegetables are good for me.</b></p>	<p><b>Champions for Change</b></p> <p><b><a href="https://cachampionsforchange.cdph.ca.gov/en/Pages/default.aspx">https://cachampionsforchange.cdph.ca.gov/en/Pages/default.aspx</a></b></p> <p><b>Network for a Healthy California</b></p> <p><b>Recipe ideas!</b></p>	<p><b>Paya is available at all times.</b></p> 	<p style="text-align: right;">1</p>  <p style="text-align: center;">BIHS is Closed</p>
<p style="text-align: right;">4</p> <p><b>Breakfast</b> 1/2 cup fresh Cantaloupe 1/4 Cup of Quinoa(.5 oz. <b>WWG</b>) and scrambled eggs with diced sweet potatoes, and 6 fluid oz. nonfat milk</p> <p><b>Lunch</b> 1 1/2 oz. oven baked chicken, 1/4 cup steamed broccoli, 1/2 serving of whole wheat noodles(.5 oz. <b>WWG</b>) , 1/4 cup of canned pears, and 6 fluid oz. nonfat milk</p> <p><b>Snack: Apple Raisin Grahams</b> 1/2 cup of diced apples 1 whole grain graham cracker sheet <a href="https://eatfresh.org/recipe/snacks/apple-raisin-grahams">https://eatfresh.org/recipe/snacks/apple-raisin-grahams</a></p> 	<p style="text-align: right;">5</p> <p><b>Breakfast</b> 1/2 cup fresh raspberries &amp; Blackberries, 1/4 cup of Whole Grain Cream of Wheat, 1/2 serving of peanut butter whole wheat toast(.5 oz. <b>WWG</b>) , and 6 fluid oz. nonfat milk</p> <p><b>Lunch</b> Chicken Enchiladas: (1 oz. shredded chicken, 1/2 cheddar and jack cheese, olive and onions, mild green chili sauce) 1 small whole wheat tortillas(.5 oz. <b>WWG</b>) , 1/4 cup corn and carrots, 1/4 cup of Mandarin oranges and 6 fluid oz. nonfat milk</p> <p><b>Snack</b> 5 oz. string cheese 1/2 Serving of Wheat Thins crackers (.5 oz. <b>WWG</b>)</p>	<p style="text-align: right;">6</p> <p><b>Breakfast</b> Kristina Jacks on a whole wheat bun (.5 oz. <b>WWG</b>) (scrambled eggs mixed with chopped spinach and ham and shredded jack cheese), 1/2 cup strawberries and 6 fluid oz. nonfat milk</p> <p><b>Lunch</b> Hamburger soup (1 1/2 oz cooked lean beef, 1/4 cup veggies (corn, potatoes, tomatoes, broccoli), 1/4 cup of sliced grapes, served with whole wheat crackers(.5 oz. <b>WWG</b>), and 6 fluid oz. nonfat milk</p> <p><b>Snack</b> 1/2 Cup of Orange Freeze served with whole grain rice cakes (.5 oz. <b>WWG</b>) (see recipe)</p>	<p style="text-align: right;">7</p> <p><b>Breakfast</b> 1/2 Banana (1/2 cup) served with 3/4 cup unsweetened cereal (.5 oz. <b>WWG</b>) and 6 fluid oz. nonfat milk</p> <p><b>Lunch</b> 1/2 serving of Whole Wheat Indian Tacos with 1 oz. of seasoned beef and beans, 1/2 oz. of cheddar cheese, topped with lettuce and tomatoes, 1/4cup fresh pineapple slices, 1/4 cup carrot chips, and 6 fluid oz. nonfat milk</p> <p><b>Snack</b> 1/2 cup of fresh blueberries and diced green apples with 1/2 serving of Animal Crackers (.5 oz. <b>WWG</b>)</p>	<p style="text-align: right;">8</p> <p><b>Breakfast</b> 1/2 cup of grapes, cantaloupe, strawberries served with a Whole Wheat English Muffin (.5 oz. <b>WWG</b>) and 6 fluid oz. nonfat milk</p> <p><b>Lunch</b> Spaghetti sauce over brown rice (.5 oz. <b>WWG</b>) mixed with 1 1/2 oz. lean beef, 1/4 cup of fresh cauliflower, 1/4 cup canned applesauce and 6 fluid oz. nonfat milk</p> <p><b>To Go Snack</b> 1/2 cup of apples and 1/2 oz. of String Cheese</p>

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<p style="text-align: right;"><b>11</b></p> <p><u>Breakfast</u> 1/2 cup of sliced peaches , 1/4 cup cooked oatmeal (.5 oz. <b>WWG</b>) and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Ham and Cheese sandwich on whole wheat bread (.5 oz. <b>WWG</b>) ; 1/4 cup cucumber slices, 1/4 cup mandarin oranges, and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> 1/2 oz. peanut butter and 1 serving of whole grain rice cakes</p>	<p style="text-align: right;"><b>12</b></p> <p><u>Breakfast</u> 1/2 cup fresh Bananas, 1/2 slice whole wheat French Toast; (.5 oz. <b>WWG</b>) and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Taco Salad: (1/2 shredded romaine; 1/4 diced tomato; 1 oz. lean beef; 1/2 oz. shredded Mexican cheese; 1/4 Kidney Beans ), 1/4 cup of zucchini. 1/4 Cup of Canned Pears , 1/2 serving of Corn Tortilla Chips, and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> Mouse Tail Snack: (string cheese, strawberries, cream cheese, sun-flower seeds</p>	<p style="text-align: right;"><b>13</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Apples, 1/2 slice of whole wheat bagel (.5 oz. <b>WWG</b>) and tsp of cream cheese, and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> 1/4 cup cooked whole wheat pasta (.5 oz. <b>WWG</b>) , 1/1/2 oz. lean ground turkey , tomato sauce; 1/4 cup Kale salad mix, with 1 Tbsp. shredded carrots ; 1 Tbsp. low fat salad dressing 1/2 cup fresh oranges sections, and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> 1/2 cup canned peaches in Jell-O, topped with 2 oz. low fat vanilla yogurt</p>	<p style="text-align: right;"><b>14</b></p> <p><u>Breakfast</u> 1/2 cup mixed berries 1/2 slice whole wheat waffles(.5 oz. <b>WWG</b>) , and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> 1/2 Submarine Sandwich ( 1/2 oz. lean ham, 1/2 oz. lean turkey, 1/2 oz. lean cheese on a whole wheat hot dog bun(.5 oz. <b>WWG</b>) , 1/4 cup romaine lettuce and tomato, 1/4 cup fresh honey dew, and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> 3/4 cup of unsweetened cereal (.5 oz. <b>WWG</b>) with dried cranberries and 4 fluid oz. nonfat milk</p>	<p style="text-align: right;"><b>15</b></p> <p><u>Breakfast</u> 1/2 cup sliced grapes, Breakfast Burritos ( .5 oz=eggs, cheese and turkey sausage) wrapped in a whole wheat tortilla (.5 oz. <b>WWG</b>), and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Fish Sticks( 3 oz. cooked fish), 1/4 cup fresh broccoli, 1/4 cup canned Mandarin Oranges, 1/4 cup brown rice(.5 oz. <b>WWG</b>) , and 6 fluid oz. nonfat milk</p> <p><u>To Go Snack</u> Two Cuties and 1 .5 oz Whole Grain Rice Cake</p>
<p style="text-align: center;"><b>18</b></p> <p style="text-align: center;"><b><u>BIHS-School</u></b> <b><u>Closed</u></b> <b><u>Easter Holiday</u></b></p> 	<p style="text-align: right;"><b>19</b></p> <p><u>Breakfast</u> 1/2 cup Applesauce, 1/2 slice whole wheat Pita (.5 oz. <b>WWG</b>) with .5 oz. scrambled eggs, and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> French Bread pizza with 1 oz.. mozzarella cheese ; 1/2 oz. lean hamburger, and pizza sauce, 1/4 cup Tomato &amp; cucumber salad 1/4 cup pear halves, and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> <b>Vegetable flowers:</b> (cherry tomato, sugar snap peas, and carrots 1 serving of whole wheat Ritz(.5 oz. <b>WWG</b>)</p>	<p style="text-align: right;"><b>20</b></p> <p><u>Breakfast</u> 1/2 cup Diced Peaches 1/2 Slice of French Toast(.5 oz. <b>WWG</b>) ; and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Tuna Sandwich on whole wheat bread (.5 oz. <b>WWG</b>) 1/1/2 oz. of tuna, Romaine lettuce, 1/4 cup Winter Squash, 1/4 cup sliced oranges, and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> 1/3 of Rice Chex of Cereal (.5 oz. <b>WWG</b>) and 6 fluid oz. nonfat milk</p>	<p style="text-align: right;"><b>21</b></p> <p><u>Breakfast</u> 1/2 cup canned pears, 1/2 slice of whole wheat (.5 oz. <b>WWG</b>) quesadilla and turkey sausage and eggs, sprinkled with jack cheese with side of salsa, and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Beef and Barley Soup and 1 1/2 oz. cubed beef with 1/4 cup of cooked barley (.5 oz. <b>WWG</b>) , carrots and peas ; 1/4 cup of spinach and kale salad, 1 pear, 1/2 serving of cornbread; and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> 1 whole wheat rice cake, 2 oz. cream cheese</p>	<p style="text-align: right;"><b>22</b></p> <p><u>Breakfast</u> 1/2 cup apple sauce 1/2 slice whole wheat Waffles (.5 oz. <b>WWG</b>) with a blended fruit spread, and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Asian Chicken Salad: 1 1/2 oz. chicken, 1/4 cup mixed dark greens with peas and celery, 1/4 cup canned mandarin oranges 1/4 of Brown Rice (.5 oz. <b>WWG</b>) , and 6 fluid oz. nonfat milk</p> <p><u>To Go Snack</u> 1/2 goldfish crackers, 1 whole apple</p>
<p style="text-align: right;"><b>25</b></p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/2 whole wheat (.5 oz. <b>WWG</b>) quesadilla with melted Monterey Jack Cheese, and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Roasted Turkey:1 1/2oz lean turkey, 1/4 cup of mashed potatoes, 1/4 cup of green beans, 1/4 cup of apple cranberry sauce, 1/2 serving of whole wheat bread(.5 oz. <b>WWG</b>) and 6 fluid oz. nonfat milk</p> <p><u>Snack</u> 1/2 serving of whole wheat tortilla chips with a side of mild salsa, and 4 fluid oz. nonfat milk</p>	<p style="text-align: right;"><b>26</b></p> <p><u>Breakfast</u> 1/2 cup fresh sliced oranges 1/2 whole wheat toast (.5 oz. <b>WWG</b>) with a side of Cream of Wheat, and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> Sloppy Joes: 1.5 ground lean beef on a whole wheat bun (.5 oz. <b>WWG</b>), 1/4 cup of green beans 1/4 cup of fresh strawberries, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1 blueberry muffin (.5 oz) and 4 fluid oz. nonfat milk</p>	<p style="text-align: right;"><b>27</b></p> <p><u>Breakfast:</u> 1/2 cup of Applesauce , 1/2 serving of whole wheat (.5 oz. <b>WWG</b>) oatmeal pancakes, and 6 fluid oz. nonfat milk</p> <p><u>Lunch:</u> 1.5 oz. Bake crispy chicken, 1/4 cup steamed broccoli, 1/4 cup fresh orange slices, 1/2 whole wheat bread sticks, and 6 fluid oz. nonfat milk</p> <p><u>Snack:</u> 1 serving graham crackers (2 crackers)(.5 oz. <b>WWG</b>) , .5 oz. string cheese</p>	<p style="text-align: right;"><b>28</b></p> <p><u>Breakfast:</u> 1/2 cup of pineapple chunks 1/2 slice of whole wheat French toast (.5 oz. <b>WWG</b>) with 1 Tbsp. Maple syrup, and 6 fluid oz. nonfat milk</p> <p><u>Lunch:</u> 1 tomato basil wrap: 1 oz. lean turkey, .5 oz. jack cheese with romaine lettuce n fresh tomato &amp; light ranch dressing wrapped in a whole wheat tortilla (.5 oz. <b>WWG</b>) 1/4 cup fresh grapes; 1/4 cup edamame, and 6 fluid oz. nonfat milk</p> <p><u>Snack:</u> 1 serving of Animal Crackers (6 crackers) 1/2 cup of apples</p>	<p style="text-align: right;"><b>29</b></p> <p><u>Breakfast</u> 1/2 cup fresh Strawberries, Cheese Quesadilla with .5 oz of potatoes and sausage folded in a whole wheat tortilla (.5 oz. <b>WWG</b>) , and 6 fluid oz. nonfat milk</p> <p><u>Lunch</u> 1/2 cup chili con carne (1 1/2 oz. cooked lean ground turkey), 1/4 cup zucchini, 1/2 oz. wheat crackers (4 crackers), 1/4 cup fresh apple slices, and 6 fluid oz. nonfat milk</p> <p><u>To Go Snack</u> .5 oz of whole grain Sun Chips, 1 whole pear</p>