



March 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>Friendly Reminder:</p> <p>Please call 760-872-3911 when: Your child will be tardy or absent.</p> <p>Your family must maintain a minimum Average Daily Attendance Rate of 85% or better to secure your Head Start services.</p> <p>Contact your classroom teacher for any concerns regarding your child's Attendance Rate.</p> <p>School Starts at 8:00 Sharp! School ends at 2:30 pm! <u>Thank you for your support and</u></p>	<p>Food Safety Tips: Clean: Wash Hands and Surfaces Often Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.</p> <p>Make Hand Washing FUN! Sing "Twinkle, Twinkle, Little Star" or "the Alphabet Song" while</p>	<p style="text-align: right;">1</p> <p><u>Breakfast</u> 1/2 cup fresh apples 1/3 cup unsweetened cereal variety ,3/4 cup Nonfat milk</p> <p><u>Lunch</u> Pizza in-a pocket: 1 oz. Cooked lean ham, 1/2 oz. low-fat mozzarella cheese, Boulders, Trees, and Trunks salad (pasta, cherry tomato, broccoli , mozzarella cheese cubes) 1/4 apricot halves 3/4 cup Nonfat milk/ Lactaid</p> <p><u>Snack</u> 1/2 cup of Kiwi , 1 serving of popcorn flavor rice</p>	<p style="text-align: right;">2</p> <p><u>Breakfast</u> 1/2 cup tangerines 1/2 slice whole wheat Bagel with 1/2 oz. Low Fat Cream Cheese 3/4 cup Nonfat Milk</p> <p><u>Lunch</u> 1/1/2 oz. Baked BBQ Baked Chicken, 1/4 cup of Mashed Potato , 1/4 cup of peas, 1/4 cup of fresh strawberries,1 serving Whole Wheat Bread, 3/4 Nonfat milk</p> <p><u>Snack</u> 1/2 cup of a blended berry Smoothie, 1/2 serving of a soft baked pretzel</p>	<p style="text-align: right;">3</p> <p><u>Breakfast</u> 1/2 cup fresh strawberry spread 1 /2 slice of French Toast 3/4 cup Nonfat milk</p> <p><u>Lunch</u> Macaroni and Cheese(1/2 oz. melted Velveeta, 1/4 cup whole Wheat Noodles,1 1/2 oz. baked fish, 1/4 cup canned Pear Halves 1/4 cup Fresh Asparagus 3/4 Nonfat milk</p> <p><u>Snack</u> 1/2 serving of an oven baked Chopper's Homemade cranberry raisin Oatmeal Cookie! 1/2 cup of nonfat milk</p>
<p style="text-align: right;">6</p> <p><u>Breakfast</u> 1/2 cup canned peaches 1/4 cup Cooked Oatmeal 3/4 cup Nonfat Milk</p> <p><u>Lunch</u> 1 serving Beef pot pie (11/2 oz. lean beef, 1/4 cup mixed vegetable (peas and carrots) 1/2 serving of whole wheat bread 1/4 cup fresh apples 3/4 nonfat milk</p> <p><u>Snack</u> 1/2 serving of graham crackers (2 crackers) 1/2 cup Nonfat milk</p>	<p style="text-align: right;">7</p> <p><u>Breakfast</u> 1/2 cup fresh blackberries 1/2 slice whole wheat Pita Bread 1/2 oz. of melted cheese 3/4 cup Nonfat milk</p> <p><u>Lunch</u> Chicken Stir fry (1 1/2 oz. cooked lean chicken, 1/4 cup fresh carrots, broccoli, cauliflower, bell peppers),1/4 cup canned Mandarin Oranges , 1/4 cup brown rice 3/4 cup Nonfat milk</p> <p><u>Snack</u> 2 oz. Nonfat yogurt 1/2 serving of fresh strawberries</p>	<p style="text-align: right;">8</p> <p><u>Breakfast</u> 1/2 Slice of WW banana-Pancakes,1/2 cups of apple sauce, 3/4 cup Nonfat milk</p> <p><u>Lunch</u> Ham & Scallop Potatoes: ham-1/2 oz. meat and 1 oz. of cheddar cheese, potatoes-1/4 cup, 1 Whole Wheat dinner roll 1/2 cup Yellow Squash, 1/2 Oranges' 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 cup of a blended berry frozen Pop, 1/2 serving of a Nilla Wafers</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> 1/2 cup Fresh Strawberries 1/4 cup of Cream of Wheat 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/ <u>Snack</u> 1/2 cup carrots & zucchini sticks, 1/2 oz. Cheddar Cheese Cubes</p>	<p style="text-align: right;">10</p> <p><u>Breakfast</u> 1/2 cup Fresh Banana 1/3 cup unsweetened cereal 3/4 cup Nonfat milk /Lactaid</p> <p><u>Lunch</u> Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 TBSP,1/4 cup fresh pineapple, 1/4 cup of carrot sticks,3/4 cup nonfat milk</p> <p><u>Snack</u> Nabisco Nilla Wafers-5 Chocolate Pudding 1/2 cup milk or Lactaid</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">13</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/3 cup unsweetened raisin bran 3/4 Nonfat milk</p> <p><u>Lunch</u> 1 1/2 oz. oven baked chicken 1/4 cup steamed broccoli 1/4 cup of country potato mixed with green peppers and onions, 1/4 cup of canned pears, 3/4 cup Nonfat milk</p> <p><u>Snack</u> "Pretend Fried Egg Snack" 1 bagel, 2 slice provolone cheese Apricots 1/2 cup Nonfat milk</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> 1/2 cup Fresh Apples 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 cup Nonfat milk</p> <p><u>Lunch</u> Spaghetti sauce over brown rice! Yum! 1/12 oz. lean beef 1/2 cup steamed broccoli and cauliflower 1/4 cup honey dew 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 serving of WW Triscuits and String Cheese</p>	<p style="text-align: right;">15</p> <p><u>Breakfast</u> 1/2 cup pink grapefruit mixed with mandarin oranges Breakfast Quesadilla with mild salsa 3/4 cup Nonfat milk</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 grapes 3/4 cup nonfat milk</p> <p><u>Snack</u> 1/2 oz. graham crackers (2 crackers) 1/2 cup Nonfat milk</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/4 cup of Cream of Wheat 3/4 Nonfat milk</p> <p><u>Lunch</u> Corn Beef and Cabbage Soup -1 1/2 oz. cooked corn beef; 1/4 cabbage; 1/4 red potato, 1/2 serving of corn bread 1/2 cup of fresh sliced apples 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 cup of peaches 1/2 oz. serving of cottage cheese</p>	<p style="text-align: right;">17</p> <p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: melon, strawberries Whole Wheat Waffles 3/4 cup Nonfat milk</p> <p><u>Lunch</u> Peanut butter and banana sandwiches 1/4 cup green apples 1/4 cup of peas and sliced cherry tomatoes 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 cup of green grapes in green Jell -O, Topped with 2 oz. of yogurt</p>
<p style="text-align: right;">20</p> <p><u>Breakfast</u> 1/2 cup fresh apple sauce 1/2 slice whole wheat waffles 3/4 cup Nonfat milk</p> <p><u>Lunch</u> 1/2 Submarine sandwich: 1 oz. lean ham, 1/2 oz. lean cheese on a whole wheat hot dog bun; 1/8cup romaine lettuce and tomato , 1/2 cup steamed cauliflower 1/4 cup peach halves 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1 serving of wheat thins 1/2 cup Mandarin Oranges</p>	<p style="text-align: right;">21</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges 1/4 Cream of Wheat 3/4 cup Nonfat milk</p> <p><u>Lunch</u> 1 whole wheat wrap, 1 oz. lean turkey; 1/2 oz. Monterrey Jack Cheese 1/4 cup whole kernel corn , 1/4 cup fresh grapes , 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 cup of Applesauce 1/2 serving of Cinnamon Rice Cakes</p>	<p style="text-align: right;">22</p> <p><u>Breakfast</u> 1/2 cup fresh bananas 1/3 cup unsweetened cereal variety 3/4 cup Nonfat milk</p> <p><u>Lunch</u> 1 oz. lean ground hamburger mixed with 1/4 Mashed Yukon potato and topped with 1/2 oz. of cheddar cheese 1/4 cup canned pears 1/2 whole wheat bread 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 cup of Cantaloupe 1 serving of WW Triscuits</p>	<p style="text-align: right;">23</p> <p><u>Breakfast</u> 1/2 cup peach halves 1/2 slice whole wheat toast with 1 Tbsp. peanut butter, 3/4 cup nonfat milk</p> <p><u>Lunch</u> Turkey Meat Loaf-1 1/2 oz. ground lean turkey, Fresh Brussels Sprouts , 1/2 cup Oranges 1/4 cup; 1/2 serving of Whole Wheat bread, 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 cup of fresh strawberries 1 serving of strawberry muffins</p>	<p style="text-align: right;">24</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries/ strawberries mix 2 oz. of scrabbled eggs and ww toast 3/4 cup Nonfat milk</p> <p><u>Lunch</u> 1 1/2 oz. Grilled Cheese on whole wheat bread; Hearty Vegetable Soup (1/4 cup each: carrots, red potatoes, broccoli, celery, tomatoes, green beans, and corn) and whole wheat noodles; 1/4 cup pineapple tidbits 3/4 cup nonfat milk</p> <p><u>Snack</u> Vanilla Yogurt 1/4 cup 1/2 cup of fresh blueberries in Jell-O</p>
<p style="text-align: right;">27</p> <p><u>Breakfast</u> Blueberry Muffin, 1/2 cup Apple Slices 3/4 cup Nonfat Milk</p> <p><u>Lunch</u> Asian Chicken Salad(1 1/2 oz. lean ground chicken; 1/4 cup each: carrots, snow peas, celery) Asian crunchy noodles ; 1/4 cup canned mandarin Oranges , 1/2 serving of whole wheat crackers , 3/4 cup Nonfat Milk</p> <p><u>Snack</u> 2 oz. Nonfat Yogurt 1/2 cup fresh sliced bananas</p>	<p style="text-align: right;">28</p> <p><u>Breakfast</u> 1/2 cup of blended berries Whole Wheat French Toast 3/4 cup Nonfat milk</p> <p><u>Lunch</u> Bean and Cheese Burritos 1oz. ground lean beef with 1/2 oz. cheddar cheese 1/2 cup of corn 1/4 cup of Mexican rice 1/4 cup cantaloupe 3/4 cup Nonfat milk</p> <p><u>Snack</u> 1/2 cup of bananas in Jell-O Topped with 2 oz. of yogurt</p>	<p style="text-align: right;">29</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries and bananas 1/3 cup unsweetened cereal variety 3/4 cup Nonfat milk</p> <p><u>Lunch</u> 1/2 cup Hamburger soup (1/8 cup of peas, 1/8 corn, 1/8 carrots, 1/8 pearl onions and 1/2 kidney beans, and 1oz. of lean hamburger meat) 1/4 cup canned pears 1/2 piece cornbread 3/4 cup nonfat milk</p> <p><u>Snack</u> 1/2 cup of fresh strawberries 1 serving of granola bar</p>	<p style="text-align: right;">30</p> <p><u>Breakfast</u> 1/2 cup peach halves 1/2 slice whole wheat toast with 1 boiled egg, 3/4 cup nonfat milk</p> <p><u>Lunch</u> 1 serving of a whole wheat quesadilla with 1oz. cheddar cheese and 1/2 oz. shredded chicken , 1/2 cup steamed broccoli and cauliflower, 1/4 cup fresh pineapples 3/4 cup nonfat milk</p> <p><u>Snack</u> 1 banana muffin 1/4 cup of fresh raspberries</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">Bishop Indian Head Start is closed today due to Staff Development Please See attached flyer.</p>