



# April 2018

Water is available during all CACFP meals and snacks at Bishop Indian Head Start and available throughout the day.

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">2</p> <p><u>Breakfast</u> 1/2 cup Cantaloupe 1/2 Slice of French Toast w/ Fruit Spread 3/4 cup Nonfat milk/ Lactaid/Soy</p> <p><u>Lunch</u> Macaroni and Cheese: lean hamburger 1 1/2 oz. meat, Cheddar Cheese , 1/2 cup Brussel Sprouts, 1/2 cup Oranges 3/4 cup Nonfat milk/ Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of Fresh Sliced Apples 1 serving of Wheat Thins crackers</p>	<p style="text-align: right;">3</p> <p><u>Breakfast</u> 1/2 cup fresh sliced apples 1/4 cup Cooked Oatmeal with 1/2 serving of toast 3/4 cup Nonfat Milk / Lactaid/Soy</p> <p><u>Lunch</u> 1 1/2 oz. Fish Fillet 1/2 cup Peach Halves 1/2 cup Fresh Green Beans 1/2 serving whole wheat pasta (Shells) 3/4 nonfat milk/Lactaid/ Soy</p> <p><u>Snack</u> Serving of Rice Cake and 1/2 cup honey dew</p>	<p style="text-align: right;">4</p> <p><u>Breakfast</u> 1/2 cup fresh grapes 1 Blueberry Muffin 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Chicken Stir fry ( 1 1/2 oz. cooked lean chicken, 1/4 cup fresh vegetables: broccoli, cauliflower, snow peas) 1/4 cup canned Mandarin Oranges 1/4 cup wild rice 3/4 cup Nonfat milk /Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup serving of fresh strawberries in Jell-O, topped with 2 oz. Nonfat vanilla yogurt</p>	<p style="text-align: right;">5</p> <p><u>Breakfast</u> 1/2 cup Fresh Strawberries Serving of Cheese Quesadilla w/ potatoes &amp; Salsa 3/4 cup Nonfat milk /Lactaid/Soy</p> <p><u>Lunch</u> 1/2 cup chili con carne (1 1/2 oz. cooked lean ground turkey), 1/4 cup fiesta corn 1/2 oz. wheat crackers (4 crackers), 1/4 cup fresh apple slices 3/4 cup nonfat milk/ Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup zucchini sticks-4 each 1/2 oz. String Cheese</p>	<p style="text-align: right;">6</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges 1/3 cup of whole wheat rice Chex 3/4 cup Nonfat milk /Lactaid/Soy</p> <p><u>Lunch</u> Hamburger soup (1 1/2 oz. of lean ground beef, 1/2 cup of potatoes, 1/8 carrots, 1/8 squash) 1/2 cup fresh pineapple 1/2 serving of goldfish wheat bread 3/4 cup nonfat milk/ Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of apples 2 oz. Nonfat vanilla yogurt</p>
<p style="text-align: right;">9</p> <p><u>Breakfast</u> 1/2 cup fresh Cantaloupe 1/4 Cup of Quinoa and scrambled eggs with diced sweet potatoes 3/4 Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> 1 1/2 oz. oven baked chicken 1/2 cup steamed broccoli 1/2 serving of whole wheat bread 1/4 cup of canned pears 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 serving of rice cake 2 oz. of Cream Cheese</p>	<p style="text-align: right;">10</p> <p><u>Breakfast</u> 1/2 cup strawberries and blackberries, 1/4 cup of Cream of Wheat; 1/2 serving whole wheat toast 3/4 Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> <b>Chicken Enchiladas:</b> (1 oz. shredded chicken, 1/2 cheddar and jack cheese, olive and onions, mild green chili sauce) 1 small whole wheat tortillas/4 cup zucchini and carrots 1/2 cup of canned Mandarins oranges 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. string cheese Serving of Wheat Thins crackers</p>	<p style="text-align: right;">11</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/2 whole wheat toast w/scrambled eggs; 3/4 cup Nonfat milk / Lactaid/ Soy</p> <p><u>Lunch</u> Turkey Burger 1 1/2 oz. meat, 1/4 cup of romaine lettuce and tomato 1/2 serving whole wheat bun 1/4 cup corn , 1/4 cup blueberries 3/4 cup nonfat milk/ Lactaid/Soy</p> <p><u>Snack</u> 1 Soft Pretzel 1/2 oz. 1 tbsp. Nutella; 1/2 cup Nonfat milk / Lactaid/soy</p>	<p style="text-align: right;">12</p> <p><u>Breakfast</u> 1/2 cup Banana 1/3 cup Cheerios 3/4 cup Nonfat milk /Lactaid/Soy</p> <p><u>Lunch</u> 1 1/2 oz. water packed tuna with 1 tsp light mayonnaise 1/4 cup lightly steamed edamame; 1/4 cup pineapple tidbits 1/2 serving whole bread 3/4 cup nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. Sliced Canadian bacon 1/2 serving of whole wheat crackers</p>	<p style="text-align: right;">13</p> <p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: grapes, cantaloupe, strawberries Whole Wheat English Muffin 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Spaghetti sauce over whole wheat pasta 1 1/2 oz. lean beef 1/2 cup of fresh cauliflower 1/4 cup canned applesauce 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/3 Rice Chex Cereal 1/2 cup of Nonfat milk / Lactaid/ Soy</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">16</p> <p><b>Breakfast</b> 1/2 cup Fresh Oranges 1/4 Cream of Wheat with 1/2 serving of cinnamon toast 3/4 cup Nonfat milk/ Lactaid/ Soy</p> <p><b>Lunch</b> Bean and Cheese Burritos oz. ground lean beef with 1/2 oz. cheddar cheese 1/4 cup of Mexican rice 1/4 cup mandarin orange; 1/4 roasted bell peppers; 3/4 cup Nonfat milk / Lactaid/ Soy</p> <p><b>Snack</b> 1/2 cup of bananas in Jell-O Topped with 2 oz. of low fat yogurt</p>	<p style="text-align: right;">17</p> <p><b>Breakfast</b> 1/2 cup Fresh Apples 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 Nonfat milk/ Lactaid/ Soy</p> <p><b>Lunch</b> Spaghetti sauce over brown rice! Yum! 1/12 oz. lean turkey 1/2 cup steamed broccoli and cauliflower 1/4 cup honey dew 3/4 Nonfat milk/ Lactaid/ Soy</p> <p><b>Snack</b> 1/2 cup of Squash Pudding with 1/2 serving of graham crackers and 1/2 cup of non-fat milk/ Lactaid/Soy</p>	<p style="text-align: right;">18</p> <p><b>Breakfast</b> 1/2 slice of French Toast, 1/2 cup of sliced bananas; 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><b>Lunch</b> 3 oz. of baked fish with a side of tarter sauce; 1/4 cup of whole wheat spiral noodles topped with shredded jack and cheddar cheese; 1/4 cup canned Pear Halves ; 1/4 cup Fresh Asparagus ;3/4 cup Nonfat Milk/Lactaid/soy</p> <p><b>Snack</b> 1/2 serving of an oven baked Chopper's Homemade cranberry raisin Oatmeal Cookie with 1/2 cup of sliced apples, 1/2 cup Nonfat Milk/Lactaid/soy</p>	<p style="text-align: right;">19</p> <p><b>Breakfast</b> 1/2 cup fresh grapes Chopper Jacks: 3/4 egg, 1/2 oz. jack cheese, garnished with fresh spinach on half of a whole wheat bun 3/4 cup nonfat milk/lactaid free/soy</p> <p><b>Lunch</b> Peanut butter and Fruit Spread Sandwich: <u>1 Slice whole wheat bread</u>, 3 tbsp. of peanut butter, 1 tbsp. low sugar fruit spread; 1/4 cup fresh watermelon; 1/4 cup of sugar snap peas 3/4 cup nonfat milk/lactaid free/soy</p> <p><b>Snack</b> 1/2 oz. sliced cheddar cheese 1/2 serving of rice cakes</p>	<p style="text-align: right;">20</p> <p><b>Breakfast</b> 1/2 cup canned pears 1/2 slice of whole wheat blueberry bagel w/ 1/2 oz. cream cheese 3/4 cup nonfat milk/lactaid free/soy</p> <p><b>Lunch</b> 1 cup Hamburger soup (1/2 cup of peas, <u>corn</u>, carrots, pearl onions, kidney beans, and sliced 1.5 oz. of lean hamburger meat) 1/4 cup sliced apples, <u>1/2 serving cornbread</u> 3/4 nonfat milk/lactaid free/soy</p> <p><b>Snack</b> 1/2 cup Nonfat Milk/Lactaid/soy 1/2 cup of Ants on a log: Celery, peanut butter and raisins</p>
<p style="text-align: right;">23</p> <p><b>Breakfast</b> 1/2 cup Applesauce 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 cup Nonfat milk/ Lactaid/Soy</p> <p><b>Lunch</b> Whole wheat bagel pizza with 1 oz. mozzarella cheese ; 1/2 oz. lean ham, and pizza sauce, 1/2 cup steamed green beans and carrots 1/4 cup grapes 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><b>Snack</b> <b>Vegetable flowers:</b> (cherry tomato, sugar snap peas, and carrots 1 serving of whole wheat Ritz</p>	<p style="text-align: right;">24</p> <p><b>Breakfast</b> 1/2 cup of raspberries 1/4 cup cooked oatmeal 3/4 cup nonfat milk/ Lactaid/Soy</p> <p><b>Lunch</b> 1 oz. sliced turkey, 1/2 oz. jack cheese, 1 slice tomato and spinach wrapped up in a whole wheat tortilla; 1/4 cup fresh pineapple, 1/4 cup edamame 3/4 cup nonfat milk / Lactaid/Soy</p> <p><b>Snack</b> Fresh Nectarine and 1/2 serving Whole Wheat Rainbow Goldfish</p>	<p style="text-align: right;">25</p> <p><b>Breakfast</b> 1/2 cup fresh Bananas, 1/3 cup raisin bran; 3/4 cup nonfat milk / Lactaid/Soy</p> <p><b>Lunch</b> 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 Fiesta Corn. 1/4 Cup of Canned Pears , 1/2 serving of Corn Tortilla Chips 3/4 nonfat milk / Lactaid/Soy</p> <p><b>Snack</b> <b>Mouse Tail Snack:</b> (string cheese, strawberries, cream cheese, sunflower seeds</p>	<p style="text-align: right;">26</p> <p><b>Breakfast</b> 1/2 cup Fresh Apples 1/2 slice of whole wheat bagel and tsp of cream cheese 3/4 cup nonfat milk/ Lactaid/Soy</p> <p><b>Lunch</b> Scalloped Potatoes: 1 oz. ground turkey with 1/2 oz. shredded cheddar cheese melted over diced potatoes; 1/4 cup Kale salad mix, with 1 Tbsp. shredded carrots ; 1/4 cup fresh oranges sections 3/4 cup nonfat milk/ Lactaid/Soy</p> <p><b>Snack</b> 1 boiled egg with 1/2 serving of whole wheat crackers</p>	<p style="text-align: right;">27</p> <p><b>Breakfast</b> 1/2 cup mixed berries 1/2 slice French toast with fruit spread 3/4 cup nonfat milk/Lactaid/Soy</p> <p><b>Lunch</b> 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 1/4 cup romaine lettuce and tomato 1/4 cup canned pears 3/4 nonfat milk/Lactaid/Soy</p> <p><b>Snack</b> 1/3 cup of whole what rice Chex 1/2 cup Nonfat milk/ Lactaid/ Soy</p>
<p style="text-align: right;">30</p> <p><b>Breakfast</b> 1/2 cup fresh blueberries/strawberries mix 2 oz. of scrabbled eggs and ww toast 3/4 cup Nonfat milk / Lactaid/ Soy</p> <p><b>Lunch</b> 1 1/2 oz. Grilled Cheese on whole wheat bread; Hearty Vegetable Soup (1/4 cup each: carrots, red potatoes, broccoli, celery, tomatoes, green beans, and corn) and whole wheat noodles; 1/4 cup pineapple tidbits 3/4 cup nonfat milk/ Lactaid / Soy</p> <p><b>Snack</b> 1/4 cup sliced avocado 1/2 serving of whole wheat crackers 1/2 cup nonfat milk/ Lactaid / Soy</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>Children's growing bodies require good nutrition, and fruits and vegetables contain a multitude of vitamins, minerals and other healthy compounds. Citrus fruits and strawberries are rich in immune system-boosting vitamin C</p>	<p>Lactose Intolerance Lactaid or Soy products Milk/Dairy Allergies Soy products Fruit or Vegetable Allergy Substitute Fruit or Vegetable alternate Meat Allergy Meat alternate</p>	<p><b>Paya is available at all times.</b></p> 