


# March 2018



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><b>Food Safety Tips:</b> <b>Clean: Wash Hands and Surfaces Often</b> <b>Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.</b></p> <p><b>Make Hand Washing FUN!</b> <b>Sing "Twinkle, Twinkle, Little Star" or "the Alphabet Song" while</b></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: right;">1</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/Lactaid/soy</p> <p><u>Lunch</u> 1/1/2 oz. Baked BBQ Baked Chicken, 1/4 cup of Mashed Potato , 1/4 cup of green beans 1/4 cup of fresh strawberries serving Whole Wheat Bread, 3/4 cup Nonfat Milk/Lactaid/soy</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;">2</p> <p><u>Breakfast</u> 1/2 cup fresh strawberry spread 1 /2 slice of French Toast, 1/2 cup of sliced bananas 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Lunch</u> 3 oz. of baked fish with a side of tarter sauce; 1/4 cup of whole wheat spiral noodles topped with shredded jack and cheddar cheese; 1/4 cup canned Pear Halves ; 1/4 cup Fresh Asparagus 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Snack</u> 1/2 serving of an oven baked Chopper's Homemade cranberry raisin Oatmeal Cookie with 1/2 cup of sliced apples, 1/2 cup Nonfat Milk/Lactaid/soy</p>
<p style="text-align: right;">5</p> <p><b>No School Today</b></p> 	<p style="text-align: right;">6</p> <p><u>Breakfast</u> 1/2 cup canned peaches 1/4 cup Cooked Oatmeal with 1/2 serving of cinnamon toast 3/4 cup Nonfat Milk/Lactaid/soy</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/Lactaid/soy</p> <p><u>Snack</u> 1/2 cup 100% Apple Juice 1/2 serving of Zucchini Oven Chips</p>	<p style="text-align: right;">7</p> <p><u>Breakfast</u> 1/2 Slice of whole wheat banana oatmeal Pancakes, 1/2 cups of apple sauce, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Lunch</u> Ham &amp; 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/Lactaid/soy</p> <p><u>Snack</u> Watermelon Dippers 1/2 cup watermelon 1/2 serving of Triscuits (4)</p>	<p style="text-align: right;">8</p> <p><u>Breakfast</u> 1/2 cup Fresh Strawberries 1/4 cup of Cream of Wheat 3/4 cup, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Lunch</u> 1/2 cup chili con carne (1 1/2 oz. cooked lean ground turkey) 1/4 cup green beans 1/2 oz. wheat soda crackers (4), 1/4 cup fresh apple slices; 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Snack</u> 1/2 cup sliced carrots &amp; cucumber sticks, 1/2 oz. Cheddar Cheese Cubes</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> Breakfast Quesadilla with 1/2 serving of whole wheat tortilla 1/2 cup Fresh Banana 3/4 cup Nonfat Milk/Lactaid/soy</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 shelled edamame, 3/4 cup Nonfat Milk/Lactaid/soy</p> <p><u>Snack</u> Nabisco Nilla Wafers-5, 1/2 cup of apples Nutella and 1/2 cup Nonfat Milk/Lactaid/soy</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">12</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/3 cup unsweetened raisin bran 3/4 Nonfat milk/ Lactaid/ Soy</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 Nonfat milk/ Lactaid/ Soy</p> <p><u>Snack</u> " Pretend Fried Egg Snack" 1/2 bagel, .5 oz. slice provolone cheese Apricots</p>	<p style="text-align: right;">13</p> <p><u>Breakfast</u> 1/2 cup Fresh Apples 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 Nonfat milk/ Lactaid/ Soy</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 Nonfat milk/ Lactaid/ Soy</p> <p><u>Snack</u> 1/2 cup of Squash Pudding with 1/2 serving of graham crackers and 1/2 cup of non-fat milk/ Lactaid/Soy</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> Breakfast Quesadilla (1.5 oz. of mixed cheese, scrambled egg melted in a whole wheat tortilla with mild salsa 1/2 cup honey dew, 3/4 cup Nonfat milk/ Lactaid/Soy</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 / Lactaid/ Soy</p> <p><u>Snack</u> 1/2 cup applesauce with 1/2 cup of sliced celery sticks</p>	<p style="text-align: right;">15</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/4 cup of Cream of Wheat with 1/2 serving of whole wheat toast 3/4 Nonfat milk / Lactaid/Soy</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 / Lactaid/Soy</p> <p><u>Snack</u> 1/2 cup of peaches 1/2 oz. serving of cottage cheese</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: melon, strawberries Whole Wheat Waffles 3/4 cup Nonfat milk /Lactaid/Soy</p> <p><u>Lunch</u> Peanut butter and banana sandwiches 1/4 cup green apples 1/4 cup of cucumbers 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;">19</p> <p><u>Breakfast</u> 1/2 cup fresh apple sauce 1/2 slice whole wheat waffles 3/4 cup Nonfat milk / Lactaid/ Soy</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; 1/8 cup romaine lettuce and tomato , 1/2 cup steamed cauliflower 1/4 cup peach halves 3/4 cup Nonfat milk/ Lactaid/Soy</p> <p><u>Snack</u> 1 serving of wheat thins 1/2 cup Mandarin Oranges</p>	<p style="text-align: right;">20</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges 1/4 Cream of Wheat with 1/2 serving of cinnamon toast 3/4 cup Nonfat milk/ Lactaid/ Soy</p> <p><u>Lunch</u> Bean and Cheese Burritos oz. ground lean beef with 1/2 oz. cheddar cheese 1/4 cup of Mexican rice 1/2 cup mandarin orange spinach salad 3/4 cup Nonfat milk / Lactaid/ Soy</p> <p><u>Snack</u> 1/2 cup of bananas in Jell-O Topped with 2 oz. of low fat yogurt</p>	<p style="text-align: right;">21</p> <p><u>Breakfast</u> 1/2 cup fresh bananas 1/3 cup unsweetened cereal variety 3/4 cup Nonfat milk/ Lactaid/ Soy</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/ Lactaid/ Soy</p> <p><u>Snack</u> 1/2 cup of Cantaloupe 1 serving of WW Triscuits</p>	<p style="text-align: right;">22</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/ Lactaid/ Soy</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/ Lactaid/ Soy</p> <p><u>Snack</u> 1/3 cup of whole what rice Chex 1/2 cup Nonfat milk/ Lactaid/ Soy</p>	<p style="text-align: right;">23</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries/ strawberries mix 2 oz. of scrambled eggs and ww toast 3/4 cup Nonfat milk / Lactaid/ Soy</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/ Lactaid / Soy</p> <p><u>Snack</u> 2 oz. Coconut Vanilla Yogurt 1/4 cup 1/2 cup of fresh blueberries in Jell-O</p>
26	27	28	29	30

**Spring Break-BIHS is closed March 26th -30th  
Enjoy your family and friends! We will see you bright and early  
Monday April 2nd 2018.**

