



# September 2022

"This institution is an equal opportunity provider"



Mon	Tue	Wed	Thu	Fri
	<b>Paya Awa Hiibi</b> 	Parent Must have an updated Medical Statement Request Special Meals And/or Accommodations  Please inform us of your child's dietary restrictions. For those who have allergies, alternatives are available.  Lactaid and Soy milk are available for those with lactose intolerance"	<b>Breakfast</b> 1/2 cup fresh banana slices, Breakfast Quesadilla (scrambled eggs & cheese folded in a corn tortilla-WG) , 6 oz. cup non-fat milk <b>Lunch</b> 1/2 cup lentil soup with garnish of 1/2 oz. reduced fat cheddar cheese and 1/2 oz. chopped ham, 1/4 cup pear slices, 5 oz. cornbread, 1/2 cup mixed green salad, 6 oz. non-fat milk <b>Snack</b> 1/2 cup fruit cocktail and 2 of Graham Cracker Squares	<b>Breakfast</b> 1/2 cup of fresh sliced oranges 3/4 cup of Post Alpha Bits cereal, 6 oz. cup nonfat milk <b>Lunch</b> 1 1/2 oz. baked Chicken with 1/4 serving of brown rice-WG, 1/4 cup fresh green beans, 1/4 fresh watermelon, 6 oz. cup nonfat milk <b>Take Home Snack</b> 1/2 cup of peaches; 4 Ritz Crackers
 <b>Bishop Tribal Office and Head Start will be closed for Labor Day. Safety First</b>	<b>Breakfast</b> 1/2 cup fresh orange slices, 1/4 cup Oatmeal-WG and 1/2 serving of whole wheat toast; 6 oz. cup non-fat milk <b>Lunch</b> Turkey pot pie (1 1/2 oz. cooked lean ground turkey, 1/4 cup diced potatoes, diced celery, carrots and peas .5 oz corn bread), 1/4 cup peaches, 6 oz. cup non-fat milk <b>Snack</b> 1 pitted plum, 1/2 serving of Ritz Crackers -crackers	<b>Breakfast</b> 1/2 cup fresh banana slices, 1 slice French toast, 6 oz. cup non-fat <b>Lunch</b> Peanut butter (2 tablespoon of peanut butter) and Jelly (1 slice of bread-WG) ,1/4 cup shelled edamame 1/4 cup sliced mango, and 1 string cheese, 6 oz. cup non-fat milk <b>Snack</b> 3/4 cup Rice Crispy Cereal 4 oz. cup non-fat milk	<b>Breakfast</b> Chopper Jacks: 1/2 serving of whole wheat hamburger bun, 1 egg, 1 oz. lean turkey sausage and 1/2 oz. of cheese; 1/2 cup Mandarin Orange, 6 oz. cup non-fat milk <b>Lunch</b> 1 slice of meat loaf (1 1/2 oz. cooked lean ground beef), 1/4 cup cooked wild rice-WG, 1/4 cup cooked broccoli; 1/4 cup sliced oranges, 6 oz. cup non-fat milk <b>Snack</b> 1/2 oz. reduced fat cheddar cheese cubes 1/2 cup fresh apple slices	<b>Breakfast</b> 1/2 cup fresh apple slices; 1 banana /peanut butter buckwheat pancake-WG; 6 oz. cup non-fat milk <b>Lunch</b> Venison Soup with 1 and 1/2 oz ground Venison, 1/4 cup of whole wheat spiral noodles, 1/4 cup sliced cooked carrots, celery, & onions 1/4 cup pear halves in natural juices; 6 oz. cup non-fat milk <b>Take Home Snack</b> Cutie Orange; 2 square graham crackers
<b>Breakfast</b> 1/2 cup fresh watermelon; scrambled eggs mixed with Jack Cheese; 1/2 slice whole wheat toast and 6 oz. cup non-fat milk <b>Lunch</b> 3/4 cup Chili (1 1/2 oz. ground turkey , 1/4 cup Kidney beans, green bell peppers and tomatoes) 1/2 serving of whole wheat Ritz;1/4 cup fresh fruit salad (Apples, blueberries, strawberries); 6 oz. cup non-fat milk <b>Snack</b> 1/2 cup shelled edamame and 1/2 serving of Whole Wheat Soda Crackers-WG	<b>Breakfast</b> 1/2 of serving Oatmeal Pancakes-WG 1/2 cup of sliced bananas; 6 oz. cup non-fat milk <b>Lunch</b> Tuna sandwich with 1 1/2 oz. tuna and 1/2 serving of whole wheat bread, 1/4 cup lightly steamed green beans, 1/2 cup fruit gelatin dessert mixed with 1/4 fruit cocktail in natural juices; 6 oz. cup non-fat milk <b>Snack</b> 2 oz. low-fat yogurt mixed with 1/2 cup of bananas	<b>Breakfast</b> 1/2 cup fresh oranges slices 1/3 cup unsweetened cereal variety with cranberries; 6 oz. cup non-fat milk <b>Lunch</b> Chicken Enchiladas: 1 oz. shredded chicken mixed with .5 oz of shredded cheese wrapped in 1 enriched tortilla and topped with mild green enchilada sauce; 1/4 cup of corn-WG, 1/4 cup sliced apples and 6 oz. cup non-fat milk <b>Snack</b> .5 oz. peanut butter 1/2 cup of serving of celery sticks Optional: raisins	<b>Breakfast</b> 1/2 whole grain waffle-WG, 1/2 cup banana and blueberries; 6 oz. cup non-fat milk <b>Lunch</b> Sub Sandwich: 1 oz. lean turkey, 1/2 oz. jack cheese, lettuce, tomato, slice of pickle on a 1/2 whole wheat hot dog bun, 1/4 cup of melon and 1/4 cup carrot chips, 6 oz. cup non-fat milk <b>Snack</b> 1/2 serving of whole wheat pita bread with .5 oz of melted provolone cheese	<b>Breakfast</b> 1/2 cup fresh banana/strawberry Slices, 1/2 serving of blueberry bagels 1/2 oz. slice of lean ham 6 oz. cup non-fat milk <b>Lunch</b> Turkey and Mashed Potatoes (1 1/2 oz. sliced lean turkey) 1/4 cup of Mashed Potatoes; 1/4 cup fresh orange slices , 1/2 sliced of whole wheat bread-WG; 6 oz. cup non-fat milk <b>Take Home Snack</b> 1 apple; .5 oz pretzel goldfish crackers



Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b> 1/2 cup fresh raspberries and blackberries, 3/4 cup Multi Grain Cheerios-WG , and 6 oz. cup non-fat milk  <b>Lunch</b> Mac and Cheese: 1 oz. lean diced ham, .5 oz melted Cheddar Cheese mixed with 1/4 enriched pasta, 1/4 cup steamed broccoli, 1/4 cup apple slices, and 6 oz. cup non-fat milk  <b>Snack</b> 1 string cheese, 1/2 cup od sliced celery, Optional: Rice Cakes, Butter Popcorn, Organics or Rice Cakes, Caramel, Quaker	<b>Breakfast</b> 1/2 a blueberry bagel with 1 oz. of cream cheese, 1/2 cup of strawberries and 6 oz. cup non-fat milk  <b>Lunch</b> 3 oz. Oven Baked Fish Sticks 1/2 cup mixed green leaf salad with tomatoes, celery and bell peppers 1/4 cup Wild Rice-WG, 1/4 cup of applesauce and 6 oz. cup non-fat milk  <b>Snack</b> 1/2 oz. gold fish pretzels 1/2 cup of sliced green apples	<b>Breakfast</b> 1/2 cup blueberries and bananas 1/2 baked biscuit; 1.5 oz. turkey sausage patties or links and 6 oz. cup non-fat milk  <b>Lunch</b> Burritos: 1 oz. ground turkey, .5 oz shredded cheese, 1/4 cup of brown rice-WG, wrapped in an enriched tortilla; 1/4 cup steamed Asparagus, 1/4 cup of orange wedges and 6 oz. cup non-fat milk  <b>Snack</b> 1 Tbsp. Pine Nut Hummus 1Whole Wheat Soft Pretzel 4 oz of Non fat Milk	<b>Breakfast</b> 1/2 cup diced fresh watermelon; 1/2 toasted English muffin-WG with scrambled eggs; 6 oz. nonfat milk  <b>Lunch</b> Asian Chicken Salad: 1/2 cup mixed greens served with 1.5 oz. cooked lean chicken; served with 1/4 cup cooked Chow Mein Noodles; 1/4 cup Mandarin Oranges; 6 oz. nonfat milk  <b>Snack</b> Ritz Crackers, Fresh Stacks, Reduced Fat, and Whole Wheat, Nabisco served with .5 oz sliced cheese and .5 oz sliced ham	<b>No School</b> <b>CA Indian Day</b> 
<b>Breakfast</b> 1/2 cup Blueberries (fresh) 1/4 cup of Oatmeal-WG and 6 oz. cup non-fat milk  <b>Lunch</b> Ground Turkey Lasagna (1 oz. ground turkey, .5 oz ricotta cheese layered with enriched pasta and marinara sauce & topped with cheddar cheese 1/4 cup fresh apple slices;1/4 cup corn ( <b>WG</b> ); 6 oz. cup non-fat milk  <b>Snack</b> Ritz Toasted Chips, Original and Multigrain Flavors, Nabisco served with 4 oz. of nonfat milk	<b>Breakfast</b> 1/2 cup fruit mix ( Sliced grapes, strawberries, blueberries) English muffin-WG with 1 Hard boiled egg and 6 oz. cup non-fat milk  <b>Lunch</b> Sweet and Sour Chicken (1 1/2 oz. chicken with 1/4 cup cooked pineapple 1/4 cup of sliced carrots and cabbage), 1/4 cup of cooked jasmine rice and 6 oz. cup non-fat milk  <b>Snack</b> 2oz. Low Fat Yogurt with 1/2 cup of sliced fresh peaches	<b>Breakfast</b> Breakfast Rice Bowl: Scrabbled Eggs mixed with 1/4 cooked Brown Rice-WG and lean sausage; 1/2 cup oranges and 6 oz. cup non-fat milk  <b>Lunch</b> Sub Sandwiches: 1 oz. of sliced Turkey Ham, .5 oz of Jack Cheese served on a whole wheat bun; 1/8 cup sliced tomatoes and lettuce; 1/4 cup of baby carrots; 1/4 cup fresh grapes and 6 oz. cup non-fat milk  <b>Snack</b> 3/4 cup of Wheat Chex cereal served with 4 oz. cup of non-fat milk	<b>Breakfast</b> 1/2 cup fresh sliced bananas 1/4 cup of cream of wheat, 1/2 slice whole wheat toast and 6 oz. cup non-fat milk  <b>Lunch</b> Chili Boat (1 1/2 oz. ground turkey , 1/4 cup Kidney beans, green bell peppers and tomatoes) served in a edible corn tortilla bowl; 1/4 brown rice-WG, 1/4 cup fresh fruit salad (Apples, blueberries, strawberries); and 6 oz. cup non-fat milk  <b>Snack</b> 1/2 cup sliced Cherry Tomatoes and 1/2 serving of Triscuits Organic, Original and Cracked Pepper & Olive Oil Flavors, Nabisco-3	<b>Breakfast</b> Scrambled Egg Quesadilla: eggs, cheese folded in a corn tortilla;1/2 cup fresh diced strawberries, optional: salsa and 6 oz. cup non-fat milk  <b>Lunch</b> Soft Beef Taco: 1 oz ground beef; .5 oz. shredded cheese served in a corn tortilla topped with shredded lettuce and diced tomatoes,1/4 Quinoa-WG; 1/4 cup steamed cauliflower 1/4 cup of fresh sliced honey dew and 6oz. cup non-fat milk  <b>Take Home Snack</b> 1 pears and Saltine Crackers, Regular, Fresh Stacks, Unsalted Tops, and Whole Grain Premium, Nabisco -4
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>