



# March 2019



The March Menu was approved by a Registered Dietician.

Mon	Tue	Wed	Thu	Fri
<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>Friendly Reminder to Parents and Families!</p> <p>School Starts at 8:00 am Doors open at 7:45am If your child is going to be Tardy or Absent for the day Call BIHS-Preschool 760-872-3911 ASAP School is dismissed at 2:30 pm Thank you for helping your child prepare for Kindergarten Readiness!</p>	<p>Water is available during all CACFP meals and snacks at Bishop Indian Head Start and</p>  <p><b>Paya Awa Hiibi</b></p>	<p><b>Food Safety Tips:</b> <b>Clean: Wash Hands and Surfaces Often. Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.</b></p> <p><b>Make Hand Washing FUN!</b> <b>Sing "Twinkle, Twinkle, Little Star" or "the Alphabet Song" while washing hands to make sure your child is washing long enough.</b></p>	<p>1</p> <p><u>Breakfast</u> 1/2 cup tangerines, 1/2 cup of cooked oatmeal, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Lunch</u> Sloppy Joes: 1.5 ground lean beef on a whole wheat bun, 1/4 cup of green beans 1/4 cup of fresh strawberries, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Snack</u> 1/2 cup of a blended berry Smoothie ( 1/2 cup milk, 1/4 cup of mixed berries) 1/2 serving of a soft baked pretzel pretzels</p>
<p>4</p> <p><u>Breakfast</u> 1/2 cup fresh apple sauce 1/2 slice whole wheat pancakes 3/4 cup Nonfat milk / Lactaid/ Soy</p> <p><u>Lunch</u> 1/2 grill ham and cheese sandwich: 1 oz. lean ham, 1/2 oz. lean cheese melted on whole wheat bread; 1/2 cup steamed cauliflower, 1/4 cup peach halves 3/4 cup Nonfat milk/ Lactaid/Soy School Out at 12:00pm <b>Bus Service</b></p> 	<p>5</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries and strawberries 1 hard boiled egg with 1/2 slice of whole wheat bread, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Chicken Asian Salad (1.5 lean chicken, 1/4 cup mixed green salad and shelled edamame &amp; shredded carrots), 1/4 cup Mandarin Oranges 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>6</p> <p><u>Breakfast</u> 1/2 cup fresh oranges 2 oz. of scrabbled eggs and whole wheat toast, 3/4 cup Nonfat milk / Lactaid/ Soy</p> <p><u>Lunch</u> Hearty Chicken and Vegetable Soup: 1.5 oz chicken with 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><u>Snack</u> 2 oz. Coconut Vanilla Yogurt 1/4 cup 1/2 cup of fresh blueberries in Jell-O</p>	<p>7</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 sliced apples, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 serving of a whole wheat rice cake with 2 oz. of cream cheese</p>	<p>8</p> <p><u>Breakfast</u> 1/2 cup fresh strawberry spread 1 /2 slice of French Toast, 1/2 cup of sliced bananas, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Lunch</u> Meat Loaf (1.5 oz of lean ground beef); 1/4 cup fresh pear; 1/4 cup of steamed (carrot, green beans, and broccoli), whole wheat roll, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Snack</u> 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>11</p> <p><u>Breakfast</u> 1/2 cup fresh Tangelos 1/3 cup unsweetened cereal 3/4 nonfat milk / Lactaid</p> <p><u>Lunch</u> 1.5 oz. serving oven baked chicken, 1/4 cup steamed green beans, 1/4 cup of pears , 1/2 serving of whole wheat bread, 3/4 cup nonfat milk /Lactaid</p> <p><u>Snack</u> 1 serving of wheat thins (6) 1/2 cup Mandarin Oranges</p>	<p>12</p> <p><u>Breakfast</u> 1/2 cup canned peaches 1/4 cup Cooked Oatmeal with 1/2 serving of cinnamon toast .3/4 cup Nonfat Milk/Lactaid/ soy</p> <p><u>Lunch</u> Fish Stir fry ( 1 1/2 oz. cooked lean fish, 1/4 cup fresh carrots, broccoli, cauliflower, bell peppers), 1/4 cup canned Mandarin Oranges , 1/4 cup brown rice. 3/4 cup Nonfat Milk/Lactaid/ soy</p> <p><u>Snack</u> 1/2 cup 100% Apple Juice, 1/2 serving of Zucchini Oven Chips</p>	<p>13</p> <p><u>Breakfast</u> 1/2 Slice of whole wheat banana oatmeal Pancakes, 1/2 cups of apple sauce, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Lunch</u> Ham &amp; Scallop Potatoes: ham-1/2 oz. meat and 1 oz. of cheddar cheese, potatoes-1/4 cup, 1 Whole Wheat dinner roll, 1/4 cup Yellow Squash, 1/4 Oranges, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Snack</u> Watermelon Dippers, 1/2 cup watermelon 1/2 serving of Triscuits (4)</p>	<p>14</p> <p><u>Breakfast</u> 1/2 cup Fresh Strawberries 1/4 cup of Cream of Wheat &amp; 1/2 slice of toast , 3/4 cup, 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 green beans, 1/2 oz. wheat soda crackers (4), 1/4 cup fresh apple slices; 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Snack</u> 1/3 cup cold cereal , 1/2 cup Nonfat Milk/ Lactaid/soy</p>	<p>15</p> <p><u>Breakfast</u> Breakfast Quesadilla with 1/2 serving of whole wheat tortilla , 1/2 cup Fresh Banana, 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. , 1/4 cup fresh pineapple, 1/4 cup of shelled edamame, 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>

"This institution is an equal opportunity provider"

Mon 18	Tue 19	Wed 20	Thu 21	Fri 22
<p><u>Breakfast</u> 1/2 cup fresh strawberries 1/3 cup unsweetened raisin bran 3/4 Nonfat milk/ Lactaid/ Soy</p> <p><u>Lunch</u> Baked Beef Pot Pie (1.5 ground lean beef, 1/4 cup of green beans, carrots, yellow squash and broccoli topped with 1/2 serving of corn bread 1/4 cup of canned pears, 3/4 Nonfat milk/ Lactaid/ Soy</p> <p><u>Snack</u> " Pretend Fried Egg Snack" 1/2 bagel, .5 oz. slice provolone cheese Apricots</p>	<p><u>Breakfast</u> 1/2 cup Fresh Apples 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 Nonfat milk/ Lactaid/ Soy</p> <p><u>Lunch</u> Spaghetti sauce over 1/4 brown rice! Yum! 1/12 oz. lean beef 1/2 cup steamed broccoli and cauliflower 1/4 cup mixed berries , 3/4 Nonfat milk/ Lactaid/ Soy</p> <p><u>Snack</u> 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><u>Breakfast</u> Scrabbled Egg Breakfast Bowl (1/4 brown rice, 1/4 potatoes, spinach and ham mixed with scrambled eggs), with a slice of Avocado 1/2 cup honey dew, 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 grapes 3/4 cup nonfat milk / Lactaid/ Soy</p> <p><u>Snack</u> 1/2 cup applesauce with 1/2 cup of sliced celery sticks</p>	<p><u>Breakfast</u> 1/2 cup fresh blueberries 1/4 cup of Cream of Wheat with 1/2 serving of whole wheat toast 3/4 Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Corn Beef and Cabbage Soup -1 1/2 oz. cooked corn beef; 1/4 cabbage; 1/4 red potato, 1/2 serving of corn bread 1/2 cup of fresh sliced apples 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> .5 oz of sliced cheese and ham with 1/2 serving of whole wheat Ritz crackers</p>	<p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: melon, strawberries Whole Wheat Waffles 3/4 cup Nonfat milk /Lactaid/Soy</p> <p><u>Lunch</u> Lasagna made with (.5 oz of lean ground beef, 1 oz of melted provolone cheese, mixed with 1/4 cup of mixed squash,) 1/4 cup green apples 1/4 cup of cucumbers and sliced cherry tomatoes 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><b>School Out at 12:00 today Pre Spring Break</b></p>

**Spring Break-BIHS is closed March 25th -29th  
Enjoy your family and friends!  
We will see you bright and early  
Monday April 1st 2019.**

