








# February 2019

"This institution is an equal opportunity provider"  
Approved by a Registered Dietician Nutritionist

Mon	Tue	Wed	Thu	Fri
<p>Parents and Guardians we are looking for Healthy Home recipes to include in our school menus!</p> 	<p>Please inform Mandy or Susie of your child's dietary restrictions.</p> <p>For those who have allergies, alternatives are available.</p> <p>Lactaid and Soy milk are available for those with lactose intolerance or dietary allergy.</p>	<p><b><i>Paya is available at all times through out the day!</i></b></p> 	<p>Friendly Reminder to Parents and Families!</p> <p>School Starts at 8:00 am Doors open at 7:45am</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 <b>Kindergarten Readiness!</b></p>	<p style="text-align: right;"><b>1</b></p> <p><u>Breakfast</u> 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 Milk)</p> <p><u>Lunch</u> 1/2 cup Hamburger soup (1/8 cup of peas, 1/8 corn, 1/8 carrots, 1/8 pearl onions and 1/2 kidney beans, and 1 oz. of lean hamburger meat) 1/4 cup canned mandarin oranges, 1/2 piece cornbread 3/4 cup nonfat milk (Lactaid Milk)</p> <p><u>Snack</u> 1 whole wheat rice cake with a 1/2 nonfat milk (Lactaid Milk)</p>
<p style="text-align: right;"><b>4</b></p> <p><u>Breakfast</u> 1/2 cup fresh cantaloupe, 1/2 Slice of Whole Wheat Tortilla melted cheddar cheese, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> <b>Easier Than Lasagna:</b> (1/4 cup pasta, 1/4 cup vegetable, 1/2 cheese, ricotta, jack, and parmesan and 1 oz. lean ground turkey) 1/4 cup Mashed Sweet Potato, 1/4 sliced Red Delicious Apples, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> <i>Apple Salad: 1/2 cup Diced apples, Celery, raisins and Kale mixed with low fat mayo and 1/2 serving of wheat thins (4)</i></p>	<p style="text-align: right;"><b>5</b></p> <p><u>Breakfast</u> 1/2 cup fresh strawberries, 1/3 cup unsweetened cereal variety, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 serving (1/2 pita) pizza in a pocket: 1 oz. cooked lean ground sausage 1/2 oz. mozzarella cheese, and pizza sauce in a whole wheat Pita. 1/4 cup of romaine salad: mix of carrots, red cabbage, and tomatoes with 1 Tbsp. low-fat dressing; 1/4 cup apricot halves, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 serving of no salt tortilla chips with mild Pico de Gallo, 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p style="text-align: right;"><b>6</b></p> <p><u>Breakfast</u> 1/2 cup of Fresh Bananas, 1/4 cup of warm Oatmeal, 3/4 cup Nonfat milk/Lactaid/Soy</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 whole grain wild rice, 1/2 cup fresh steamed green beans, 1/2 cup fresh honeydew, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 serving of whole wheat Ritz crackers-5 1oz. of sunflower butter</p>	<p style="text-align: right;"><b>7</b></p> <p><u>Breakfast</u> 1/2 cup fresh orange slices, 3/4 scrambled eggs, with a whole wheat English muffin, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Oven baked fish (11/2 oz.), 1/4 cup Brussel Sprouts, 1/4 cup fresh apples, 1/2 whole wheat bread, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 oz. low fat cottage cheese mixed with raisins 1/2 cup of Peaches</p>	<p style="text-align: right;"><b>8</b></p> <p><u>Breakfast</u> 1/2 cup fresh mixed berries( strawberries and blueberries, 1/4 cup cream of wheat 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1/4 cup spaghetti (1 1/2 oz. beef, 1/4 cup whole wheat pasta; 1/4 Tomato Sauce) 1/4 cup cooked carrots, 1/4 cup diced pears 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup fresh apple slices 2 oz. of low-fat yogurt</p>
<p style="text-align: right;"><b>11</b></p> <p><u>Breakfast</u> 1/2 cup fresh orange slices, 1/4 cup cooked oatmeal, mixed with raisins/ cranberries, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 serving chicken noodle soup (1 1/2 oz. cooked lean chicken, 1/4 cup vegetable: carrots, onions, potatoes, corn, 1/4 cup of whole wheat pasta), 1/4 cup of canned peach halves, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of green apples, 1 TBSP Almond butter</p>	<p style="text-align: right;"><b>12</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Banana 1/3 cup unsweetened cereal variety, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1/4 cup of whole wheat pasta (Spiral) and Tomato sauce (1 1/2 oz. lean ground turkey); 1/2 cup romaine/Kale salad with shredded carrots, and 1/4 cup of grapefruit and mandarin oranges, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> Strawberry Jell-O topped with 2 oz. low-fat vanilla yogurt, 1/2 cup peaches</p>	<p style="text-align: right;"><b>13</b></p> <p><u>Breakfast</u> 1/2 cup of pineapple chunks 1/2 slice of whole wheat French toast with 1 Tbsp. Maple syrup, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 tomato basil wrap, 1 1/2 oz. lean turkey 1/2 cup fresh spinach and tomato wrapped in a whole grain tortilla wrap, 1/2 cup fresh grapes, 1/4 cup edamame, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 serving of Graham Crackers (2 crackers) 1/2 cup of apples, 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p style="text-align: right;"><b>14</b></p> <p><u>Breakfast</u> 1/2 cup peach halves 1/2 slice whole wheat toast with 1 boiled egg, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 serving of a whole wheat quesadilla with 1oz. Jack cheese and 1/2 oz. shredded chicken, black beans and cilantro, 1/2 cup steamed broccoli and cauliflower, 1/2 cup pear halves, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 banana muffin 1/4 cup of fresh raspberries</p>	<p style="text-align: right;"><b>15</b></p> <div style="text-align: center;">  <p><b>School Closed Today Mandatory</b></p> </div>

Mon	Tue	Wed	Thu	Fri
<p align="right"><b>18</b></p> <p>President's Day Holiday BIHS CLOSED TODAY</p> 	<p align="right"><b>21</b></p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/3 cup unsweetened cereal variety 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 1/2 oz. Fish Sticks (low sodium Ketchup-optional) 1/2 cup of Veggie Stir Fry with Ginger (carrot, green beans, and broccoli) 1/2 cup raspberries 1/2 serving brown rice 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> Nabisco Nilla wafers (5), 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p align="right"><b>22</b></p> <p><u>Breakfast</u> 1/2 cup applesauce 1/2 whole wheat waffles with maple syrup 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 1/2 oz. sliced turkey breast on 1/2 serving whole wheat bread w/ tsp light cranberry mayonnaise and a 1 slice romaine lettuce ; 1/2 cup zucchini and carrot sticks ; 1/2 cup orange slices 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 serving of a soft pretzel , 3/4 cup Nonfat milk/Lactaid/Soy</p>	<p align="right"><b>23</b></p> <p><u>Breakfast</u> 1/2 cup Canned Peaches 1/4 cup of Cream of Wheat 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Macaroni and Cheese : ham-1/2 oz. meat, Melted Monterey Jack Cheese 1 oz. 1/2 cup Winter Squash, 1/2 cup fruit cocktail , 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of apples 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p align="right"><b>24</b></p> <p><u>Breakfast</u> 1/2 cup fresh banana slices 1/2 Serving of Blueberry Muffins Squares, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Beef stir fry (1 1/2 oz. cooked lean hamburger meat, 1/2 cup of carrots, onions, snow peas ) , 1/4 cup brown rice 1/2 cup fresh pineapple 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 2 oz. low fat yogurt 1/2 cup of Banana</p>
<p align="right"><b>25</b></p> <p><u>Breakfast</u> 1/2 cup applesauce 1/2 serving of brown rice, mixed with eggs, ham, spinach and tomatoes 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Asian Chicken Salad(1 1/2 oz. chicken, mix of romaine, cabbage, and kale salad mix) , 1/2 cup cooked carrots, 1/2 cup Mandarin Oranges, with a side cooked quinoa, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. wheat crackers (4 crackers) with a 1/2 cup of peaches</p>	<p align="right"><b>26</b></p> <p><u>Breakfast</u> 1/2 cup sliced fresh bananas 1/2 toasted whole grain unsweetened cereal;3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Bean and Cheese burritos (3/8 black beans with 1.oz Monterey Jack Cheese) rolled with, 1 Whole Wheat tortilla , 1/4 cup lightly steamed carrot sticks, 1/4 cup pineapple chunks, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of sliced carrots and cucumbers served with hummus and 1/ serving of Triscuits (4)</p>	<p align="right"><b>27</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges BIHS Breakfast Sandwich (Whole Wheat bread, 3/4 egg, 1/2 oz. jack cheese, garnished with fresh spinach), 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 TBSP. 1 TBSP low sugar fruit spread 1/4 cup fresh pineapple, 1/4 cup sliced celery, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> .5 oz. sliced cheddar cheese and .5 oz. sliced lean ham , Whole Wheat Crackers Wheat thins-6</p>	<p align="right"><b>28</b></p> <p><u>Breakfast</u> 1/2 cup of Mixed Berries (blackberries, strawberries and blueberries) 1/2 serving of whole wheat pancakes 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Bake crispy chicken, (1 1/2 oz. chicken)1/2 cup steamed broccoli, 1/2 cup fresh apple slices, 1/2 whole wheat bread 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 serving graham crackers (2 crackers) 1/2 of banana (cooking project) 1/2 cup Nonfat milk/Lactaid/Soy</p>	
<p align="center"><i>Creative play is like a spring that bubbles up from deep within a child. ~Joan Almon</i></p> <p align="center"><i>Children make your life important. ~Erma Bombeck</i></p>				<p>Parents and Guardians we are looking for Healthy Home recipes to include in our school menus!</p>