





Mon	Tue	Wed	Thu	Fri
	<p>Food Safety Tips:</p> <p>Clean: Wash Hands and Surfaces Often</p> <p>Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.</p> <p>Make hand washing FUN!</p> <p>Sing “Twinkle, Twinkle, Little Star” or “the Alphabet Song” through while washing hands to make sure your child is washing long enough.</p>	<p><i>Piya is available at all times, meals and snack time.</i></p> 	<p><i>You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life.</i></p>	<p>Friendly Reminder:</p> <p>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</p> <p>The number to call is 760-872-3911</p> <p>Thank you to all parents and guardians for all your support!</p> 
<p style="text-align: right;">8</p> <p><u>Breakfast</u> 1/2 cup Cranberry Applesauce; 1/2 slice Whole Wheat French Toast Optional: 1 tablespoon of fruit spread; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Whole Wheat Spaghetti: 1 1/2 oz. lean beef, 1/4 cup of whole wheat pasta, and tomato sauce; 1/4 cup of corn; 1/4 cup Romaine Salad: 1/8 cup shredded carrots, 1/8 sliced tomatoes, 1/8 cucumbers and 1/4 cup Fresh sliced apples 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 2 oz. Low fat yogurt 1/2 cup of Fresh Peaches</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/3 cup unsweetened cereal variety 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 serving Pita Pocket Pizza (1 oz.) cooked ground turkey with 1/2 oz. shredded cheese; 1/4 cup of romaine salad: mix of carrots, red cabbage, tomatoes and cranberries; 1/4 cup apricot halves; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 fresh apple slices with 1 Tbsp. Pumpkin Peanut butter</p>	<p style="text-align: right;">10</p> <p><u>Breakfast</u> 1/2 cup fresh pineapple cubes 1/2 slice Whole Wheat English Muffin Vegetable omelet with 3/4 egg 1/8 cup fresh spinach, 1/8 cup of diced tomatoes; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Chicken and Wild Rice: 1/4 cup kidney beans; 1/4 cup wild rice; 1 1/2 oz. chicken; 1/4 cup fresh steamed green beans, 1/4 cup fresh honeydew; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. String cheese Ritz crackers-4</p>	<p style="text-align: right;">11</p> <p><u>Breakfast</u> Breakfast Quesadilla: 3/4 scrambled eggs, mixed 1/4 potatoes, topped with melted cheese; 1/2 cup fresh orange slices; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1.5 oz. oven pan grilled fish 1/2 serving of corn bread 1/4 cup watermelon 1/4 cup of peas and carrots 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. low fat cottage cheese 1/2 cup of pears</p>	<p style="text-align: right;">12</p> <p><u>Breakfast</u> 1/2 cup fresh applesauce 1/4 cup of Oatmeal mixed with cranberries and raisins; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1/2 a Grill Cheese (whole wheat bread and 1.5 oz. cheese) with Tomato Soup, 1/4 cup broccoli and carrot salad, 1/4 cup canned peaches 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> Fruit kabobs—1/8 cup fresh cantaloupe, 1/8 cup fresh bananas, 1/4 cup fresh grapes, 1/2 oz. cheese cubes</p>

Mon	Tue	Wed	Thu	Fri
<p align="right">15</p> <p>BISHOP PAIUTE TRIBAL OFFICES CLOSED TODAY</p> <p>MARTIN LUTHER KING JR. HOLIDAY~BIHS and Tribal Offices CLOSED TODAY</p> 	<p align="right">16</p> <p><u>Breakfast</u> 1/2 cup fresh raspberries and bananas 1/2 whole wheat waffles Optional: 1 tablespoon of fruit spread; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 3 oz. Breaded fish sticks 1/4 cup of Brussel sprouts; 1/4 cup orange slices, 1/4 cup Amaranth 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup fresh bananas Nabisco Nilla wafers (5) 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p align="right">17</p> <p><u>Breakfast</u> 1/2 cup fresh banana slices 1/4 cup of Buckwheat pancakes and Maple Syrup 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 1/2 oz. sliced turkey breast on 1/2 serving whole wheat bread w/ tsp light cranberry mayonnaise with romaine lettuce and pickle; 1/4 cup zucchini and carrot sticks; a pear; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 toasted whole wheat English muffin; 1 tsp. peanut butter; 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p align="right">18</p> <p><u>Breakfast</u> 1/2 c diced fresh watermelon 1/2 toasted crushed wheat toast w/ scrambled eggs, and ham; side of mild salsa; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Soft beef tacos and rice: 1 1/2 oz. chicken, 1/4 cup of shredded romaine lettuce, diced tomato, and 1/2 oz. grated cheddar cheese, 1 whole tortillas, and tsp. mild salsa; 1/4 cup Spanish rice, 1/4 cup whole pinto beans, 1/4 cup pineapple chunks, 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. String cheese, 1/2 cup fresh apples</p>	<p align="right">19</p> <p><u>Breakfast</u> 1/2 cup canned pears 1/2 slice of whole wheat quesadilla and turkey sausage and eggs, sprinkled with jack cheese with side of salsa 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1/2 cup lentil soup w/ gamish of tsp. reduced cheddar cheese and 1 1/2 oz. chopped ham; 1/2 cup canned mandarin oranges, 1/4 cup mixed green salad, 1/2 serving of cornbread 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 whole wheat rice cake, 2 oz. cream cheese and 1/2 cup Nonfat milk/Lactaid/Soy</p>
<p align="right">22</p> <p><u>Breakfast</u> 1/2 cup sliced fresh bananas and blueberries; 1/4 cup of cream of wheat cereal; 1/2 slice of toast ; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Baked parmesan chicken, (1 1/2 oz. chicken) 1/4 cup lightly steamed broccoli, 1/4 cup diced pears, 1/2 serving of cornbread; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 Wild Rice (rice cake) 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p align="right">23</p> <p><u>Breakfast</u> 1/2 cup fresh orange slices 1/4 cup cooked oatmeal with raisins and cranberries ;3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 serving chicken noodle soup (1 1/2 oz. cooked chicken, 1/4 cup: carrots, onions, potatoes, corn, 1/4 cup of whole wheat pasta); 1/4 cup of canned peach halves 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. graham crackers (2 crackers) 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p align="right">24</p> <p><u>Breakfast</u> 1/2 cup Canned Peaches 1/2 Slice of French Toast w/ Fruit Spread 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Ham & Scallop Potatoes: ham-1 1/2 oz., 1/4 cup sliced Yukon potatoes-1/4 cup 1 Whole Wheat dinner roll, 1/4 cup Winter Squash, 1/4 cup sliced oranges 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> Soft pretzels (1/2 serving) 1/2 cup Nonfat milk/Lactaid/Soy Optional: Nutella Dip</p>	<p align="right">25</p> <p><u>Breakfast</u> 1/4 cup of mixed brown rice, scrabbled eggs and ham; 1/2 cup of mandarin oranges ; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> 1 tuna sandwich(1 1/2 oz. tuna, diced celery, relish, tsp. of light mayo) 1/2 slice of whole wheat bread 1/4 cup of cucumbers mixed with cherry tomatoes, 1/4 cup of sliced green apples 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> Wheat Thins (6) 1/2 ounce of grilled cubed Tofu</p>	<p align="right">26</p> <p><u>Breakfast</u> 1/2 serving of Oatmeal Pancakes 1/2 cup of cranberry applesauce 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Beef stir fry (1 1/2 oz. thinly sliced and chopped beef, 1/4 cup of carrots, celery, onions, mushrooms and snow peas) 1/4 cup wild rice, 1/4 cup fresh pineapple, 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/3 cup of Rice Chex Cereal and 1/2 cup Nonfat milk/Lactaid/Soy</p>
<p align="right">29</p> <p><u>Breakfast</u> 1/2 cup fresh apple slices 1/4 cup cream of wheat with 1/2 slice of whole wheat toast; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Spaghetti (1 1/2 oz. ground turkey, 1/4 cup whole wheat pasta and tomato sauce); 1/4 cup cooked Brussel sprouts, 1/4 cup sliced pears, 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 oz. whole wheat Ritz (4 crackers) with 1/2 oz. sliced cheddar cheese and cooked Canadian ham.</p>	<p align="right">30</p> <p><u>Breakfast</u> 1/2 cup sliced fresh bananas 1/2 toasted whole grain unsweetened cereal; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Tofu Stir Fry: 3.5 oz. grilled Tofu, carrots, edamame, celery and mushrooms, 1/4 cup of Wild Rice, 1/4 cup pineapple chunks; 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1/2 of peanut butter and jelly sandwich with 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p align="right">31</p> <p><u>Breakfast</u> 1/2 cup canned pears 1/2 slice of whole wheat quesadilla and turkey sausage and eggs, sprinkled with jack cheese with side of salsa 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Beef and Barley Soup and 1 1/2 oz. cubed beef with 1/4 cup of cooked barley, carrots and peas ; 1/4 cup kale salad, 1 pear, 1/2 serving of cornbread; 3/4 Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 whole wheat rice cake, 2 oz. cream cheese and 1/2 cup Nonfat milk/Lactaid/Soy</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 align="right">Choose MyPlate.gov</p>	