
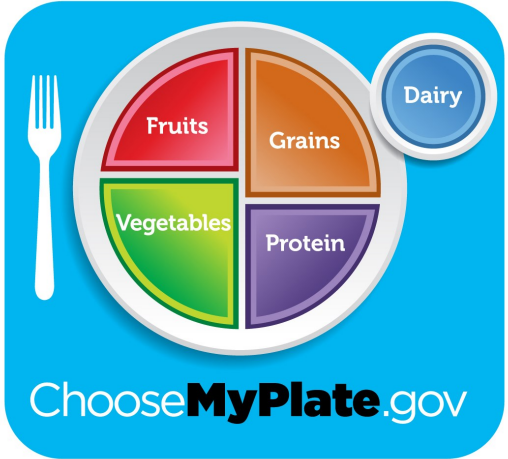




# May 2017

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

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p><u>Breakfast</u> 1/2 serving of fresh apples, 1 serving of whole wheat waffles with a strawberry spread, 3/4 cup Nonfat milk</p> <p><u>Lunch</u> 1 1/2 oz. cooked lean chicken, 1/4 cup broccoli, cauliflower, 1/4 cup canned Mandarin Oranges , 1/4 cup Aztec Grain Salad (see attached recipe) 3/4 cup Nonfat milk /Lactaid</p> <p><u>Snack</u> 1/2 serving of canned peaches in Jell-O, topped with 2 oz.</p>	<p><u>Breakfast</u> 1/2 cup honeydew 1 oz. Cubed Lean Ham mixed with 1/4 cup of Country Red Potatoes , scrambled eggs, Tortilla, 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(.5 oz.) 3/4 nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 oz. string cheese 1/2 oz. whole wheat crackers</p>	<p><u>Breakfast</u> 1/2 serving of fresh banana 1/3 cup of unsweetened cereal 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 broccoli and cauliflower 1/4 cup pear strawberries 3/4 cup Nonfat milk</p> <p><u>Snack</u> Nachos with Cheese 1/2 oz. cheese and 1/2 cup Mild Salsa!</p>	<p><u>Breakfast</u> 1/2 cup canned pears 1 serving of strawberry bagels with cream cheese 3/4 cup nonfat milk / Lactaid</p> <p><u>Lunch</u> Stir-Fried Green Rice, Eggs, and Ham(1 oz. ham; 1/2 oz. egg; 1/4 brown rice)( See attached recipe) 1/4 fresh cut oranges 1/4 cup fresh steamed green beans; 3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 cup of green apples, TBSP peanut butter</p>	<p><u>Breakfast</u> 1/2 cup applesauce 1/4 cup of Cream of Wheat 1 tsp brown sugar 3/4 Nonfat milk / Lactaid</p> <p><u>Lunch</u> Hamburger Soup 1 1/2oz lean ground turkey, 1/2 cup of mixed vegetables (carrots, tomatoes, corn, squash, potatoes) 1/4 cup of fresh apples 1/2 serving of whole wheat bread sticks 3/4 cup nonfat milk / Lactaid</p> <p><u>Snack</u> Teddy Grahams Water and or 1/2 cup nonfat milk or Lactaid</p>
8	9	10	11	12
<p><u>Breakfast</u> 1/2 cup blueberries 1/4 cup cooked oatmeal 3/4 cup nonfat milk/ Lactaid</p> <p><u>Lunch</u> <b>Beef Enchiladas:</b> (1 oz shredded beef 1/2 cheddar and jack cheese, olive and onions, mild red chili sauce) 1 small whole wheat tortillas, 1/4 cup fiesta corn ,1/2 cup of canned Mandarins ,3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 oz. Cheddar Cheese Cubes; 1/2 c sliced apples</p>	<p><u>Breakfast</u> 1/2 cup sliced fresh bananas 1/2 serving of Quesadilla with Salsa, 1 hard boiled egg 3/4 cup nonfat milk</p> <p><u>Lunch</u> Shredded chicken with beans and rice (mix) 1 1/2 oz. chicken 1/4 cup kidney beans 1/4 cup whole grain wild rice, 1/2 cup fresh steamed green beans,1/4 cup fresh honeydew, 3/4 cup nonfat milk</p> <p><u>Snack</u> 1/2 cup canned peaches in Jell-O, topped with 2 oz low fat vanilla yogurt</p>	<p><u>Breakfast</u> 1/2 cup of mixed melons 1 serving of whole wheat waffles with a strawberry spread 3/4 cup Nonfat milk/ Lactaid</p> <p><u>Lunch</u> Macaroni and Cheese: lean hamburger1/1/2 oz. meat, Velveeta Cheese 1/2 cup Yellow Squash, 1/2 Oranges 3/4 cup Nonfat milk/ Lactaid</p> <p><u>Snack</u> 1 Serving of Central Valley Harvest Bake ( See attached recipe) 1/2 cup Nonfat milk/ Lactaid</p>	<p><u>Breakfast</u> 1/2 cup fresh blueberries/ strawberries;1/3 cup unsweetened cereal variety ;3/4 cup Nonfat milk/ Lactaid</p> <p><u>Lunch</u> Beef Stir fry ( 1 1/2 oz. cooked lean ground beef, 1/4 cup fresh vegetables: broccoli, cauliflower, snow peas),1/4 cup fresh apples,1/4 cup Wild Rice 3/4 cup Nonfat milk /Lactaid</p> <p><u>Snack</u> 1 Tangerine Whole Wheat Gold Fish Crackers</p>	<p><u>Breakfast</u> 1/2 cup fresh orange slices Mr. Chopper's Famous Breakfast Jack (1 egg, 1/2 slice jack cheese with 1/2 slice ham), 3/4 cup nonfat milk</p> <p><u>Lunch</u> Oven baked fish (11/2 oz.) 1/4 cup mashed Yams 1/4 cup canned pears 1/2 whole wheat goldfish bread 3/4 cup nonfat milk (Lactaid Milk)</p> <p><u>Snack</u> 1/2 serving of a soft pretzel 2 oz. of Pine nut Hummus</p>

Mon	Tue	Wed	Thu	Fri
<p align="right"><b>15</b></p> <p><u>Breakfast</u> 1/2 cup fresh bananas 1/2 Slice of French Toast w/ Fruit Spread 3/4 cup Nonfat milk/ Lactaid</p> <p><u>Lunch</u> 1 whole wheat burrito:(1 oz. lean beef; 1/2 oz. Monterrey Jack Cheese ); 1/4 cup Edamame 1/4 cup fresh grapes; 3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 cup fresh apple slices 1/2 serving of whole wheat</p>	<p align="right"><b>16</b></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/ 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 noodles 3/4 cup Nonfat milk /Lactaid</p> <p><u>Snack</u> Banana Muffin and 1/2 of cup nonfat milk</p>	<p align="right"><b>17</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges 1 serving Breakfast quesadilla (1/2 oz. cheese, 1/8 egg, 1/8 lean sausage), 3/4 cup Nonfat milk</p> <p><u>Lunch</u> Chicken Salad :1 1/2 oz. of shredded chicken, shelled 1/8 edamame, 1/8 carrots, 1/8 snow peas, 1/4 romaine lettuce , 1/4 cup mandarin oranges; whole wheat noodles; 1/4 cup of grapes 3/4 cup Nonfat milk / Lactaid</p> <p><u>Snack</u> 1/2 cup of fresh Cantaloupe 1 serving of whole wheat Ritz</p>	<p align="right"><b>18</b></p> <p><u>Breakfast</u> 1/2 cup Fresh 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> Vanilla Yogurt 1/4 cup Molded Fruit Salad (See recipe)</p>	<p align="right"><b>19</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: grapes Whole Wheat English Muffin 3/4 cup Nonfat milk / Lactaid</p> <p><u>Lunch</u> Mr. Chopper's Best Spaghetti Ever! ( 1 1/2 oz. cooked lean beef, 1/4 cup of whole wheat Pasta), 1/4 cup Brussel sprouts &amp; carrots,1/4 cup fresh green apples 3/4 cup Nonfat milk /Lactaid</p> <p><u>Snack</u> Teddy Grahams Water and or 1/2 cup nonfat milk or Lactaid</p>
<p align="right"><b>22</b></p> <p><u>Breakfast</u> 1/2 cup of pineapple chunks 1/2 slice of whole wheat bagel and tsp of cream cheese 3/4 cup nonfat milk/ Lactaid</p> <p><u>Lunch</u> 1 1/2 oz. sliced turkey breast on 1/2 serving whole wheat bread w/ tsp light cranberry mayonnaise and 1 slice romaine lettuce; 1/2 cup zucchini and carrot sticks ; 1/2 cup orange slices 3/4 cup non-fat milk</p> <p><u>Snack</u> Peach Jell-O with 1/2 Cup of Peaches topped with 1/4 cup vanilla Yogurt</p>	<p align="right"><b>23</b></p> <p><u>Breakfast</u> 1/2 cup fresh apple slices 1/2 slice whole wheat French Toast with reduced calorie Fruit ;3/4 cup nonfat milk / Lactaid</p> <p><u>Lunch</u> Chicken Fajita: 1 1/2 oz. chicken 1 whole wheat tortilla 1/4 cup red and green bell peppers, 1/4 cup corn , 1/4 cup pears 3/4 cup nonfat milk</p> <p><u>Snack</u> 1/2 cup carrots &amp; zucchini sticks, 1/2 oz. Cheddar Cheese Cubes</p>	<p align="right"><b>24</b></p> <p><u>Breakfast</u> 1/2 cup fresh bananas 1/3 cup of Cheerios 3/4 cup Nonfat milk / Lactaid</p> <p><u>Lunch</u> 1 soft beef taco with 1 1/2 oz. beef 1 Tbsp. shredded lettuce, 1 Tbsp. diced tomato, 1 Tbsp. grated cheese and 1 Tbsp. salsa on tortilla 1/4 cup lightly steamed carrot sticks, and 1/4 cup of mixed melon</p> <p><u>Snack</u> 1/2 cup of fresh strawberries 1 serving of strawberry muffins</p>	<p align="right"><b>25</b></p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/2 serving of Breakfast Burrito (Eggs ,Ground Turkey Sausage, and potatoes), 3/4 cup Nonfat milk / Lactaid</p> <p><u>Lunch</u> Chicken Pot Pie See attached recipe) 1/4 cup fresh pineapple, 1/4 cup fresh green beans 3/4 cup nonfat milk / Lactaid</p> <p><u>Snack</u> 2 oz. of granola 1/2 cup of apples, grapes &amp; bananas</p>	<p align="center"><b>No School Staff Development day</b></p>
<p align="right"><b>29</b></p> <p align="center">BIHS is Closed</p> 	<p align="right"><b>30</b></p> <p><u>Breakfast</u> 1/2 cup of pineapple chunks 1/2 slice of whole wheat French toast with 1 Tbsp. Maple syrup 3/4 cup nonfat milk (Lactaid Milk)</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 ,1/4 cup fresh oranges sections , 3/4 cup nonfat milk/ Lactaid</p> <p><u>Snack</u> Molded Vegetable Salad with Yogurt (See recipe)</p>	<p align="right"><b>31</b></p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/3 cup unsweetened cereal variety 3/4 cup non-fat milk</p> <p><u>Lunch</u> 1/4 cup pineapple chunks 3/4 cup nonfat milk Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 TBSP, 1/4 cup fresh grapes, 1/4 cup of carrot sticks 3/4 cup nonfat milk or Lactaid</p> <p align="center"><b>School out at 12 Staff Development Day</b></p>	 <p align="center">Choose<b>MyPlate</b>.gov</p>	