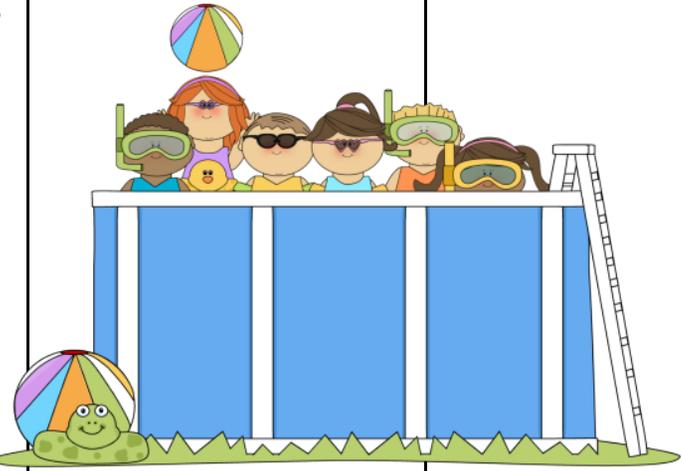




May 2018

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><u>Lactose Intolerance</u> Lactaid or Soy products <u>Milk/Dairy Allergies</u> Soy products <u>Fruit or Vegetable Allergy</u> Substitute Fruit or Vegetable alternate Meat Allergy Meat alternate</p> <p><u>Paya is available at all times</u></p> 	<p>1</p> <p><u>Breakfast</u> 1/2 cup honeydew 1 oz. Cubed Lean Ham mixed with 1/4 cup of Country Red Potatoes , scrambled eggs, Tortilla, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> 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(.5 oz.) 3/4 nonfat milk / Lactaid/soy</p> <p><u>Snack</u> 1/2 oz. string cheese 1/2 oz. whole wheat crackers</p>	<p>2</p> <p><u>Breakfast</u> 1/2 serving of fresh banana 1/3 cup of unsweetened cereal 3/4 cup Nonfat milk / Lactaid/soy</p> <p><u>Lunch</u> Whole wheat bagel pizza with 1 oz.. mozzarella cheese ; 1/2 oz. lean ham, and pizza sauce, 1/2 cup steamed asparagus 1/4 cup pear strawberries 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> Nachos 1/2 serving of tortilla chips with Cheese 1/2 oz. cheese and 1/2 cup Mild Salsa! 1/2 cup 100% apple juice</p>	<p>3</p> <p><u>Breakfast</u> 1/2 cup canned pears 1 serving of strawberry bagels with cream cheese 3/4 cup nonfat milk / Lactaid/soy</p> <p><u>Lunch</u> Scallop Potatoes: 1 oz. cheddar and jack cheese with 1/2 oz. of ham topped with fresh mushrooms and 1/2 serving of whole wheat pita bread 1/4 fresh cut oranges 1/4 cup fresh steamed green beans; 3/4 cup Nonfat milk / Lactaid/soy</p> <p><u>Snack</u> 1/2 cup of green apples 1/2 serving of whole wheat saltine crackers</p>	<p>4</p> <p><u>Breakfast</u> 1/2 cup raspberries 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> Hamburger Soup 1 1/oz. lean ground turkey, 1/2 cup of mixed vegetables (carrots, tomatoes, corn, squash, potatoes) 1/4 cup of fresh apples 1/2 serving of whole wheat bread sticks 3/4 cup nonfat milk / Lactaid/soy</p> <p><u>Snack</u> 1/2 of a banana 1 teaspoon of peanut butter 1/2 cup nonfat milk or Lactaid/soy</p>
<p>7</p> <p><u>Breakfast</u> 1/2 cup blueberries 1/4 cup cooked oatmeal With 1/2 slice toast 3/4 cup nonfat milk/ Lactaid/soy</p> <p><u>Lunch</u> Turkey Enchiladas: (1 oz. Ground Turkey, 1/2 cheddar and jack cheese, olive and onions, mild green chili sauce) 1 small whole wheat tortillas, 1/4 cup fiesta corn ,1/2 cup of canned Mandarins ,3/4 cup Nonfat milk / Lactaid/soy</p> <p><u>Snack</u> 1/2 oz. Cheddar Cheese Cubes; 1/2 c sliced apples</p>	<p>8</p> <p><u>Breakfast</u> 1/2 cup sliced fresh bananas 1/2 serving of a Breakfast Quesadilla (scrambled egg and cheese in a whole wheat tortilla) 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, 1/4 cup fresh oranges, 3/4 cup nonfat milk/Lactaid/soy</p> <p><u>Snack</u> 1/2 cup of nonfat milk/ Lactaid/soy and 1/3 cup rice Chex cereal</p>	<p>9</p> <p><u>Breakfast</u> 1/2 cup of mixed melons 1 serving of whole wheat waffles with a strawberry spread 3/4 cup Nonfat milk/ Lactaid/soy</p> <p><u>Lunch</u> Macaroni and Cheese: lean hamburger 1/1/2 oz. meat, Topped with cheddar cheese 1/2 cup Yellow Squash, 1/4 honey dew, 3/4 cup Nonfat milk/ Lactaid/soy</p> <p><u>Snack</u> 1 Serving of Fresh Trail Mix: 1/2 cup Mixed grapes, 1/2 oz. cubed cheese and 1/4 cup of shelled sunflower seed</p>	<p>10</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries/ strawberries;1/3 cup unsweetened cereal variety ;3/4 cup Nonfat milk/ Lactaid/soy</p> <p><u>Lunch</u> Pine nut, Asparagus Stir fry (1 1/2 oz. chicken 1/4 cup fresh asparagus with 1/8 cup pine nuts /4 cup fresh apples, 1/4 cup Wild Rice, 1/4 cup corn 3/4 cup Nonfat milk /Lactaid/soy</p> <p><u>Snack</u> 1 Tangerine Whole Wheat Gold Fish Crackers</p>	<p>11</p> <p><u>Breakfast</u> 1/2 cup fresh orange slices Mr. Chopper's Famous Breakfast Jack (1 egg, 1/2 slice jack cheese with 1/2 slice ham), 3/4 cup nonfat milk /soy</p> <p><u>Lunch</u> Oven baked fish (1 1/2 oz.) 1/4 cup mashed Yams 1/4 cup canned pears 1/2 whole wheat bread 3/4 cup nonfat milk Lactaid/soy</p> <p><u>Snack</u> 1/2 serving of a soft pretzel 1/2 cup nonfat milk or Lactaid/soy</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">14</p> <p><u>Breakfast</u> 1/2 cup fresh Strawberries 1/4 of Oatmeal; 3/4 cup Nonfat milk/ Lactaid/soy</p> <p><u>Lunch</u> 1 whole wheat burrito;(1 oz. lean beef; 1/2 oz. Monterrey Jack Cheese); 1/4 cup Edamame 1/4 cup fresh sliced grapes; 3/4 cup Nonfat milk / Lactaid/lactaid</p> <p><u>Snack</u> Ants on a log! 1/4 cup celery and 1/8 cup mixed berries; 1/2 oz. peanut butter 1/2 of cup nonfat milk/ Lactaid/soy</p>	<p style="text-align: right;">15</p> <p><u>Breakfast</u> 1/2 cup Fresh Watermelon 1/2 slice whole wheat Pita with 1 oz. .scrambled eggs 3/4 cup Nonfat milk/ Lactaid</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 Whole wheat noodles 3/4 cup Nonfat milk /Lactaid</p> <p><u>Snack</u> Banana Muffin and 1/2 of cup nonfat milk</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> 1/2 cup Fresh Blackberries 1 serving Breakfast quesadilla (1/2 oz. cheese, 1/8 egg, 1/8 lean sausage), 3/4 cup Nonfat milk / Lactaid/soy</p> <p><u>Lunch</u> Fresh sliced turkey wraps: oz.. Lean turkey, 1/2 oz. jack cheese with spinach and cucumbers wrapped in a whole wheat tortilla; 1/4 cup of mandarins ; 1/4 asparagus 3/4 cup Nonfat milk / Lactaid/ soy</p> <p><u>Snack</u> 1/2 cup of fresh Cantaloupe 1/2 oz. cottage cheese</p>	<p style="text-align: right;">17</p> <p><u>Breakfast</u> 1/2 cup Fresh 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 carrots/ peas; 1/4 cup pineapple tidbits 1/2 serving whole bread 3/4 cup nonfat milk/Lactaid/soy</p> <p><u>Snack</u> 1/2 serving of Whole Wheat Soda Crackers; 1/2 oz. Canadian Ham and 1/2 oz. Jack Cheese</p>	<p style="text-align: right;">18</p> <p><u>Breakfast</u> 1/2 cup of fresh mandarin oranges Chopper Jacks –egg, ham, cheese on a whole wheat bun. 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> 1/4 cup of sliced watermelon 1/4 cup fresh edamame Peanut butter and jelly sandwich (3 TBSP. of peanut butter); whole wheat bread 3/4 cup Nonfat milk /Lactaid /soy</p> <p><u>Snack</u> 1/2 cup of green apples, 1/2 serving of pretzels Bottled water Fieldtrip day</p> 
<p style="text-align: right;">21</p> <p><u>Breakfast</u> 1/2 cup of honey dew/cantaloupe 1/2 slice of whole wheat bagel and tsp of cream cheese 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 1 slice romaine lettuce; 1/2 cup zucchini and carrot sticks ; 1/2 cup orange slices 3/4 cup non-fat milk/Lactaid/Soy</p> <p><u>Snack</u> Peach Jell-O with 1/2 Cup of Peaches topped with 1/4 cup vanilla Yogurt</p>	<p style="text-align: right;">22</p> <p><u>Breakfast</u> 1/2 cup fresh apple slices 1/4 cup of Quinoa mixed with egg; ham avocado; spinach and tomatoes; 3/4 cup nonfat milk / Lactaid</p> <p><u>Lunch</u> Grill Ham & Cheese: 1/2 oz. lean ham, 1 oz. jack cheese; and a side of Tomato Soup; 1/4 cup green beans 1/4 cup mangos ; 3/4 cup nonfat milk/soy</p> <p><u>Snack</u> 1/2 serving of banana bread 1/2 of cup nonfat milk/ Lactaid/ soy</p>	<p style="text-align: right;">23</p> <p><u>Breakfast</u> 1/2 cup fresh bananas 1/3 cup of Oatmeal 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> 1 soft beef taco: 1 oz. beef; 1/4 spinach; diced tomato, and bell peppers topped with 1/2 oz. grated cheese and 1 Tbsp. salsa folded in a warm corn tortilla; 1/4 Spanish rice 1/4 cup lightly steamed carrot sticks, and 1/4 cup of watermelon 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of fresh strawberries 1/2 oz. of cream cheese</p>	<p style="text-align: right;">24</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/2 serving of Breakfast Burrito (Eggs ,Ground Turkey Sausage, and potatoes). 3/4 cup Nonfat milk / Lactaid/soy</p> <p><u>Lunch</u> Chicken Pot Pie See attached recipe) 1/4 cup apricots 1/4 cup fresh green beans 3/4 cup nonfat milk / Lactaid /soy</p> <p><u>Snack</u> 2 oz. of granola 1/2 cup of apples, grapes & bananas</p>	<p style="text-align: right;">25</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/3 cup unsweetened cereal variety, 3/4 cup non-fat milk /Lactaid/soy</p> <p><u>Lunch</u> Fresh sliced turkey wraps: oz.. Lean turkey, 1/2 oz. jack cheese with spinach and cucumbers wrapped in a whole wheat tortilla; 1/2 tangerines, 1/4 cup of carrot sticks 3/4 cup nonfat milk or Lactaid/soy</p> <p style="text-align: center;">School out at 12 End of the Year Celebration!</p>
<p style="text-align: right;">28</p> <p style="text-align: center;">BIHS is Closed</p> 	 <p style="font-size: 2em; font-weight: bold;">School is Out for the Summer! May 25th- August 17th</p>			 <p style="font-size: 1.2em; font-weight: bold;">ChooseMyPlate.gov</p>
<p style="font-size: 0.9em;">First Day of School August 20th 2018 Contact: Susie, Program Director-760-937-6735 Contact: LaVaree, Asst. Director /ERSEA-760-872-3911</p>				