





Mon	Tue	Wed	Thu	Fri
<p>Friendly Reminder to Parents and Families!</p> <p>School Starts at 8:00 am</p> <p>If your child is going to be Tardy or Absent for the day Call BIHS-Preschool 760-872-3911 ASAP</p> <p>School is dismissed at 2:30 Thank you for helping your child prepare for Kindergarten Readiness!</p>				<p>1</p> <p>Breakfast 1/2 cup Diced Peaches 1/2 Slice of French Toast w/ Fruit Spread; 3/4 cup nonfat milk or Lactaid</p> <p>Lunch Toasted Whole Wheat Tuna Sandwich: 1/1/2 oz. of tuna, Romaine lettuce, 1/4 cup Winter Squash, 1/4 cup sliced oranges 3/4 cup nonfat milk or Lactaid</p> <p>Snack 1/3 of Rice Chex of Cereal 1/2 cup nonfat milk or Lactaid</p>
<p>4</p> <p>Breakfast 1/2 cup fresh banana slices 1/3 cup unsweetened cereal variety 3/4 cup nonfat milk or Lactaid</p> <p>Lunch Roasted Turkey Sandwich: 1 oz. lean turkey, 1/2 oz. cheddar cheese on a whole wheat bread 1/4 cup of baked beans 1/4 cup romaine lettuce, tomato & slice pickles 1/4 cup of Fruit Salad: pineapple, Apples, and bananas 3/4 cup nonfat milk or Lactaid</p> <p>Snack 1/2 serving of Brown Rice Cake 1/2 cup nonfat milk or Lactaid</p>	<p>5</p> <p>Breakfast 1 whole grain pancake 1/2 cup of Applesauce 3/4 cup nonfat milk or Lactaid</p> <p>Lunch Chicken Enchiladas: (1 oz. shredded chicken, 1/2 cheddar and jack cheese, olive and onions, mild green chili sauce) 1 small whole wheat tortillas; 1/4 cup corn and carrots 1/2 cup of canned Mandarins 3/4 cup nonfat milk or Lactaid</p> <p>Snack 1/2 cup of raisins and 1 oz., sunflower seeds; 1/2 cup nonfat milk or Lactaid</p>	<p>6</p> <p>Breakfast 1/2 cup fresh blueberries 1/4 cup of Cream of Wheat 3/4 cup nonfat milk or Lactaid</p> <p>Lunch Grill Cheese and Tomato Soup: Whole Wheat Bread; 1/1/2 oz. cheddar and jack cheese; 1/2 cup of tomato soup; 1/4 cup of Brussel sprouts 1/2 sliced Red Delicious Apples 3/4 cup nonfat milk or Lactaid</p> <p>Snack 1/2 serving Zucchini Sticks 1 oz. of Cubed Cheddar Cheese</p>	<p>7</p> <p>Breakfast 1/2 cup of sliced grapes 1/2 slice of Whole Wheat Blueberry Bagel with 1 Tbsp. peanut butter, 3/4 cup nonfat milk</p> <p>Lunch Hamburger Soup: 1.5 oz. ground hamburger/4 cup: broccoli, peas, potatoes, carrots, celery, corn; 1/4 cup of diced pears, whole wheat bread, 3/4 cup nonfat milk or Lactaid</p> <p>Snack 1/2 cup of Fresh Sliced Apples 1 serving of Graham Crackers (2 whole crackers)</p>	<p>8</p> <p>Breakfast 1/2 cup Apple Sauce, 1/4 cup cooked brown rice mixed with egg, diced lean ham and cubed Avocado, 3/4 cup nonfat milk or Lactaid</p> <p>Lunch Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 tbsp., Mixed fruit 1/2 cup mandarin oranges & pineapple and 1/4 cup of sliced cucumbers and cherry tomatoes 3/4 cup nonfat milk or Lactaid</p> <p>Snack .5 oz. sliced cheddar cheese and .5 oz. sliced lean ham Whole Wheat Crackers-Wheat thins</p>

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<p align="right">11</p> <p><u>Breakfast</u> 1/2 cup of blueberries 1/3 cup unsweetened cereal variety 3/4 nonfat milk or Lactaid</p> <p><u>Lunch</u> Baked Chicken 1 1/2 oz. meat 1/2 cup steamed Brussel sprouts 1/2 cup of pears, 1/2 cup of brown rice, 3/4 cup nonfat milk or Lactaid</p> <p><u>Snack</u> 1/2 cup of sliced apple with 1 boiled egg</p>	<p align="right">12</p> <p><u>Breakfast</u> 1/2 cup Oranges 1/4 cup of Cream of Wheat, 3/4 nonfat milk or Lactaid</p> <p><u>Lunch</u> Turkey Pot Pie (1 1/2 cooked lean turkey: 1/4 cup: carrots, potatoes, and peas, 1/4 cup of fresh sliced cantaloupe, 1/2 serving of whole wheat bread 3/4 cup nonfat milk or Lactaid</p> <p><u>Snack</u> 1/2 oz. string cheese 1/2 oz. graham crackers (2 crackers)</p>	<p align="right">13</p> <p><u>Breakfast</u> 1/2 cup apple sauce 1/2 slice Waffles with a blended fruit spread, 3/4 cup nonfat milk or Lactaid</p> <p><u>Lunch</u> Asian Chicken Salad: 1 1/2 oz. chicken, 1/4 cup mixed dark greens with peas and celery, 1/4 cup canned mandarin oranges 1/4 of Brown Rice, 3/4 cup nonfat milk or Lactaid</p> <p><u>Snack</u> 1 1/2 serving of Whole Wheat Ritz 1/4 cup of Avocado</p>	<p align="right">14</p> <p><u>Breakfast</u> 1/2 cup of Bananas ; 1/4 cup cooked oatmeal; 3/4 cup nonfat milk or Lactaid</p> <p><u>Lunch</u> 1 1/2 oz. of Sliced Ham 1/4 cup whole kernel corn /peas 1/4 cup mashed potatoes 1/2 serving of whole wheat bread Option :Cranberry Sauce; 1/2 cup of apple slices ; 3/4 cup nonfat milk or Lactaid</p> <p><u>Snack</u> 3 oz. of cream cheese a 1/2 whole wheat bagel</p>	<p align="center">15</p> <p align="center">BIHS Closed due to Bishop Paiute Employee Gathering</p> 
<p align="right">18</p> <p><u>Breakfast</u> 1/2 cup fresh Orange Slices 1/2 Slice of Whole Wheat Bagel with low fat cream cheese (1 oz.) 3/4 cup nonfat milk or Lactaid</p> <p><u>Lunch</u> 1 1/2 oz. Baked fish, 1/4 cup diced Peaches, 1/4 cup Fresh Cauliflower 1/2 serving whole wheat bread 3/4 nonfat milk or Lactaid</p> <p><u>Snack</u> 1 1/2 serving of Whole Wheat Ritz 1/4 cup of Avocado</p>	<p align="right">19</p> <p><u>Breakfast</u> 1/2 cup fresh bananas 1/3 cup unsweetened cereal variety 3/4 nonfat milk or Lactaid</p> <p><u>Lunch</u> Ham & Scallop Potatoes: ham-1 1/2 oz. meat, potatoes-1/4 cup, 1 Whole Wheat dinner roll, 1/4 cup Winter Squash, 1/4 cup cubed honeydew 3/4 cup nonfat milk</p> <p><u>Snack</u> 1 serving of granola cereal and 1/2 cup of apples, grapes & bananas</p>	<p align="right">20</p> <p><u>Breakfast</u> 1/2 cup of blended banana and strawberry fruit spread, 1 serving of whole Wheat pancakes 3/4 cup nonfat milk or Lactaid</p> <p><u>Lunch</u> Easier Than Lasagna: (1/4 cup pasta, 1/4 cup Zucchini , 1 1/2 cheese:, ricotta, jack, and parmesan (sub non-dairy), 1/4 cup mashed Sweet Potato , 1/4 sliced Red Delicious Apples 3/4 cup nonfat milk or Lactaid</p> <p><u>Snack</u> 1 serving of Homemade Oatmeal Raisin cookie 1/2 cup nonfat milk</p>	<p align="right">21</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/2 whole wheat quesadilla with melted Monterrey Jack Cheese 3/4 nonfat milk or Lactaid</p> <p><u>Lunch</u> Turkey Bowl: 1 1/2oz lean ground turkey on top of 1/2 cup of mashed potatoes, (gravy optional) 1/4 cup of green beans, 1/4 cup of apple cranberry sauce 1/2 serving of whole wheat bread 3/4 cup nonfat milk or Lactaid</p> <p><u>Snack</u> 1 1/2 serving of pumpkin bread 1/2 cup nonfat milk</p>	<p align="center">22</p> <div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>Winter Vacation December 22nd 2017 to January 7th 2018 School Resumes January 8th 2018</p> </div>
<p align="center">Water is available at all meals !</p>  <p align="center">illustrations of.com #42650</p>	<div style="border: 2px solid red; padding: 10px;"> <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, carrots are loaded with eye-healthy Vitamin A and spinach is a good source of iron, a mineral that helps prevent anemia.</p> <p>http://healthyeating.sfgate.com/benefits-fruits-vegetables-kids-6463.html</p> </div>			