


Birthdays in September!







Camryn M. 9th
Aspen P. 17th
Lucia A. 25th
Keiji A. 29th

September 2019

“This institution is an equal opportunity provider”
Approved by a Registered
Dietician Nutritionist

Mon	Tue	Wed	Thu	Fri
 <p>2</p> <p>Bishop Tribal Office and Head Start will be closed for Labor Day. Safety First</p>	<p>3</p> <p>Breakfast 1/2 cup oranges 1/4 cup Oatmeal 3/4 cup non-fat, Lactaid or soy milk</p> <p>Lunch 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>Snack 1/2 serving pineapple and strawberries and 1/2 serving of rice cake</p>	<p>4</p> <p>Breakfast 1/2 cup fresh diced strawberries 1/3 cup unsweetened cereal variety 3/4 cup non-fat, Lactaid or soy 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 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1 oz. low-fat cottage cheese 1/2 cup peaches</p>	<p>5</p> <p>Breakfast 1/2 cup fresh banana slices 1/2 slice Breakfast Quesdilla, 3/4 cup non-fat, Lactaid or soy 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 ,3/4 cup non-fat, Lactaid or soy 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>6</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, 3/4 cup non-fat, Lactaid or soy 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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/2 serving of Blueberry muffin and 1/2 cup non-fat, Lactaid or soy milk</p>
<p>9</p> <p>Breakfast 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>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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 2oz. Low Fat Yogurt with 1/2 cup of sliced fresh strawberries</p>	<p>10</p> <p>Breakfast 1/2 cup fresh orange slices 1/4 cup cooked hot cereal 3/4 cup non-fat, Lactaid or soy 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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1 sliced and pitted plum, 1/2 of serving of Wheat Ritz Crackers</p>	<p>11</p> <p>Breakfast 1/2 cup fresh banana slices 1 slice French toast 3/4 cup non-fat, Lactaid or soy milk</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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/3 cup unsweetened cereal variety 3/4 cup non-fat, Lactaid or soy milk</p>	<p>12</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, 3/4 cup non-fat, Lactaid or soy 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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/2 oz. reduced fat cheddar cheese cubes 1/2 cup fresh apple slices</p>	<p>13</p> <p>Breakfast 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>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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/2 cup diced fresh pineapple and bananas 1/2 serving of Animal Crackers</p>
<p>16</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 , 3/4 cup non-fat, Lactaid or soy 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), 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/2 cup shelled edamame and 1/2 cup non-fat, Lactaid or soy milk</p>	<p>17</p> <p>Breakfast 1/2 of serving Oatmeal Pancakes 1/2 cup of sliced bananas 3/4 cup non-fat, Lactaid or soy 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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 2 oz. low-fat yogurt mixed with 1/2 cup of bananas</p>	<p>18</p> <p>Breakfast 1/2 cup fresh oranges slices 1/3 cup unsweetened cereal variety with cranberries, 3/4cup non-fat, Lactaid or soy 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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1 Tbsp. peanut butter 1/2 cup fresh apple slices</p>	<p>19</p> <p>Breakfast 1/2 whole grain waffle, 1/2 cup banana and blueberries, 3/4 cup non-fat, Lactaid or soy 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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack Salsa mole 1/2 cup (salsa with avocado)on a whole wheat pita bread</p>	<p>20</p> <p>Breakfast 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>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, ,3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack Kabobs (1/2 cup apples, sliced bell peppers and 1/2 oz. of cubed cheddar cheese)</p>



Mon	Tue	Wed	Thu	Fri
<p>Breakfast 23 1/2 cup fresh raspberries and blackberries, 1/3 cup unsweetened cereal variety, 3/4 cup non-fat, Lactaid or soy 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 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/2 cup of sliced Mango and 1/2 serving of Wild Rice Cakes</p>	<p>Breakfast 24 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>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, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/2 oz. string cheese 1/2 cup of sliced green apples</p>	<p>Breakfast 25 1/2 cup blueberries and bananas 1/2 English muffin w/peanut butter 3/4 cup non-fat, Lactaid or soy 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 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1 Tbsp. peanut butter 1/2 cup fresh sliced banana</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">No School Bishop Paiute Tribal Employee Appreciation Day</p> 	<p style="text-align: right;">27</p> <p style="text-align: center;">No School CA Indian Day</p> 
<p>Breakfast 30 1/2 cup Fresh Blueberries 1/4 cup of Oatmeal, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Lunch 1/4 cup of Ground Turkey Spaghetti Casserole 1/4 cup fresh apple slices 1/4 cup corn, 3/4 cup non-fat, Lactaid or soy milk</p> <p>Snack 1/2 serving of Ritz Crackers. 1 Tbsp. of peanut butter 1/2 cup non-fat</p>	<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 Parent Must have an updated Medical Statement Request Special Meals And/or Accommodations</p>	<p style="text-align: center;">Paya Awa Hiibi</p> 	<div style="border: 2px solid black; border-radius: 20px; padding: 10px; text-align: center;"> <p>Tutuapi' Anadūnaagūna</p>    <p>Children's Garden</p> <p>405 North Barlow (760) 872-3911</p> </div> 