







# September 2018



Mon	Tue	Wed	Thu	Fri
 <p><b>3</b></p> <p><b>Bishop Tribal Office and Head Start will be closed for Labor Day. Safety First</b></p>	<p><b>4</b></p> <p><b>Breakfast</b> 1/2 cup oranges 1/4 cup Oatmeal 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Spiral Spaghetti : 1 1/2 oz. of lean ground beef, 1/2 cup of whole wheat noodles, fresh mushrooms and Italian tomato sauce 1/4 cup whole kernel corn 1/4 cup fresh grapes 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1/2 serving pineapple and strawberries and 1/2 serving of rice cake</p>	<p><b>5</b></p> <p><b>Breakfast</b> 1/2 cup fresh diced strawberries 1/3 cup unsweetened cereal variety 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> 1 piece oven baked fish 1/4 Quinoa 1/4 cup Mixed vegetables 1/4 cup of fresh sliced honey dew 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>School Out at 12:00am</b></p>	<p><b>6</b></p> <p><b>Breakfast</b> 1/2 cup fresh banana slices 1/2 slice whole wheat tortilla with 1/2 oz. reduced fat cheddar cheese, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> 1/2 cup lentil soup with garnish of 1/2 oz. reduced fat cheddar cheese and 1/2 oz. chopped ham, 1/4 cup pear slices, 1/2 piece cornbread, Side salad ,3/4 cup non-fat, Lactaid or soy milk</p> <p><b>School Out at 12:00am</b></p>	<p><b>7</b></p> <p><b>Bishop Indian Head Start Will be closed today.</b></p> <p><b>Please see Susie Cisneros</b></p>
<p><b>10</b></p> <p><b>Breakfast</b> 1/2 cup fruit mix ( Sliced grapes, strawberries, blueberries)1/2 whole grain English muffin with 1 Hard boiled egg3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Sweet and Sour Chicken (1 1/2 oz. chicken with 1/4 cup cooked pineapple 1/4 cup of sliced carrots and cabbage), 1/4 cup of cooked jasmine rice, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 2oz. Low Fat Yogurt with 1/2 cup of sliced fresh strawberries</p>	<p><b>11</b></p> <p><b>Breakfast</b> 1/2 cup fresh orange slices 1/4 cup cooked oatmeal 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Turkey pot pie (1 1/2 oz. cooked lean ground turkey, 1/4 cup diced potatoes, diced celery, carrots and peas 1/2 slice of bread), 1/4 cup peaches, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1 sliced and pitted plum, 1/2 of serving of Whole Wheat Ritz Crackers</p>	<p><b>12</b></p> <p><b>Breakfast</b> 1/2 cup fresh banana slices 1/3 cup unsweetened cereal variety 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Peanut butter (3 tablespoon of peanut butter) and Jelly (1/2 slices of bread) ,1/4 cup shelled edamame 1/4 cup sliced mango, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1/2 cup of applesauce and 1/4 serving of a soft pretzel</p>	<p><b>13</b></p> <p><b>Breakfast</b> Chopper Jacks: 1/2 serving of whole wheat hamburger bun, 1 egg, 1 oz. lean turkey sausage and 1/2 oz. of cheese; a Fresh Mandarin Orange; 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> 1 serving glazed meat loaf (1 1/2 oz. cooked lean ground beef), 1/2 slice of bread , 1/4 cup mashed sweet potatoes; 1/4 cup pineapple, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1/2 oz. reduced fat cheddar cheese cubes 1/2 cup fresh apple slices</p>	<p><b>14</b></p> <p><b>Breakfast</b> 1/2 cup fresh apple slices 1/2 serving of banana /peanut butter pancakes 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Chicken Noodle Soup with 1 1/2 oz. chicken 1/4 cup of whole wheat spiral noodles, 1/4 cup sliced cooked carrots, celery, onions and mushrooms, 1/4 cup pear halves in natural juices, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1/2 cup diced fresh pineapple and bananas 1/2 serving of Animal Crackers;</p>
<p><b>17</b></p> <p><b>Breakfast</b> 1/2 cup fresh pineapple 1 serving baked scrambled eggs mixed with spinach, mushroom and Jack Cheese 1/2 slice whole wheat toast , 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> 3/4 cup vegetable chili (1 1/2 oz. ground turkey , 1/2 cup Kidney beans, green bell peppers and tomatoes) 1/2 serving of whole wheat crackers;1/4 cup fresh fruit salad (Apples, blueberries, strawberries), 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1/2 cup shelled edamame and 1/2 cup non-fat, Lactaid or soy milk</p>	<p><b>18</b></p> <p><b>Breakfast</b> 1/2 of serving Oatmeal Pancakes 1/2 cup of sliced bananas 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Tofu stir fry ( 1.5 oz. cooked Tofu marinated in soy sauce, 1/4 cup of mixed veggies: carrots, celery, peas, mushrooms, 1/4 cup pineapple chunks, 1/4 cup brown rice, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>School Out at 12:30 pm</b></p>	<p><b>19</b></p> <p><b>Breakfast</b> 1/2 cup fresh oranges slices 1/3 cup unsweetened cereal variety with cranberries, 3/4cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Tuna sandwich with 1 1/2 oz. tuna and 1/2 serving of whole wheat bread, 1/4 cup lightly steamed green beans, 1/2 cup fruit gelatin dessert mixed with 1/4 fruit cocktail in natural juices, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1 Tbsp. peanut butter 1/2 cup fresh apple slices</p>	<p><b>20</b></p> <p><b>Breakfast</b> 1/2 whole grain waffle, 1/2 cup banana and blueberries, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Chopper Sub Sandwich: 1 oz. lean turkey, 1/2 oz. jack cheese, lettuce, tomato, slice of pickle on a 1/2 whole wheat hot dog bun, 1/4 cup of melon and 1/4 cup carrot chips, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> Salsa mole 1/2 cup (salsa with avocado ) on a whole wheat pita bread</p>	<p><b>21</b></p> <p><b>Breakfast</b> 1/2 cup fresh banana/strawberry Slices, 1/2 serving of biscuits 1/2 oz. slice of lean ham 3/4 cup nonfat lactaid soy milk</p> <p><b>Lunch</b> Turkey and Mashed Potatoes (1 1/2 oz. sliced lean turkey) 1/4 cup of Mashed Potatoes 1/4 cup fresh orange slices , 1/2 sliced of whole wheat bread, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> Kabobs (1/2 cup apples, green, yellow and red bell peppers and 1/2 oz. of cubed cheddar cheese)</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;"><b>24</b></p> <p><b>Breakfast</b> 1/2 cup fresh blueberries and blackberries, 1/3 cup unsweetened cereal variety, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Oven Baked Lemon Chicken (11/2 oz. Chicken), 1/4 cup steamed broccoli, 1/4 cup apple slices 1/2 cup of pasta salad mixed with olives, cucumbers and tomatoes 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1/2 cup of sliced Mango and 1/2 serving of Wild Rice Cakes</p>	<p style="text-align: right;"><b>25</b></p> <p><b>Breakfast</b> 1/2 a blueberry bagel with 1 oz. of cream cheese and 1/2 cup of strawberries, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> 11/2 oz. Oven Baked Fish Sticks 1/4 cup mixed green leaf salad with tomatoes, celery and bell peppers 1/4 cup Wild Rice; 1/4 cup of cranberry applesauce, 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1/2 oz. string cheese 1/2 cup of sliced green apples</p>	<p style="text-align: right;"><b>26</b></p> <p><b>Breakfast</b> 1/2 cup blueberries and bananas 1/4 cup cooked oatmeal 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Lunch</b> Bean Burrito (1/2 cup cooked beans sprinkled with cheddar cheese) 1/4 cup Asparagus 1/4 cup of orange wedges 3/4 cup non-fat, Lactaid or soy milk</p> <p><b>Snack</b> 1 Tbsp. peanut butter 1/2 cup fresh sliced banana</p>	<p style="text-align: right;"><b>27</b></p> <p style="text-align: center;"><b>No School Today</b></p> <p style="text-align: center;"><b>Bishop Paiute Tribal Employee Appreciation Day</b> <i>Tribal Offices Closed</i></p>	<p style="text-align: right;"><b>28</b></p> <p style="text-align: center;"><b>No School</b> <b>CA Indian Day</b></p> <p style="text-align: center;"></p>
<div style="border: 1px solid purple; padding: 5px; width: fit-content; margin: auto;"> <p>"This institution is an equal opportunity provider" Approved by a Registered Dietician Nutritionist</p> </div>	<p>Lactose Intolerance Lactaid or Soy products Milk/Dairy Allergies Soy products Fruit or Vegetable Allergy Substitute Fruit or Vegetable alternate Meat Allergy-Meat alternate <b>Parent Must have an updated Medical Statement Request Special Meals And/or Accommodations</b></p>	<p style="text-align: center;"><b>Paya Awa Hiibi</b></p> <p style="text-align: center;"></p>		<div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #e0f0ff; text-align: center;"> <p><b>Tutuapi' Anadūnaagūna</b></p> <p></p> <p><b>Children's Garden</b> 405 North Barlow (760) 872-3911</p> </div>