






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>Paya Awa Hiibi</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>Friendly Reminder to Parents 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;">1</p> <p><u>Breakfast</u> 1/4 cup of Oatmeal (WG); 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 (WG), 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;">2</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); served with 1 slice WG Bread; 1/4 cup of oranges; 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 2 Rice Cake (WG) served with .5 oz sliced cheddar cheese and 4 fluid ounces of nonfat milk</p>	<p style="text-align: right;">3</p> <p><u>Breakfast:</u> Scrambled Eggs, Ham and Cheese served with 1 slice WB Bread; 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 (WG); 1/4 cup cooked carrots, 1/4 cup diced pears, 6 fluid ounces of nonfat milk</p> <p><u>School Out at 12:00pm-To Go Snack</u> 1 apple and 2 graham cracker squares</p>
<p style="text-align: right;">6</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 Whole Wheat Noodles (.5 oz grain) mixed with (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;">7</p> <p><u>Breakfast</u> 1/2 cup Cheerios (WG); 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;">8</p> <p><u>Breakfast</u> French toast made with whole grain bread (.5 oz grain); 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 & shredded carrots wrapped in a wrap ((WG).5 oz grain), 1/4 cup canned peaches, 1/4 cup green beans; 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1 serving graham crackers-2(WG) and 4 oz. of Nonfat Milk</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> Whole wheat toast (.5 oz. Grain), 1 boiled egg; 1/2 cup canned apricots, 6 fluid ounces of nonfat milk</p> <p><u>Lunch</u> Beef Taco: whole wheat tortilla (.5 oz. grain), 1 oz ground beef, .5 oz shredded cheese 1/4 cup steamed broccoli and cauliflower, 1/4 cup canned pear halves, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1/2 cup of sliced oranges Triscuits-3 (.5 oz. grain)</p>	<p style="text-align: right;">10</p> <p><u>Breakfast</u> 1/2 cup of Oatmeal (WG); 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> Brown Rice (.5 oz grain) mixed with eggs, diced ham and eggs; 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 side cooked quinoa (.5 oz. grain), 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, brown rice (.5 oz Grain) 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> Graham Crackers-2 (.5 oz Grain) 4 fluid ounces of nonfat milk</p>	<p style="text-align: right;">15</p> <p><u>Breakfast</u> Whole wheat waffles (.5 oz grain), 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; whole wheat bread (.5 oz grain); 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> whole wheat toast (.5 oz.); 1/2 cup canned peaches; 6 fluid ounces of nonfat milk; Optional: Cream of Wheat</p> <p><u>Lunch</u> Macaroni and Cheese (1/4 whole wheat noodles (.5 oz. grain)) 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 Wheat Thins-6 (.5 oz grain)</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 & 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> Graham Crackers (05 oz. Grain) and .5 oz. peanut butter cup.</p>
<p style="text-align: right;">20</p> <p style="text-align: center;">BIHS is Closed Today</p> 	<p style="text-align: right;">21</p> <p><u>Breakfast</u> 3/4 cup Rice Chex cereal (.5 oz grain); 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, 1 Whole Wheat tortilla (WG), 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 Whole Wheat bread (.5 oz grain), 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: whole wheat bread (.5 oz grain), 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 Ritz-4.</p>	<p style="text-align: right;">23</p> <p><u>Breakfast</u> Whole wheat fresh berry pancakes (.5 oz grain), 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 whole wheat tortillas, (.5 oz grain) 1/4 cup sliced apple slices, 1/4 cooked corn and carrots, 6 fluid ounces of nonfat milk</p> <p><u>Snack</u> 1 serving graham crackers -2 (.5 oz grain), 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 (whole wheat bread-.5 oz grain), 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 Cheese Its (1 serving) Crackers (WG)</p>
<p style="text-align: right;">27</p> <p><u>Breakfast</u> Brown Rice (.5 oz grain) mixed with eggs, diced ham and eggs; 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 side cooked quinoa (.5 oz grain), 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> 3/4 cup Cheerios; 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 & Pico de Gallo 4 fluid ounces of nonfat milk</p>	<div style="text-align: center;">  <p>My Lunchbox</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>