






# October 2022



Mon	Tue	Wed	Thu	Fri
	<p><b>“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” Please see Amanda or Susie with questions or concerns.</b></p>	<p><b>Paya Awa Hiibi</b></p>	<p>School Doors open at 7:45 am</p> <p><u>Meal Times</u></p> <p>Breakfast 8:00 am- 9:00 am</p> <p>Lunch 11:00 am- 12:00 pm</p> <p>Snack 1:00 pm– 2:00 pm</p> <p>School is dismissed at 2:30pm Monday—Thursday Friday School is out at 12:00pm Snacks will be sent home on Friday.</p> <p>Please call BIHS at 760-872-3911 If your child will be Tardy or Absent</p>	
<p style="text-align: right;"><b>3</b></p> <p><u>Breakfast</u> 1/2 cup fresh grapes 1/4 cup cream of wheat with <u>1/2 slice whole wheat toast=1/2 oz. grain</u>, 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> 1 serving Mac and Cheese (1oz of diced ham and .5oz of shredded cheese; 1/4 oz. enriched pasta); 1/4 cup of mixed peas &amp; carrots; 1/4 cup of Oranges, 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> 1/2 cup of thinly sliced green apples, 1Tbsp peanut butter topped with blueberries</p>	<p style="text-align: right;"><b>4</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Banana, <u>3/4 cup Whole Grain Cherrios=1/2 oz. grain</u>; 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Grill Turkey and Cheese ( 2oz. Sliced Turkey and .5 oz cheese) served with 1/2 cup tomato soup, 1/4 cup broccoli and carrots, 1/4 sliced plum, 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> 2 oz. low fat Strawberry yogurt served with 1/2 cup of carrots and celery sticks.</p>	<p style="text-align: right;"><b>5</b></p> <p><u>Breakfast</u> 1/2 cup fresh honeydew cubes, 1 omelet (1 Tbsp. chopped spinach, 1 Tbsp. shredded reduced fat cheese ),<u>1/2 slice whole wheat Pita Bread=1/2 oz. grain</u>, 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Peanut butter (2 tbsp.) and Apricot Spread (1 tbsp.) Sandwich: <u>1/2 slice whole wheat bread=1/2 oz. grain</u>, peanut butter ,1/4 cup fresh pineapple, 1/4 cup steamed celery and carrot slices, 1/4 oz. yogurt, and 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> 1/2 cup fresh apple slices 1/2 serving of graham crackers-2</p>	<p style="text-align: right;"><b>6</b></p> <p><u>Breakfast</u> 1/2 cup diced fresh strawberries <u>1/2 whole grain bagel=1/2 oz. grain</u> w/pumpkin cream cheese, 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> 1/2 cup chili con carne (1 oz. cooked lean meat and 1/4 Kidney Beans), 1/4 cup fiesta corn, 1/4 cup of grapes, 1/2 oz. whole wheat Ritz (4 crackers); 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> Quesadilla: (1/2 of an 8 inch <u>whole wheat tortilla=1/2 oz.</u>) of a whole wheat tortilla with .5 oz of cheddar cheese</p>	<p style="text-align: right;"><b>7</b></p> <p><u>Breakfast</u> 1/2 cup Canned Peaches 1/2 Slice of French Toast Sticks (2)w/ Fruit Spread, 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Ham &amp; Scallop potatoes: ham-2 oz meat, potatoes-1/4 cup <u>1/2 Wheat Bread=1/2 oz. grain</u>, 1/4 cup Winter Squash, 1/2 cup cantaloupe, 6 Fluid Ounces of non-fat milk</p> <p><u>To Go Snack</u> 1 String Cheese 1 apple</p>

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<p style="text-align: right;">10</p> <p style="text-align: center;"><b>Indigenous People Day</b></p> 	<p style="text-align: right;">11</p> <p><u>Breakfast</u> 1/2 cup peaches in natural juices 1/4 cup of Yogurt with <b>1oz granola</b> <b>singles</b>; 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Lasagna: (1 oz. ground lean beef; 5 oz of Ricotta and Parmesan cheese; 1/4 cup pasta &amp; sauce; 1/4 cup of apple sauce; 1/4 cup of steamed Cauliflower; 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u>: 4 oz. Fluid Ounces of non-fat milk; <b>graham crackers (2 crackers) =1 oz grain.</b></p>	<p style="text-align: right;">12</p> <p><u>Breakfast</u> 1/2 cup sliced bananas <b>1/4 cup cooked oatmeal=1/2 oz. grain</b> 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Turkey Burger 1 1/2 oz. meat on a wheat bun; 1/4 cup of romaine lettuce and tomato 1/4 cup corn , 1/4 cup sliced oranges, 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> <b>1 WG-Soft Pretzel</b> 1/2 oz. <i>1/2 cup non-fat milk; optional: Pine nut Hummus</i></p>	<p style="text-align: right;">13</p> <p><u>Breakfast</u> 1/2 cup fresh Strawberries <b>3/4 cup Cheerios = 1/2 oz. grain</b> 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> 1 1/2 oz. water packed tuna, 1/4 cup of sliced cherry tomatoes , 1/4 cup fresh cucumber, <b>1/2 serving of whole wheat bread=1/2 oz. grain</b></p> <p><u>Snack</u> 1/2 cup of celery and carrots; .5 oz of sliced cheddar cheese</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> 1/2 cup fresh Cantaloupe English Muffin half w/peanut butter 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Homemade Breaded Chicken Nuggets-3oz, 1/4 cup of Fresh Green beans, 1/4 cup mixed melons <b>1/2 slice whole wheat bread=1/2 oz. grain</b></p> <p><u>To Go Snack</u> 1/2 serving of Whole Wheat Triscuits with string cheese (<b>3 crackers=1/2 oz. grain</b>)</p>
<p style="text-align: right;">17</p> <p><u>Breakfast</u> 1/2 cup fresh Blueberries 1/2 slice Whole grain French toast sprinkled with cinnamon, 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> 1/2 Submarine sandwich: 1 oz. lean ham, 1 oz. lean turkey, 1/2 oz. lean cheese on a <b>1/2 whole wheat hot dog bun=1/2 oz. grain.</b> 1/2 cup romaine lettuce and tomato , 1/4 cup peach halves, 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> <b>3/4 whole wheat cherrios =1/2 oz. grain</b> 4 fluid ounces of non-fat milk</p> 	<p style="text-align: right;">18</p> <p><u>Breakfast</u> 1/4 cup Avocado, <b>1/4 cup Brown Rice=1/2 oz. grain,</b> Ham, and egg bowl; 1/2 cup of Tangerines; 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> <b>1 whole wheat tortilla roll: 1 whole wheat tortilla ( 8inches=1 oz. grain)</b> with 1oz. Lean hamburger, .5 oz of shredded cheddar cheese mixed with beans, 1/4cup whole kernel corn , 1/4 cup fresh sliced grapes, 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> Cracker Spiders: Ritz Crackers, peanut butter, raisins and pretzels 4 Fluid Ounce non-fat milk</p>	<p style="text-align: right;">19</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries/strawberries <b>3/4 cup whole wheat rice Chex=1/2 oz. grain;</b> 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Oven baked fish (2 oz.); 1/4 wild rice (WG), 1/4 cup green peas, 1/4 cup of apples and <b>1/2 whole wheat bread</b></p> <p><u>Snack</u> 1/2 Peanut butter and Jelly <b>Sandwich 1/2 slice whole wheat bread=1/2 oz. grain;</b> 1/2 slice of banana</p>	<p style="text-align: right;">20</p> <p><u>Breakfast</u> 1/2 cup peach halves in Natural juices <b>Quesadillas</b> w/eggs (<b>1 whole wheat tortilla 8inches=1/2oz. grain.</b>), 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Taco Salad: 1oz. meat, 1/2 oz. cheddar cheese, and 1/2 cup of romaine lettuce, tomato, red, green and yellow bell peppers, <b>1/4 cup of Spanish Rice=1/2 oz. grain.</b> , 1/4 cup sliced oranges, WB tortilla chips</p> <p><u>Snack</u> 1/2 cup of Carrots and .5 oz. string cheese , 1/2 cup non-fat milk</p>	<p style="text-align: right;">21</p> <p><u>Breakfast</u> 1/2 cup Fresh Apples, <b>1/2 slice whole wheat Pita</b> with 1 oz. scrambled eggs; 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> 1 Enriched English muffin pizza with 1/2 oz. mozzarella cheese on each muffin with Tbsp. pizza sauce, 1/2 cup green salad with 1/8 cup edamame, 1/4 cup unsweetened pears; 1/2 oz. Yogurt; 6 Fluid Ounces of non-fat milk</p> <p><u>To Go Snack</u> 1 Banana and 2 graham crackers</p>
<p style="text-align: right;">24</p> <p><u>Breakfast</u> 1/2 cup fresh Watermelon 1/2 whole wheat waffle w/ syrup 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Whole wheat enriched spaghetti: 1 1/2 oz. lean ground turkey, 1/4 cup green beans, 1/4 cup Mandarin Oranges <b>1/2 slice whole wheat bread=1/2 oz. grain.</b> 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> 1 1/2 serving of rice cake, Raspberry yogurt-1/4 cup</p>	<p style="text-align: right;">25</p> <p><u>Breakfast</u> 1/2 cup blueberries and bananas <b>1/4 cup cooked oatmeal</b> 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Bean Burrito (1/2 cup cooked beans with 1/2 oz. cheddar cheese in a <b>8 inch whole wheat tortilla=1/2 oz. grain)</b> 1/4 cup Asparagus ,1/4 cup of orange wedges; 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u>: 3/4 cup Kix; 4 Fluid Ounces of non-fat milk</p>	<p style="text-align: right;">26</p> <p><u>Breakfast</u> 1/2 a blueberry bagel with 1 oz. of cream cheese and 1/2 cup of strawberries, 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u>: 4- Oven Baked Fish Sticks, 1/2 cup mixed green leaf salad with tomatoes, celery and bell peppers, 1/4 cup Wild Rice, 1/4 cup peach halves, 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> Teddy Bear Toast 1 tbsp peanut butter 1/2 cup of sliced Bananas and blueberries <b>1/2 slice whole wheat bread=1/2 oz. grain</b></p> 	<p style="text-align: right;">27</p> <p><u>Breakfast</u> 1 buckwheat pancake; 1/2 serving of banana; 6 Fluid Ounces of non-fat milk; Optional .5 oz peanut butter</p> <p><u>Lunch</u> Bison Soup with 1.5 oz. cooked Bison; <b>1/4 cup of wild rice,</b> 1/4 cup sliced cooked red potato, mushrooms, carrots, celery, &amp; onions 1/4 cup pear halves in natural juices, 6 Fluid Ounces of non-fat milk</p> <p><u>Snack</u> 1/2 cup diced fresh pineapple and bananas with <b>1/2 serving of Animal Crackers (8 crackers= 1/2 oz. grain)</b></p>	<p style="text-align: right;">28</p> <p><u>Breakfast</u> 1/2 cup diced fresh watermelon; <b>1/2 toasted whole grain English muffin=1/2 oz. grain,</b> with scrambled eggs; 6 Fluid Ounces of non-fat milk</p> <p><u>Lunch</u> Asian Chicken Salad (1/2 mixed greens served with 1.5 oz. cooked lean chicken; served with 1/4 cup Chow Mein Noodles ; 1/4 cup Mandarin Oranges; 6 Fluid oz. nonfat milk</p> <p><u>To Go Snack</u> 1 Apple; 1/2 oz. <b>whole grain wheat thin crackers (6=1/2oz. Grain).</b></p>