

Mon	Tue	Wed	Thu	Fri
<p>Paya is available at all times through out the day!</p> <p>Choose MyPlate.gov</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>1</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 broccoli and cauliflower 1/4 cup strawberries 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. Cheese Cubes and 1/2 cup sliced grapes</p>	<p>2</p> <p><u>Breakfast</u> 1/2 cup canned pears 1 serving wheat bagel with cream cheese, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Stir-Fried Green Rice, Eggs, and Ham(1 oz ham; 1/2 oz egg; 1/4 brown rice), 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, 3TBSP peanut butter</p>	<p>3</p> <p><u>Breakfast</u> 1/2 cup mixed fresh berries 1/4 cup of Cream of Wheat, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Hamburger Soup 1 1/2oz 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> Teddy Grahams Water and or 1/2 cup nonfat milk</p>
<p>6</p> <p><u>Breakfast</u> 1/2 cup blueberries 1/4 cup cooked oatmeal 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Beef Enchiladas: (1 oz. Ground Turkey 1/2 cheddar and jack cheese, olive and onions, mild red 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>7</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/Soy</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 / Lactaid/Soy</p> <p><u>Snack</u> 1/2 serving of banana bread 1/2 of cup nonfat milk/ Lactaid/soy</p>	<p>8</p> <p><u>Breakfast</u> 1/2 cup mixed melon 1 serving whole wheat waffles with strawberry spread , 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Macaroni and Cheese: lean hamburger 1/1/2 oz. meat, shredded Cheddar Cheese ,1/4 cup cooked zucchini 1/4 sliced Oranges, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1 Serving of cup of Trail Mix: 1/4 cup of raisins, 1/4 cup of shelled sunflower seed, 1/3 cup of rice Chex</p>	<p>9</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> Beef Stir fry (1 1/2 oz. cooked lean ground beef, 1/4 cup fresh vegetables: broccoli, cauliflower, snow peas), 1/4 cup fresh apples, 1/4 cup Wild Rice, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1 Tangerine, Whole Wheat Gold Fish Crackers</p>	<p>10</p> <p><u>Breakfast</u> 1/2 cup fresh orange slices Breakfast Jack: (1 serving wheat bread, 1 egg, 1 oz. ham) 3/4 cup Nonfat milk / Lactaid/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 goldfish bread, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 serving of a soft pretzel 2 oz. of Pine Nut Hummus and 1/2 of cup nonfat milk/ Lactaid/soy</p>

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<p align="right">13</p> <p><u>Breakfast</u> 1/2 cup of raspberries 1/4 cup cooked oatmeal 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., 1/8 cup fresh pineapple, 1/8 cup mandarin oranges 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of sliced Nectarine 2oz. Of cottage cheese</p>	<p align="right">14</p> <p><u>Breakfast</u> 1/2 cup Fresh Apples 1/2 slice whole wheat Pita with 1 oz. scrambled eggs, 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 mixed melons 1/4 cup Whole wheat noodles 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 serving of banana with crushed graham crackers, 1/2 cup Nonfat milk / Lactaid/Soy</p>	<p align="right">15</p> <p><u>Breakfast</u> 1/2 cup fresh banana slices 1/3 cup cereal unsweetened variety, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> 1 1/2 serving turkey breast on whole wheat bread, 1/4 cup lettuce and tomato, 1/4 cup cucumbers, 1/2 cup apple slices, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. cubed cheese 1/2 cup fresh blackberries</p>	<p align="right">16</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges, 1/4 cup of brown rice mixed with scrambled eggs and sliced avocado, 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, 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 align="right">17</p> <p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: grapes, blueberries, strawberries, Whole Wheat English Muffin, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Spaghetti (1 serving wheat noodles, 1 1/2 oz. ground beef, 1/2 serving tomato sauce) 1/4 cup Brussel sprouts & carrots, 1/4 cup fresh green apples 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of carrot chip with low-fat ranch dip, 1/2 cup Nonfat milk / Lactaid/Soy</p>
<p align="right">20</p> <p><u>Breakfast</u> 1/2 cup of pineapple chunks 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 Nonfat 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 align="right">21</p> <p><u>Breakfast</u> 1/2 cup fresh apple slices 1/2 slice whole wheat French Toast with reduced calorie Fruit; 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Chicken Fajita: 1 1/2 oz chicken 1 whole wheat tortilla, 1/4 cup red and green bell peppers, 1/4 cup sliced pears, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup carrots & zucchini sticks, 1/2 oz. Cheddar Cheese Cubes</p>	<p align="right">22</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 with 1 1/2 oz beef 1 Tbsp shredded lettuce, 1 Tbsp diced tomato, 1 Tbsp grated cheese and 1 Tbsp salsa on tortilla, 1/4 cup lightly steamed carrot sticks, 1/4 cup Watermelon 1/2 cup apple slices, 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 align="right">23</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 fresh pineapple, 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 align="right">24</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 free/soy</p> <p><u>Lunch</u> Sloppy Joes: 1.5 oz. ground lean beef whole wheat bun (whole wheat) 1/4 cup cucumber slices & sliced tomato; 1/4 cup mango slices, 3/4 cup nonfat milk/Lactaid/soy</p> <p><u>Snack</u> 1/2 cup of snap peas with low-fat ranch dip, 1/2 cup nonfat milk/Lactaid /soy</p>
<p align="right">27</p> <p align="center">BIHS is Closed</p> 	<p align="right">28</p> <p><u>Breakfast</u> 1/2 cup of mixed melon 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> 3/4 cup cooked whole wheat pasta 1 1/2 oz lean ground turkey, tomato sauce; 1/4 cup Kale salad mix, with 1 Tbsp. shredded carrots; 1 Tbsp. low fat salad dressing, 1/4 cup fresh oranges sections, 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Snack</u> 1/2 a rice cake with .5 oz cream cheese, 1/2 cup Nonfat milk / Lactaid/Soy</p>	<p align="right">29</p> <p><u>Breakfast</u> 1/2 serving of fresh apples 1 serving whole wheat waffle 3/4 cup Nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Meatloaf: 1 1/2 oz. ground lean beef, 1/4 cup broccoli, cauliflower, 1/4 cup canned Mandarin Oranges, 1/4 cup Aztec Grain Salad 3/4 cup Nonfat milk /Lactaid</p> <p><u>Snack</u> 1/2 serving of graham crackers 1/2 Nonfat milk / Lactaid/Soy</p>	<p align="right">30</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> 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 align="center">School Out at 12:00pm today!</p>	<p align="right">31</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> Peanut butter and Fruit Spread Sandwich on 1 Slice whole wheat bread, peanut butter 3 TBSP, 1/4 cup fresh grapes, 1/4 cup of carrot sticks 3/4 cup nonfat milk or Lactaid</p> <p align="center">School Out at 12:00pm today!</p>