



Mon	Tue	Wed	Thu	Fri
<p>Friendly Reminder:</p> <p>Please call when your child is going to be tardy or absent! 760-872-3911</p> <p>School instruction begins at 8:00 am</p> <p>Breakfast begins at 8 am</p> <p>Lunch begins at 11 am</p> <p>Snack begins at 1 pm</p> <p>School instruction ends at 2:30 pm</p>	<p>Parents, Guardians, and Families ~Thank You for All that you do for your Children!</p> <p>We have such a happy, healthy, helpful and kind group of Young Friends!</p> <p>Your Support at BIHS is greatly appreciated!</p>	<p>“Please inform us of your child’s dietary restrictions. For those who have allergies, alternatives are available. Lactaid and Soy milk are available for those with lactose intolerance or dietary allergy.”</p> <p>Please see Amanda or Susie with questions or concerns.</p>	<p>1</p> <p><u>Breakfast</u> 1/2 cup Cranberry Apple Sauce 1/4 cup cooked oatmeal 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Taco Salad: shredded romaine; diced tomato; 1 oz. lean beef; 1/2 oz. shredded Mexican cheese), 1/4 cup of Corn mixed with green and red bell peppers, 1/4 Cup of Canned Pears , 1/2 serving of Corn Tortilla Chips (.5 oz.)-6 chips), 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 cup of sliced bananas in a cup of low sugar Jell-O, topped with 2 oz. (1/4 cup) of low-fat yogurt</p>	<p>2</p> <p><u>Breakfast</u> 1/2 cup Canned Peaches in natural juices, 1/2 Slice of French Toast w/ Fruit Spread, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Ham & Scallop Potatoes: ham-1oz, and cheese-1/2 oz. meat, potatoes-1/4 cup, 1 Whole Wheat dinner roll 1/4 cup zucchini sticks, 1/4 cup sliced oranges , 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1 oz. cheddar cheese cubes (3-4) 1 serving of whole wheat Ritz crackers (4)</p>
<p>5</p> <p><u>Breakfast</u> 1/2 cup Strawberries Whole Wheat Pumpkin Spice-pancakes (0.6 oz.), 3/4 cup nonfat milk/ Lactaid or soy milk</p> <p><u>Lunch</u> Easier Than Lasagna: (1/4 cup whole wheat pasta, 1/4 cup vegetable, 1 1/2 cheese, ricotta, jack, and parmesan, 1/4 cup Mashed Sweet Potato 1/4 cup blueberries and diced peaches 3/4 cup nonfat milk/ Lactaid or soy milk</p> <p><u>Snack</u> 1 serving of Homemade Oatmeal raisin and cranberry cookie (.06 oz.) 1/2 cup nonfat milk/Lactaid or soy</p>	<p>6</p> <p><u>Breakfast</u> 1 Tangerine (1/2 cup) 1/2 Slice (0.5 oz.) of Whole Wheat Bagel/ Cream Cheese Spread, 3/4 cup nonfat milk/ Lactaid or soy milk</p> <p><u>Lunch</u> Grill ham (1 oz.)& cheese (0.5) sandwich whole wheat bread with 3/4 cup tomato soup, 1/4 cup carrot sticks, 1/4 cup of grapes, 3/4 cup nonfat milk / Lactaid or soy milk</p> <p><u>Snack</u> 1/2 serving Banana Bread (0.6 oz.), 1/2 cup nonfat milk / Lactaid or soy milk</p>	<p>7</p> <p><u>Breakfast</u> 1/2 cup Fresh Banana 1/3 cup unsweetened cereal variety , 3/4 cup nonfat milk/Lactaid or soy milk</p> <p><u>Lunch</u> Hamburger Soup (1 1/2 oz. cooked lean beef, 1/4 cup vegetable: corn, potatoes, tomatoes, broccoli) 1/4 cup of peaches in natural juices 1/2 oz. whole wheat Ritz) crackers (4 crackers) , 3/4 cup nonfat milk/Lactaid or soy milk</p> <p><u>Snack</u> 1 serving of wheat thins (6) 1/2 cup Mandarin Oranges</p>	<p>8</p> <p><u>Breakfast</u> 1/2 cup diced fresh watermelon 1/2 Breakfast Jack (3/4 egg , 1/2 oz. cheese, 1/2 whole wheat bun), 3/4 cup nonfat milk /Lactaid or soy milk</p> <p><u>Lunch</u> Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 tbsp., 1/4 cup mandarin oranges, 1/4 cup of Edamame , 3/4 cup nonfat milk/ Lactaid or soy milk</p> <p><u>Snack</u> Quesadilla: 1/2 corn tortilla with 0.5 oz. cheese 1/2 cup of nonfat milk/Lactaid or soy milk</p>	<p>9</p> <p><u>Breakfast</u> 1/2 cup Fresh Banana 1 /2 slice of Whole Wheat Blueberry Bagel with cream cheese option, 3/4 cup nonfat milk/Lactaid or soy milk</p> <p><u>Lunch</u> Fish Sticks (3 sticks=1.5 oz.) (ketchup -tbsp.) 1/4 cup canned plums in natural juices, 1/4 cup Fresh Green Beans 1/2 cup Enriched Long grain white rice mixed with peas, 3/4 nonfat milk/ Lactaid or soy milk</p> <p><u>Snack</u> granola bar-1 serving 2 oz. (1/4 cup) low-fat yogurt</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">School is Closed ¹² In Honor of Veteran's Day Saturday November 12th 2018</p> 	<p style="text-align: right;">¹³</p> <p><u>Breakfast</u> 1/2 cup Fresh Blackberries 1/4 cup of Cream of Wheat 3/4 nonfat milk / Lactaid/Soy</p> <p><u>Lunch</u> Pumpkin Soup with 1/2 serving of Cheese Toast (1/2 oz. cheese), 1 oz. baked chicken, 1/4 cup peach halves, 1/4 cup Green Beans , 3/4 cup nonfat milk/ Lactaid/soy</p> <p><u>Snack</u> 1 Granola Bar 1/2 cup of non-milk/ Lactaid/Soy</p>	<p style="text-align: right;">¹⁴</p> <p><u>Breakfast</u> 1/2 cup fresh apple slices 1/2 slice whole wheat French toast with reduced calorie syrup , 3/4 cup nonfat milk / Lactaid /Soy</p> <p><u>Lunch</u> Chicken Enchiladas Casserole: Whole wheat tortillas, 1.5 oz. shred- ded chicken, 1/4 cup corn, 1/4 cup pears , 3/4 cup nonfat milk / Lactaid/ Soy</p> <p><u>Snack</u> 1 Soft Pretzel 1/2 oz., with 1 serving of homemade hummus- topped with Pine nuts, 1/2 cup on</p>	<p style="text-align: right;">¹⁵</p> <p><u>Breakfast</u> 1/2 cup of apricots 1/4 cup cooked oatmeal topped with cin- namon and raisins 3/4 cup nonfat milk/ Lactaid /Soy</p> <p><u>Lunch</u> Asian Chicken Salad (1 1/2 chicken 1/4 cup of mixed green salad) 1/4 cup steamed Edamame 1/4 cup mandarin oranges with 1/2 oz. whole grain Triscuits (3-4 crack- ers), 3/4 cup nonfat milk/ Lactaid /Soy</p> <p><u>Snack</u> 1/2 serving blueberries and bananas 1 serving of granola topping 2 oz. low-fat yogurt</p>	<p style="text-align: right;">¹⁶</p> <p><u>Breakfast</u> 1/2 cup fresh blackberries 1/3 cup unsweetened cereal 3/4 nonfat milk / Lactaid /Soy</p> <p><u>Lunch</u> Turkey Sandwich with light cranberry dressing: 1/2 serving of whole wheat bread, 1.5 oz. fresh sliced turkey, 1/4 cup of steamed green beans, 1/4 cup grapes 3/4 cup nonfat milk / Lactaid /Soy</p> <p><u>Snack</u> 1/2 serving whole wheat tortilla 1/4 cup of refried beans 1/2 cup nonfat milk/ Lactaid /soy</p>
<p style="text-align: right;">¹⁹</p> <p><u>Breakfast</u> 1/2 cup Sliced Bananas Breakfast Quesadilla: 3/4 egg, .05 cheddar cheese, rolled with a whole wheat tortilla, 3/4 cup nonfat milk/ Lactaid/soy</p> <p><u>Lunch</u> 1/2 Pizza in-a pocket: 1 oz. cooked lean ham, 0.5 oz. cheddar cheese, 1/4 cup of Zucchini Sticks with low-fat dressing 1/4 cup fresh blueberries mixed with diced peaches , 3/4 cup nonfat milk / Lactaid /Soy</p> <p><u>Snack</u> 1 Tbsp. of peanut butter 1/2 cup of Green Apples</p>	<p style="text-align: right;">²⁰</p> <p><u>Breakfast</u> 1/2 cup fresh grapes, 1/4 cooked oatmeal sprinkled with cinnamon with 1/2 serving of whole wheat cinnamon toast, 3/4 cup Nonfat milk/ Lactaid/soy</p> <p><u>Lunch</u> Sloppy Joes: 1.5 oz. ground beef, 1/2 serving of whole wheat hamburger bun , 1/4 cup of steamed carrots mixed with celery, 1/4 cup canned pears, 3/4 cup nonfat milk/ Lactaid</p> <p><u>Snack</u> 1/2 serving of Pumpkin Bread 0.6 oz. 1/2 cup of non-milk/ Lactaid /Soy</p>	<p style="text-align: right;">²¹</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/3 cup unsweetened cereal 3/4 nonfat milk / Lactaid/soy</p> <p><u>Lunch</u> Turkey Bowl with 1 1/2 oz. turkey, 1/4 cup of potatoes, 1/4 cup fresh pineapple, 1/4 cup fresh edamame and cherry tomatoes, 1/2 serving of whole wheat roll, 3/4 cup nonfat milk/ Lactaid/ Soy</p> <p style="text-align: center;">School is Out at 12:00 pm today. Due to Staff</p>	<p style="font-size: 2em; margin: 0;">Thanksgiving Vacation</p> <p style="font-size: 2em; margin: 0;">November 22rd—23th</p> <p style="font-size: 2em; margin: 0;">Happy Thanksgiving!</p>	
<p style="text-align: right;">²⁶</p> <p><u>Breakfast</u> 1/2 cup fresh banana Chopper Jacks: scrabbled eggs, 0.5 oz. cheese, turkey sausage on a whole wheat hamburger bun 3/4 nonfat milk/ Lactaid /soy</p> <p><u>Lunch</u> 1/2 serving of whole wheat pasta 1 1/2 oz. of ground lean beef, 1/4 cup whole kernel corn , Mixed with Spaghetti Sauce , 1/2 cup of apple slices , 3/4 cup nonfat milk / Lactaid/soy</p> <p><u>Snack</u> 1/2 serving low sodium rice cake 1 oz. cream cheese 1/2 cup nonfat milk/ Lactaid/ Soy</p>	<p style="text-align: right;">²⁷</p> <p><u>Breakfast</u> 1/2 cup fruit bowl: mixed melons 1/2 serving Whole Wheat Bagels 1 tsp. of Cream Cheese 3/4 cup nonfat milk/ lactaid /soy</p> <p><u>Lunch</u> Meatloaf (1.5 oz ground lean beef) 1/2 cup of Fresh winter squash 1/2 cup canned applesauce 1/4 of Brown Rice, 3/4 cup nonfat milk / Lactaid /soy</p> <p><u>Snack</u> 1/2 cup of carrot chips and celery sticks 1 oz. or 1 Tablespoon of peanut butter</p>	<p style="text-align: right;">²⁸</p> <p><u>Breakfast</u> 1/2 cup Mandarin Oranges 1/2 Slice of a warm wheat pita with a hard boiled egg 3/4 cup nonfat milk /Lactaid/ soy</p> <p><u>Lunch</u> Fresh Ham Sandwich: 1 Slice whole wheat bread, 1 1/2 oz. ham 1/4 cup fresh pineapple, 1/4 sugar snap peas 3/4 cup nonfat milk / Lactaid /Soy</p> <p><u>Snack</u> 1 oz. Cashews mixed with raisins 1/2 cup of non-milk/ Lactaid/Soy</p>	<p style="text-align: right;">²⁹</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> Tofu Stir fry 1 1/2 oz. diced cooked Tofu marinated in Low-Sodium Soy Sauce (2 Tbsp. to 1 lb. of Tofu, 1/4 cup broccoli, cauliflower, peas, 1/4 cup fresh apples, 1/4 cup Wild Rice 3/4 cup Nonfat milk / Lactaid/ Soy</p> <p><u>Snack</u> 1/2 cup Mandarin Oranges topped with Low-Sugar Jell-O Whole Wheat Thins (6)</p>	<p style="text-align: right;">³⁰</p> <p><u>Breakfast</u> 1/2 cup fresh Tangelos 1/3 cup unsweetened cereal 3/4 nonfat milk / Lactaid/ Soy</p> <p><u>Lunch</u> 1.5 oz. serving oven baked fish 1/4 cup steamed broccoli, 1/4 cup of pears , 1/2 serving of whole wheat bread, 3/4 cup nonfat milk /Lactaid/ Soy</p> <p><u>Snack</u> 1 serving of wheat thins (6) 1/2 cup Mandarin Oranges</p>