






September 2021

“This institution is an equal opportunity provider”



Mon	Tue	Wed	Thu	Fri
<p>Tutuapi' Anadūnaagūna</p>  <p>Children's Garden 405 North Barlow (760) 872-3911</p>	<p>Paya Awa Hiibi</p> 	<p>Breakfast 1/2 cup fresh diced strawberries 1/3 cup unsweetened cereal variety 6 oz. cup non-fat milk</p> <p>Lunch 1 piece oven baked fish 1/4 Quinoa; 1/4 cup steamed cauliflower 1/4 cup of fresh sliced honey dew 6oz. cup non-fat milk</p> <p>Snack 1 oz. low-fat cottage cheese 1/2 cup peaches</p>	<p>Breakfast 1/2 cup fresh banana slices 1/2 slice Breakfast Quesadilla, 6 oz. cup non-fat milk</p> <p>Lunch 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, 1/4 cup side salad, 6 oz. non-fat milk</p> <p>Snack 1/2 cup fruit cocktail in own juices mixed with Jell-O and a 1/2 cup of celery sticks</p>	<p>Breakfast 1/2 cup of fresh sliced oranges 1/2 slice whole wheat toast, Vegetable omelet with 1/4 egg, mixed with fresh spinach, mushrooms & tomatoes, 6 oz. cup nonfat milk</p> <p>Lunch 1 1/2 oz. Chicken with 1/2 serving of whole wheat bread 1/4 cup fresh green beans, 1/4 fresh watermelon, 6 oz. cup nonfat milk</p> <p>Snack 1/2 serving of Blueberry muffin and 4 oz. cup of nonfat milk</p>
<p>Labor Day</p> <p>Bishop Tribal Office and Head Start will be closed for Labor Day. Safety First</p>	<p>Breakfast 1/2 cup fresh orange slices, 1/4 cup Cream of Wheat and 1/2 serving of whole wheat toast; 6 oz. cup non-fat milk</p> <p>Lunch 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, 6 oz. cup non-fat milk</p> <p>Snack 1 sliced and pitted plum, 1/2 of serving of Wheat Ritz Crackers</p>	<p>Breakfast 1/2 cup fresh banana slices 1 slice French toast 6 oz. cup non-fat</p> <p>Lunch Peanut butter (3 tablespoon of peanut butter) and Jelly (1/2 slices of bread), 1/4 cup shelled edamame 1/4 cup sliced mango, 6 oz. cup non-fat</p> <p>Snack 1/3 cup unsweetened cereal variety 4 oz. cup non-fat milk</p>	<p>Breakfast Chopper Jacks: 1/2 serving of whole wheat hamburger bun, 1 egg, 1 oz. lean turkey sausage and 1/2 oz. of cheese; 1/2 cup Mandarin Orange; 6 oz. cup non-fat milk</p> <p>Lunch 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 cantaloupe, 6 oz. cup non-fat milk</p> <p>Snack 1/2 oz. reduced fat cheddar cheese cubes 1/2 cup fresh apple slices</p>	<p>Breakfast 1/2 cup fresh apple slices 1/2 serving of banana /peanut butter pancakes; 6 oz. cup non-fat milk</p> <p>Lunch Venison Soup with 1/4 cup of whole wheat spiral noodles, 1/4 cup sliced cooked carrots, celery, & onions 1/4 cup pear halves in natural juices; 6 oz. cup non-fat milk</p> <p>Snack 1 pear and 1/2 serving of whole wheat crackers</p>
<p>Breakfast 1/2 cup fresh watermelon 1 serving baked scrambled eggs mixed with spinach, mushroom and Jack Cheese 1/2 slice whole wheat toast; 6 oz. cup non-fat milk</p> <p>Lunch 3/4 cup Chili (1 1/2 oz. ground turkey, 1/2 cup Kidney beans, green bell peppers and tomatoes) 1/2 serving of whole wheat Ritz; 1/4 cup fresh fruit salad (Apples, blueberries, strawberries); 6 oz. cup non-fat milk</p> <p>Snack 1/2 cup shelled edamame and 1/2 serving of Whole Wheat Soda Crackers</p>	<p>Breakfast 1/2 of serving Oatmeal Pancakes 1/2 cup of sliced bananas; 6 oz. cup non-fat milk</p> <p>Lunch 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; 6 oz. cup non-fat milk</p> <p>Snack 2 oz. low-fat yogurt mixed with 1/2 cup of bananas</p>	<p>Breakfast 1/2 cup fresh oranges slices 1/3 cup unsweetened cereal variety with cranberries; 6 oz. cup non-fat milk</p> <p>Lunch 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 honey dew melon, 1/4 cup brown rice, 6 oz. cup non-fat milk</p> <p>Snack .5 oz. peanut butter 1/2 cup fresh apple slices</p>	<p>Breakfast 1/2 whole grain waffle, 1/2 cup banana and blueberries; 6 oz. cup non-fat milk</p> <p>Lunch 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, 6 oz. cup non-fat milk</p> <p>Snack 1/2 serving of whole wheat pita bread with .5 oz of melted provolone cheese</p>	<p>Breakfast 1/2 cup fresh banana/strawberry Slices, 1/2 serving of biscuits 1/2 oz. slice of lean ham 6 oz. cup non-fat milk</p> <p>Lunch 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; 6 oz. cup non-fat milk</p> <p>Snack 1/2 serving of rice cakes and 2 cutie oranges</p>



Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">20</p> <p>Breakfast 1/2 cup fresh raspberries and blackberries, 1/3 cup unsweetened cereal variety; 6 oz. cup non-fat milk</p> <p>Lunch Oven Baked Chicken (1 1/2 oz. Chicken), 1/4 cup steamed broccoli, 1/4 cup apple slices, 1/2 cup of pasta salad mixed with olives, cucumbers and tomatoes; 6 oz. cup non-fat milk</p> <p>Snack 1/2 cup of sliced Mango and 1/2 serving of Wild Rice Cakes</p>	<p style="text-align: right;">21</p> <p>Breakfast 1/2 a blueberry bagel with 1 oz. of cream cheese and 1/2 cup of strawberries; 6 oz. cup non-fat milk</p> <p>Lunch 1 1/2 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; 6 oz. cup non-fat milk</p> <p>Snack 1/2 oz. string cheese 1/2 cup of sliced green apples</p>	<p style="text-align: right;">22</p> <p>Breakfast 1/2 cup blueberries and bananas 1/2 English muffin w/peanut butter 6 oz. cup non-fat milk</p> <p>Lunch Bean Burrito (1/2 cup cooked beans sprinkled with cheddar cheese) 1/4 cup Asparagus 1/4 cup of orange wedges 6 oz. cup non-fat milk</p> <p>Snack 1 Tbsp. Pine Nut Hummus 1 Whole Wheat Soft Pretzel 4 oz of Non fat Milk</p>	<p style="text-align: right;">23</p> <p>Breakfast 1/2 cup diced fresh watermelon; 1/2 toasted whole grain English muffin with scrambled eggs; 6 oz. non-fat milk</p> <p>Lunch Asian Chicken Salad (1/4 mixed greens served with 1.5 oz. cooked lean chicken; served with 1/4 cup Chow Mein Noodles ; 1/4 cup Mandarin Oranges; 6 oz. nonfat milk</p> <p>Snack 1/2 cup fresh Mango; 1/2 oz. whole grain Ritz crackers</p>	<p style="text-align: center;">No School CA Indian Day</p> 
<p style="text-align: right;">27</p> <p>Breakfast 1/2 cup Fresh Blueberries 1/4 cup of Oatmeal, 6 oz. cup non-fat milk</p> <p>Lunch 1/4 cup of Ground Turkey Spaghetti Casserole 1/4 cup fresh apple slices 1/4 cup corn; 6 oz. cup non-fat milk</p> <p>Snack 1/2 serving of Ritz Crackers. 1 Tbsp. of peanut butter</p>	<p style="text-align: right;">28</p> <p>Breakfast 1/2 cup fruit mix (Sliced grapes, strawberries, blueberries) 1/2 whole grain English muffin with 1 Hard boiled egg; 6 oz. cup non-fat milk</p> <p>Lunch 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; 6 oz. cup non-fat milk</p> <p>Snack 2oz. Low Fat Yogurt with 1/2 cup of sliced fresh strawberries</p>	<p style="text-align: right;">29</p> <p>Breakfast Breakfast Rice Bowl: Scrambled Eggs mixed with 1/4 cooked Brown Rice and lean sausage; 1/2 cup oranges; 6 oz. cup non-fat milk</p> <p>Lunch Sub Sandwiches: 1 oz. of sliced Turkey Ham, .5 oz of Jack Cheese served on a whole wheat bun; 1/8 cup sliced tomatoes and lettuce; 1/4 cup of baby carrots; 1/4 cup fresh grapes; 6 oz. cup non-fat milk</p> <p>Snack 1/3 cup of unsweetened cereal served with 4 oz. cup of non-fat milk</p>	<p style="text-align: right;">30</p> <p>Breakfast 1/2 cup fresh watermelon 1 serving baked scrambled eggs mixed with spinach, mushroom and Jack Cheese 1/2 slice whole wheat toast ; 6 oz. cup non-fat milk</p> <p>Lunch 3/4 cup Chili (1 1/2 oz. ground turkey , 1/2 cup Kidney beans, green bell peppers and tomatoes) 1/2 serving of whole wheat Ritz; 1/4 cup fresh fruit salad (Apples, blueberries, strawberries); 6 oz. cup non-fat milk</p> <p>Snack 1/2 cup sliced Cherry Tomatoes and 1/2 serving of Triscuits</p>	<p style="text-align: center;">“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” Please see Amanda or Susie with questions or concerns.</p>