







February 2018

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

Mon	Tue	Wed	Thu	Fri
<p>School Hours Doors Open at 7:45 am Instruction begins 8:00 am School Ends 2:30 pm Office closes by 5:00 pm</p>	 <p>Be a kind! Be a friend!</p>	<p>Attention to All the Parents and Guardians who ensure your children arrive to school by 8:00 am! School Readiness Skills Is a Team Effort! Thank you! BIHS</p> 	<p style="text-align: right;">1</p> <p><u>Breakfast</u> 1/2 cup of Cranberry Applesauce 1/2 serving of <u>whole wheat oatmeal pancakes</u> 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> 1.5 oz. Bake crispy chicken, 1/4 cup steamed broccoli, 1/4 cup fresh orange slices, 1/2 whole wheat bread sticks 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1 serving graham crackers (2 crackers) 1/2 oz. string cheese 1/2 cup nonfat milk/lactaid free/soy</p>	<p style="text-align: right;">2</p> <p><u>Breakfast</u> 1/2 cup canned pears 1/2 slice of whole wheat blueberry bagel w/ 1/2 oz. cream cheese 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> 1/2 cup Hamburger soup (1/2 cup of peas, <u>corn</u>, carrots, pearl onions, kidney beans, and sliced 1.5 oz. of lean hamburger meat) 1/4 cup sliced apples, <u>1/2 serving cornbread</u> 3/4 nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1 whole wheat rice cake with 1/2 oz. sliced cheddar cheese</p>
<p style="text-align: right;">5</p> <p><u>Breakfast</u> 1/2 cup Canned Peaches in natural juices 1/2 Slice of <u>Whole Wheat Tortilla</u> with 1 oz. melted cheddar cheese and scrambled eggs with a side of salsa 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Easier Than Lasagna: (1/4 cup pasta, 1/4 green bell peppers, yellow & green squash, 1/2 cheese, ricotta, jack, and parmesan and 1 oz. lean ground turkey) 1/4 cup steamed green beans 1/4 sliced honeydew 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 cup of sliced banana with 1 tbsp. peanut butter</p>	<p style="text-align: right;">6</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/3 cup <u>Great Grains Banana Nut Cereal</u> 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Pizza in a pocket: 1 oz. cooked lean ground beef mixed with mushrooms, 1/2 oz. mozzarella cheese, & pizza sauce in a whole wheat Pita (1/2); 1/4 cup of romaine salad: mix of carrots, red cabbage & tomatoes; 1/4 cup apricot halves; 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 cup of green peas 1/2 oz. cubed cheese</p>	<p style="text-align: right;">7</p> <p><u>Breakfast</u> 1/2 cup of Fresh Bananas 1/4 cup of warm Oatmeal 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Shredded chicken with beans and rice (mix) 1 1/2 oz. chicken 1/4 cup kidney beans <u>1/4 cup whole grain wild rice</u>, 1/2 cup fresh steamed broccoli, 1/4 cup fresh honeydew, 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1 Hard boiled egg with whole wheat soda crackers(5)</p>	<p style="text-align: right;">8</p> <p><u>Breakfast</u> 1/2 cup fresh orange slices, with a whole wheat English muffin and 1.5 oz. Canadian bacon 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Tuna Sandwich: 1.5 oz. of tuna mixed with pickles and celery; 1/4 cup steamed Brussel Sprouts; 1/4 cup canned pears; <u>1/2 whole wheat Oat bread</u> 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1.5 oz. low fat cottage cheese 1/2 cup of Peaches</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> 1/2 cup fresh apple slices <u>1/4 cup brown rice</u> and egg bowl with avocado cubes 3/4 nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Pasta Wheels (1 1/2 oz. beef, 1/4 cup Enriched med. Wagon wheel pasta; 1/4 Tomato Sauce and corn); 1/4 cup mixed green salad; 1/4 cup canned peaches 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 cup Jicama and carrot sticks 2 oz. of low-fat Greek yogurt</p>
<p style="text-align: right;">12</p> <p>No School Today</p> 	<p style="text-align: right;">13</p> <p><u>Breakfast</u> 1/2 cup Fresh Banana 1/3 cup whole wheat Cheerios 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> 1/4 cup of whole wheat pasta (Spiral) and Tomato sauce (1 1/2 oz. lean ground turkey); <u>1/4 of corn</u>; 1/4 cup of grapefruit and mandarin oranges; 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> Strawberry Jell-O topped with 2 oz. low-fat vanilla yogurt, 1/2 cup peaches</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> 1/2 cup of pineapple chunks 1/2 slice of <u>whole wheat French toast</u> with 1 Tbsp. Maple syrup 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> 1 tomato basil wrap: 1 oz. lean turkey, .5 oz. jack cheese with romaine lettuce n fresh tomato & light ranch dressing; 1/4 cup fresh grapes; 1/4 cup edamame 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1 serving of Animal Crackers (6 crackers) 1/2 cup of apples 1/2 cup nonfat milk/lactaid free/soy</p>	<p style="text-align: right;">15</p> <p><u>Breakfast</u> 1/2 cup peach halves 1/2 slice <u>whole wheat toast</u> with 1 boiled egg, 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Sloppy Joes: 1.5 oz. ground lean beef whole wheat bun (whole wheat) 1/4 cup cauliflower; 1/4 cup mango slices 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 serving of a soft pretzel 1 tbsp. peanut butter 1/2 cup nonfat milk/lactaid free/soy</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges Chopper Jacks: 3/4 egg, 1/2 oz. jack cheese, garnished with fresh spinach on half of a whole wheat bun 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Peanut butter and Fruit Spread Sandwich: <u>1 Slice whole wheat bread</u>, 3 tbsp. of peanut butter, 1 tbsp. low sugar fruit spread; 1/4 cup fresh pineapple & mandarin oranges; 1/4 cup of peas 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 oz. sliced cheddar cheese 1/2 serving of rice cakes</p>

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<p style="text-align: right;">19</p> <p>President's Holiday Tribal Offices Closed~BIHS CLOSED TODAY</p> 	<p style="text-align: right;">20</p> <p><u>Breakfast</u> 1/2 cup of bananas 1/2 serving of a cinnamon muffin 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Lunch</u> 1 1/2 oz. Fish Sticks (3 sticks) 1 Tbsp. Lo Cal Tarter Sauce 1/4 cup of Brussels sprouts 1/2 cup orange slices 1/2 <u>servng brown rice</u> mixed with celery and bell peppers 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 serving of Chex Cereal 1/2 cup non-fat milk/lactaid free/soy</p>	<p style="text-align: right;">21</p> <p><u>Breakfast</u> 1/2 cup applesauce 1/2 whole wheat waffles 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Lunch</u> 1 1/2 oz. sliced turkey breast on 1/2 serving <u>whole wheat bread</u> w/ tsp light cranberry mayonnaise and a slice romaine lettuce ; 1/2 cup cooked zucchini and corn 1/4 cup sliced apples 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 serving of a soft pretzel; side of Hummus; 1/2 cup non-fat milk/lactaid free/soy</p>	<p style="text-align: right;">22</p> <p><u>Breakfast</u> 1/2 cup fresh Mangos Avocado Baked Scrabbled Eggs 1/2 serving of <u>whole wheat bagels</u> 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Lunch</u> Macaroni and Cheese : ham-1/2 oz. meat, melted cheddar Cheese 1 oz. topped with crunchy bread crumbs; 1/4 cup Winter Squash, 1/4 cup sliced peaches 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Snack</u> 1 oz. Cashews mixed with raisins 1/2 cup non-fat milk/lactaid free/soy</p>	<p style="text-align: right;">23</p> <p><u>Breakfast</u> 1/2 cup fresh banana slices 1/4 cup of <u>cooked oatmeal</u> and raisins 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Lunch</u> Beef stir fry (11/2 oz. cooked lean ham-burger meat, 1/4 cup of carrots, onions, bell peppers and yellow zucchini) 1/4 cup Chow Mein; 1/2 cup fresh pineapple 3/4 cup non-fat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 cup of Apricot halves 1/2 cup non-fat milk/lactaid free/soy</p>
<p style="text-align: right;">26</p> <p><u>Breakfast</u> 1/2 cup applesauce 1/2 serving of <u>whole wheat strawberry pancakes</u> 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Asian Chicken Salad (1 1/2 oz. chicken, 1/4 cup mix of romaine, celery, cabbage, snow peas, mandarin oranges and Chinese noodles) ; <u>1/4 cup corn and wild rice</u>; 1/4 cup cantaloupe and raspberries 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 oz. string cheese 1/2 cup of roasted zucchini sticks</p>	<p style="text-align: right;">27</p> <p><u>Breakfast</u> 1/2 cup sliced fresh bananas 1/3 <u>whole wheat Mini wheat</u> cereal; 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> 1 soft taco: 1 1/2 oz. ground beef with diced tomato, shredded romaine, topped with grated cheese in a corn tortilla; 1/4 cup lightly steamed carrot sticks; 1/4 cup pineapple chunks 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 oz. Cheddar Cheese Cubes; 1/2 cup sliced apples</p>	<p style="text-align: right;">28</p> <p><u>Breakfast</u> 1/2 cup fresh cantaloupe 1/2 serving of biscuits and 1 slice of Canadian bacon 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Lunch</u> Turkey Burger: 1 1/2 oz. turkey, a slice tomato & a romaine leaf with a half pickle on a <u>whole wheat bun</u>; 1/4 cup lightly steamed green beans; 1/4 cup cranberry applesauce 3/4 cup nonfat milk/lactaid free/soy</p> <p><u>Snack</u> 1/2 cup of cauliflower with a side of hummus 1/2 cup nonfat milk/lactaid free/soy</p>	<p style="text-align: center;"><i>Piya is available at all times through out the day!</i></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</p>
<p style="text-align: center;"><i>Creative play is like a spring that bubbles up from deep within a child. ~Joan Almon</i></p> <p style="text-align: center;"><i>Children make your life important. ~Erma Bombeck</i></p>				<p style="text-align: center;">Friendly Reminder: Please call your child's teacher or school when your child will be absent or tardy. It would be very helpful in preparing correct meal counts. You may call before 8:00am The number to call is 760-872-3911 Thank you to all parents and guardians for all your support!</p>