



Mon	Tue	Wed	Thu	Fri
<p>Thank you for being my friend!</p>	<p>Water is available during all CACFP meals and snacks at Bishop Indian Head Start and available throughout the day.</p> <p><b>Paya Awa Hiibi</b></p>	<p>Please inform Mandy or Susie of your child's dietary restrictions. For those who have Allergies or intolerances , alternatives are available.</p>	<p><b>Friendly Reminder to Parents</b>            School Doors open at 7:45 am            School Starts at 8:00 am            If your child is going to be Tardy or Absent for the day            Call BIHS-ASAP            760-872-3911</p> <p>School is dismissed at 12:00 pm every Friday. Well Balanced Snack will be sent home.</p>	
		<p style="text-align: right;"><b>1</b></p> <p><u>Breakfast</u>  <b>1/4 cup of Oatmeal (WG)</b>; 1/2 cup of Bananas; 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u>            Shredded chicken with beans and rice (mix), 1 1/2 oz. chicken 1/4 cup kidney beans, 1/4 cup wild rice <b>(WG)</b>, 1/4 cup fresh steamed broccoli, 1/4 cup fresh honeydew, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u>            Ritz crackers (4) (optional 1 tbsp. peanut butter) and 4 fluid ounces of nonfat milk</p>	<p style="text-align: right;"><b>2</b></p> <p><u>Breakfast</u>            1/2 of a Bagel served with 1/2 cup canned pears; 6 fluid ounces of nonfat milk; (optional .5oz of cream cheese)</p> <p><u>Lunch</u>            Hamburger Soup (1.5 lean ground beef; 1/4 cup of mixed vegetables, plus Kidney beans); <b>served with 1 slice WG Bread</b> ; 1/4 cup of oranges; 6 fluid ounces of nonfat milk</p> <p><u>Snack</u>            2 Rice Cake <b>(WG)</b> served with .5 oz sliced cheddar cheese and 4 fluid ounces of nonfat milk</p>	<p style="text-align: right;"><b>3</b></p> <p><u>Breakfast:</u>            Scrambled Eggs, Ham and Cheese served with <b>1 slice WB Bread</b> ; 1/2 cup fresh mixed berry (strawberries/ blueberries);            6 fluid ounces of nonfat milk</p> <p><u>Lunch</u>            Spaghetti (1 1/2 oz lean ground Turkey, spaghetti noodles <b>(WG)</b>); 1/4 cup cooked carrots, 1/4 cup diced pears , 6 fluid ounces of nonfat milk  <u>School Out at 12:00pm-To Go Snack</u>            1 apple and 2 graham cracker squares</p>
<p style="text-align: right;"><b>6</b></p> <p><u>Breakfast</u>            1 wheat waffle 1/2 cup fresh orange slices 6 fluid ounces of nonfat milk; optional: Maple Syrup</p> <p><u>Lunch</u>            Chicken Noodle and Veggie Soup: 1 1/2 oz. Chicken with <b>Whole Wheat Noodles (.5 oz grain) mixed with</b> (1/4 cup Carrots, onions, peas, celery and bell peppers;) 1/4 cup canned peach halves; 6 fluid ounces of nonfat milk</p> <p><u>Snack</u>            1 banana served with 1 tbsp. peanut butter and .5 oz of sunflower seeds and raisins. (children spread pb and sprinkle with toppings).</p>	<p style="text-align: right;"><b>7</b></p> <p><u>Breakfast</u>  <b>1/2 cup Cheerios (WG)</b>; 1/2 cup Banana; 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u>            Turkey Burgers! (1oz. lean Turkey Patty, .5 oz. Cheese on a wheat bun; 1/4 cup carrot chips; 1/4 cup honeydew 6 fluid ounces of nonfat milk</p> <p><u>Snack</u>            2oz. low-fat vanilla yogurt, 1/2 cup peaches</p>	<p style="text-align: right;"><b>8</b></p> <p><u>Breakfast</u>  <b>French toast made with whole grain bread (.5 oz grain)</b>; 1/2 cup of sliced pineapple and bananas; Optional: 1 tsp maple syrup; 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u>            Turkey and Cheese Wrap (2 oz lean turkey, .5 oz of sliced cheese; 1/2 romaine/spinach mixed with diced tomato &amp; shredded carrots wrapped in a <b>wrap ((WG).5 oz grain)</b>, 1/4 cup canned peaches, 1/4 cup green beans; 6 fluid ounces of nonfat milk</p> <p><u>Snack</u>  <b>1 serving graham crackers-2(WG)</b> and 4 oz. of Nonfat Milk</p>	<p style="text-align: right;"><b>9</b></p> <p><u>Breakfast</u>  <b>Whole wheat toast (.5 oz. Grain)</b>, 1 boiled egg; 1/2 cup canned apricots, 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u>            Beef Taco: <b>whole wheat tortilla (.5 oz. grain)</b>, 1 oz ground beef, .5 oz shredded cheese 1/4 cup steamed broccoli and cauliflower, 1/4 cup canned pear halves, <b>6 fluid ounces of nonfat milk</b></p> <p><u>Snack</u>            1/2 cup of sliced oranges  <b>Triscuits-3 (.5 oz. grain)</b></p>	<p style="text-align: right;"><b>10</b></p> <p><u>Breakfast</u>  <b>1/2 cup of Oatmeal (WG)</b>; 1/2 cup of canned peaches; 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u>            Sloppy Joes: 1 oz. ground lean beef on a wheat bun; .5 oz sliced Cheddar Cheese; 1/4 cup of green beans 1/4 cup of fresh strawberries, and 6 fluid ounces of nonfat milk</p> <p><u>School Out at 12:00pm-To Go Snack</u>            1 Orange , Ritz Crackers ( 5)</p>

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<p style="text-align: right;">13</p> <p><u>Breakfast</u> <b>Brown Rice (.5 oz grain) mixed with eggs, diced ham and eggs;</b> 1/2 cup applesauce 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Baked Breaded Parmesan Chicken (1 1/2 oz. chicken, mix of romaine, cabbage, and kale salad mix (1/2 cup), 1/4 cup mixed melons, with a <b>side cooked quinoa (.5 oz. grain)</b>, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1 single serving of Cheerios (WG); 4 fluid ounces of nonfat milk</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> Breakfast Jacks: scrambled eggs mixed with turkey sausage and shredded cheese on a slider bun, 1/2 cup fresh blueberries, 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> 1 1/2 oz. fish sticks (4 sticks), 1/4 broccoli 1/4 cup raspberries, <b>brown rice (.5 oz Grain)</b> 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> <b>Graham Crackers-2 (.5 oz Grain)</b> 4 fluid ounces of nonfat milk</p>	<p style="text-align: right;">15</p> <p><u>Breakfast</u> <b>Whole wheat waffles (.5 oz grain)</b>, 1/2 cup banana, 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> 3 oz warm sliced turkey, served with 1/4 cup mashed potatoes; <b>whole wheat bread (.5 oz grain)</b>; 1/4 cup steamed green beans; 1/4 cup of orange slices; 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1/2 serving of a soft pretzel, 4 fluid ounces of nonfat milk; Optional: Single serve of cream cheese</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> <b>whole wheat toast (.5 oz.);</b> 1/2 cup canned peaches; 6 fluid ounces of nonfat milk; Optional: Cream of Wheat</p> <p><u>Lunch</u> Macaroni and Cheese (<b>1/4 whole wheat noodles (.5 oz. grain)</b>), 1 oz. diced ham, topped with .5 oz. shredded cheddar cheese, 1/4 cup winter squash, 1/4 cup fruit cocktail, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1/2 cup of apples serving of <b>Wheat Thins-6 (.5 oz grain)</b></p>	<p style="text-align: right;">17</p> <p><u>Breakfast</u> 1/2 serving blueberry muffin ; 1/2 cup fresh banana slices; 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Sub Sandwiches: 2oz. Of lean sliced Turkey and .5 oz Cheddar Cheese with a slice of romaine lettuce &amp; Tomato on a Whole Wheat bun; 1/4 cup celery and carrots, 1/4 apples; 6 fluid ounces of nonfat milk</p> <p><u>School Out at 12:00pm-To Go Snack</u> <b>Graham Crackers (05 oz. Grain) and .5 oz. peanut butter cup.</b></p>
<p style="text-align: right;">20</p> <p style="text-align: center;"><b>BIHS is Closed Today</b></p> 	<p style="text-align: right;">21</p> <p><u>Breakfast</u> <b>3/4 cup Rice Chex cereal (.5 oz grain);</b> 1/2 cup slices fresh bananas, 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Bean and Cheese burritos (3/8=1.5 m/ma black beans with 5. oz Monterey Jack Cheese) rolled with, <b>1 Whole Wheat tortilla (WG)</b>, 1/4 cup lightly steamed carrot sticks, 1/4 cup of apples, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1/2 cup of sliced cucumbers and carrot chips served with low-cal salad dressing and Triscuts-3.</p>	<p style="text-align: right;">22</p> <p><u>Breakfast</u> BIHS Breakfast Sandwich <b>Whole Wheat bread (.5 oz grain)</b>, scrambled egg, .5 oz. jack cheese, garnished with fresh spinach, 1/2 cup sliced Oranges; 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Peanut butter, banana and Jelly Sandwich: <b>whole wheat bread (.5 oz grain)</b>, peanut butter 3 Tbsp. 1 Tbsp. low sugar fruit spread, 1 String Cheese, 1/4 cup sliced apples, 1/4 cup celery sticks, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> .5 oz. sliced cheddar cheese; .5 oz sliced ham served with <b>Ritz-4.</b></p>	<p style="text-align: right;">23</p> <p><u>Breakfast</u> <b>Whole wheat fresh berry pancakes (.5 oz grain)</b>, 1/2 cup of Mixed Berries (blackberries, strawberries and blueberries); 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Beef Enchilada, (1 oz. ground beef mixed with .5 oz of Jack Cheese) rolled in <b>whole wheat tortillas (.5 oz grain)</b> 1/4 cup sliced apple slices, 1/4 cooked corn and carrots, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> <b>1 serving graham crackers -2 (.5 oz grain)</b>, 1/2 of banana (cooking project); 6 fluid ounces of nonfat milk</p>	<p style="text-align: right;">24</p> <p><u>Breakfast</u> 1 English Muffin (WG) served with .5 oz peanut butter; 1/2 cup canned pears 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Grilled Ham and Cheese Sandwich (<b>whole wheat bread-.5 oz grain</b>), 1 oz cheese, .5oz ham) served with Tomato soup; 1/4 Carrot and Celery sticks, 1/4 cup of sliced strawberries 6 fluid ounces of nonfat milk</p> <p><u>School Out at 12:00pm-To Go Snack</u> 1/2 cup of Carrot Chips <b>Cheese Its (1 serving) Crackers (WG)</b></p>
<p style="text-align: right;">27</p> <p><u>Breakfast</u> <b>Brown Rice (.5 oz grain) mixed with eggs, diced ham and eggs;</b> 1/2 cup applesauce 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Asian Chicken Salad (1 1/2 oz. chicken, mix of romaine, cabbage, and Spring salad mix), 1/4 cup cooked carrots, 1/4 cup Mandarin Oranges, with a <b>side cooked quinoa (.5 oz grain)</b>, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 3/4 cup of Kix served with 4 fluid ounces of nonfat milk</p>	<p style="text-align: right;">28</p> <p><u>Breakfast</u> <b>3/4 cup Cheerios;</b> 1/2 cup fresh strawberries; 6 fluid ounces of nonfat milk</p> <p><u>Lunch: Pizza Day!</u> 1 oz. cooked lean ground turkey sausage; .5 oz. mozzarella cheese, pizza sauce on a French Roll; 1/2 cup mixed green salad (carrots, red cabbage, celery); 1/4 cup canned apricot halves; 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1/2 serving of corn tortilla chips &amp; Pico de Gallo 4 fluid ounces of nonfat milk</p>	<div style="text-align: center;">  <p style="font-size: 1.2em;"><b>My Lunchbox</b></p> <p>I look in my lunchbox To see sandwiches there. An apple, an orange, Or maybe a pear.</p> <p>Sometimes it's pasta, A wrap or a roll. I love healthy lunches 'Cause they make me grow.</p>  </div>		<p>“This institution is an equal opportunity provider”</p>