





April 2017

Water is available during all CACFP meals and snacks at Bishop Indian Head Start and available throughout the day.

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">3</p> <p><u>Breakfast</u> 1/2 cup canned peaches 1/2 Slice of French Toast w/ Fruit Spread 3/4 cup Nonfat milk/ Lactaid</p> <p><u>Lunch</u> Macaroni and Cheese: lean hamburger 1 1/2 oz. meat, Velveeta Cheese , 1/2 cup Yellow Squash, 1/2 cup Oranges 3/4 cup Nonfat milk/ Lactaid</p> <p><u>Snack</u> 1/2 cup of Fresh Sliced Apples 1 serving of Wheat Thins crackers</p>	<p style="text-align: right;">4</p> <p><u>Breakfast</u> 1/2 cup fresh sliced apples 1/4 cup Cooked Oatmeal 3/4 cup Nonfat Milk / Lactaid</p> <p><u>Lunch</u> 1 1/2 oz. Fish Fillet 1/2 cup Peach Halves 1/2 cup Fresh Green Beans 1/2 serving whole wheat pasta (Shells) 3/4 nonfat milk/Lactaid</p> <p><u>Snack</u> Serving of Rice Cake and 1/2 cup honey dew melon</p>	<p style="text-align: right;">5</p> <p><u>Breakfast</u> 1/2 cup fresh grapes 1 Blueberry Muffin 3/4 cup Nonfat milk / Lactaid</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 canned Mandarin Oranges 1/4 cup Whole wheat rice 3/4 cup Nonfat milk /Lactaid</p> <p><u>Snack</u> 1/2 cup serving of fresh strawberries in Jell-O, topped with 2 oz. Nonfat vanilla yogurt</p>	<p style="text-align: right;">6</p> <p><u>Breakfast</u> 1/2 cup Fresh Strawberries Serving of Cheese Quesadilla w/ potatoes and sausage 3/4 cup Nonfat milk /Lactaid</p> <p><u>Lunch</u> 1/2 cup chili con carne (1 1/2 oz. cooked lean ground turkey), 1/4 cup fiesta corn 1/2 oz. wheat crackers (4 crackers), 1/4 cup fresh apple slices 3/4 cup nonfat milk/ Lactaid</p> <p><u>Snack</u> 1/2 cup zucchini sticks-4 each 1/2 oz. String Cheese</p>	<p style="text-align: right;">7</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges Breakfast Jack (3/4 egg, 1/2 oz. cheese and 1/2 whole wheat bun) 3/4 cup Nonfat milk /Lactaid</p> <p><u>Lunch</u> Hamburger soup (1 1/2 oz. of lean ground beef, 1/2 cup of potatoes, 1/8 carrots, 1/8 squash) 1/2 cup fresh pineapple 1/2 serving of goldfish wheat bread 3/4 cup nonfat milk/ Lactaid</p> <p><u>Snack</u> 1/2 serving of graham crackers 1/2 cup of nonfat milk</p>
<p style="text-align: right;">10</p> <p><u>Breakfast</u> 1/2 cup fresh Cantaloupe 1/2 slice of Whole Wheat French Toast with fruit spread 3/4 Nonfat milk / Lactaid</p> <p><u>Lunch</u> 1 1/2 oz. oven baked chicken 1/2 cup steamed broccoli 1/2 serving of whole wheat bread 1/4 cup of canned pears 3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 cup of sliced apples 2 oz. of non-fat yogurt</p>	<p style="text-align: right;">11</p> <p><u>Breakfast</u> 1/2 cup mixed fruit 1/4 cup of Cream of Wheat 1 tsp brown sugar 3/4 Nonfat milk / Lactaid</p> <p><u>Lunch</u> Chicken Enchiladas: (1 oz. shredded chicken, 1/2 cheddar and jack cheese, olive and onions, mild green chili sauce) 1 small whole wheat tortillas 1/4 cup corn and carrots 1/2 cup of canned Mandarins oranges 3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 oz. string cheese Serving of Wheat Thins crackers</p>	<p style="text-align: right;">12</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/2 whole wheat toast w/scrambled eggs; 3/4 cup Nonfat milk / Lactaid</p> <p><u>Lunch</u> Turkey Burger 1 1/2 oz. meat, 1/4 cup of romaine lettuce and tomato 1/2 serving whole wheat bun 1/4 cup corn , 1/4 cup blueberries 3/4 cup nonfat milk</p> <p><u>Snack</u> 1 Soft Pretzel 1/2 oz. 1 tbsp. Pine nut hummus 1/2 cup Nonfat milk / Lactaid</p>	<p style="text-align: right;">13</p> <p><u>Breakfast</u> 1/2 cup Banana 1/3 cup Cheerios 3/4 cup Nonfat milk /Lactaid</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</p> <p><u>Snack</u> 1/2 oz. cubed cheese 1/2 cup of fresh blueberries</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: grapes, melon, strawberries Whole Wheat English Muffin 3/4 cup Nonfat milk / Lactaid</p> <p><u>Lunch</u> Spaghetti sauce over whole wheat rice 1 1/2 oz. lean beef 1/2 cup of fresh cauliflower 1/4 cup canned applesauce 3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 oz. whole grain crackers (4 crackers) (Ritz) 1/2 cup of Nonfat milk / Lactaid</p>

Mon	Tue	Wed	Thu	Fri
17	18	19	20	21
<h1>Spring Break April 17th-21st</h1> <p>*No School*</p>				
<p style="text-align: right;">24</p> <p><u>Breakfast</u> 1/2 cup Applesauce 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 cup Nonfat milk/ Lactaid</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 green beans and carrots 1/4 cup pear halves 3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> Vegetable flowers: (cherry tomato, sugar snap peas, and carrots 1 serving of whole wheat Ritz</p>	<p style="text-align: right;">25</p> <p><u>Breakfast</u> 1/2 cup of pineapple chunks 1/4 cup cooked oatmeal 1/2 teaspoon of brown sugar 3/4 cup nonfat milk/ Lactaid</p> <p><u>Lunch</u> Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 1 1/2 tbsp, 1/4 cup fresh pineapple, 1/4 cup mandarin oranges 3/4 cup nonfat milk / Lactaid</p> <p><u>Snack</u> Fresh Nectarine Whole Wheat Rainbow Goldfish</p>	<p style="text-align: right;">26</p> <p><u>Breakfast</u> 1/2 cup fresh Bananas, 1/2 slice whole wheat French Toast; 1 tbsp fruit spread, 3/4 cup nonfat milk / Lactaid</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 3/4 nonfat milk / Lactaid</p> <p><u>Snack</u> Mouse Tail Snack: (string cheese, strawberries, cream cheese, sunflower seeds</p>	<p style="text-align: right;">27</p> <p><u>Breakfast</u> 1/2 cup Fresh Apples 1/2 slice of whole wheat bagel and tsp of cream cheese 3/4 cup nonfat milk/ Lactaid</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 1/2 cup fresh oranges sections 3/4 cup nonfat milk/ Lactaid</p> <p><u>Snack</u> 1/2 cup canned peaches in Jell-O, topped with 2 oz. low fat vanilla yogurt</p>	<p style="text-align: right;">28</p> <p><u>Breakfast</u> 1/2 cup mixed berries 1/2 slice French toast with fruit spread 3/4 cup nonfat milk/Lactaid</p> <p><u>Lunch</u> 1/2 Submarine Sandwich (1/2 oz. lean ham, 1/2 oz. lean turkey, 1/2 oz. lean cheese on a whole wheat hot dog bun 1/4 cup romaine lettuce and tomato 1/4 cup canned pears 3/4 nonfat milk/Lactaid</p> <p style="text-align: center;">Early Dismissal out at 12pm Staff Development</p>
<p>Children’s growing bodies require good nutrition, and fruits and vegetables contain a multitude of vitamins, minerals and other healthy compounds. Citrus fruits and strawberries are rich in immune system-boosting vitamin C</p>	<p style="text-align: center;">The Vegetable Song (Tune: “Twinkle, Twinkle Little Star”) Carrots, Peas, and Broccoli, Vegetables are good for me.</p> <p style="text-align: center;">For my snack and in my lunch, Veggie sticks are great to munch.</p> <p style="text-align: center;">Carrots, Peas, and Broccoli, Vegetables are good for me.</p> 	<p>Friendly Reminder:</p> <p>Keep Your Contact List Up to Date Please!</p> <p>Safety First!</p> <p>Please call your child’s Teacher or school when your child will be absent or tardy.</p> 		<p style="text-align: center;">Paya is available at all times.</p> 