







September 2017



Mon	Tue	Wed	Thu	Fri
<p>“This institution is an equal opportunity provider” <i>Approved by a Registered Dietician Nutritionist</i> Find more nutrition facts at ChooseMyPlate.gov</p>	<p><i>Breakfast is Served: 8:00am -9:00am</i></p> <p><i>Lunch is Served: 11:00am-12:00pm</i></p> <p><i>Healthy Snack is served: 1:00pm-2:00pm</i></p>	 <p>Water is always available</p>		<p align="right">1</p> <p>Breakfast 1/2 cup of fresh sliced oranges 1/2 slice whole wheat toast, Vegetable omelet with 1/4 egg, 2 Tbsp. of fresh spinach, Tbsp. of tomatoes , 3/4 cup nonfat milk</p> <p>Lunch 1 1/2 oz. Chicken with 1/2 serving of whole wheat bread 1/4 cup fresh green beans, 1/4 fresh honey dew , 3/4 cup nonfat milk</p> <p>Snack 1/2 Cup banana smoothie, 1/2 serving of Blueberry muffin</p>
<p align="right">4</p> <p>No School-Labor Day</p> 	<p align="right">5</p> <p>Breakfast 1/2 cup fresh orange slices 1/4 cup cooked oatmeal 3/4 cup nonfat milk</p> <p>Lunch Turkey pot pie (1 1/2 oz. cooked lean meat, 1/4 cup vegetable, 1 3/4 slices of bread), 1/4 cup peach halves 3/4 nonfat milk</p> <p>Snack 1/2 oz. graham crackers 3 Tbps.. peanut butter</p>	<p align="right">6</p> <p>Breakfast 1/2 cup fresh banana slices 1/3 cup unsweetened cereal variety 3/4 cup nonfat milk</p> <p>Lunch Peanut butter (3 tablespoon of peanut butter) and Jelly (1/2 slices of bread) ,1/4 cup sliced celery and carrots 1/4 cup sliced grapes , 3/4 nonfat milk</p> <p>Snack Lady Bug Apples (apples, peanut butter, raisins, pretzels)</p>	<p align="right">7</p> <p>Breakfast Chopper Jacks: 1/2 serving of whole wheat hamburger bun, 1 egg, 1 oz. lean turkey sausage and 1/2 oz. of cheese 1/2 cup grapes, 3/4 cup nonfat Milk</p> <p>Lunch 1 serving glazed meat loaf (1 1/2 oz. cooked lean meat , 1/8 cup vegetable, 1/2 slice of bread) , 1/4 cup baked sweet potatoes 1/4 cup peach slices in natural juices, 3/4 cup nonfat milk</p> <p>Snack 1/2 oz. reduced fat cheddar cheese cubes 1/2 cup fresh apple slices</p>	<p align="right">8</p> <p>Breakfast 1/2 cup fresh apple slices 1/2 serving of banana /peanut butter pancakes 3/4 nonfat milk</p> <p>Lunch Chicken Noodle Soup with 1 1/2 oz. chicken 1/4 cup of whole wheat spiral noodles, 1/4 cup sliced cooked carrots, and celery 1/4 cup pear halves in natural juices , 3/4 cup nonfat milk</p> <p>Snack 2 oz. low-fat yogurt 1/2 cup diced fresh pineapple</p>
<p align="right">11</p> <p>Breakfast 1/2 cup fresh pineapple 1 serving baked scrambled eggs & spinach 1/2 slice whole wheat toast , 3/4 nonfat milk</p> <p>Lunch 3/4 cup vegetable chili (1 1/2 oz. meat , 3/8 cup vegetable, 1/4 slice of bread) 1/4 cup fresh fruit salad (Apples, blueberries, strawberries), 1/2 serving of corn muffin 3/4 cup nonfat milk</p> <p>Snack 1/2 cup bananas and 1 granola bar</p>	<p align="right">12</p> <p>Breakfast 1/2 of serving Oatmeal Pancakes 1/2 cup of sliced bananas 3/4 cup nonfat milk</p> <p>Lunch Tofu stir fry (1 1/2 oz. cooked Tofu marinated in soy sauce, 1/4 cup of mixed veggies: carrots, celery, peas, mushrooms, 1/4 cup pineapple chunks, 1/4 cup brown rice, 3/4 cup nonfat milk</p> <p>Snack 2 oz. low-fat yogurt 1/2 oz. graham crackers (2 crackers)</p>	<p align="right">13</p> <p>Breakfast 1/2 cup fresh oranges slices 1/3 cup unsweetened cereal variety 3/4 cup nonfat milk</p> <p>Lunch Tuna sandwich with 1 1/2 oz. tuna and 1/2 serving of whole wheat bread, 1/4 cup lightly steamed green beans, 1/2 cup fruit gelatin dessert mixed with 1/4 fruit cocktail in natural juices, 3/4 cup nonfat milk</p> <p>Snack 1 Tbsp. peanut butter 1/2 cup fresh apple slices</p>	<p align="right">14</p> <p>Breakfast 1/2 blended strawberry fruit spread 1/2 whole grain waffle, 1/2 cup banana and blueberries</p> <p>3/4 cup nonfat milk</p> <p>Lunch Chopper Sub Sandwich: 1 oz. lean turkey, 1/2 oz. jack cheese, lettuce, tomato, slice of pickle on a 1/2 whole wheat hot dog bun, 1/4 cup of melon and 1/4 cup carrot sticks, 3/4 cup nonfat milk</p> <p>Snack Salsa mole 1/2 cup (salsa with avocado) on a whole wheat pita bread 1/2 cup of milk</p>	<p align="right">15</p> <p>Breakfast 1/2 cup fresh banana slices 1/2 slice whole wheat tortilla with 1/2 oz. reduced fat cheddar cheese 3/4 cup nonfat milk</p> <p>Lunch 1/2 cup lentil soup with garnish of 1/2 oz. reduced fat cheddar cheese and 1/2 oz. chopped ham, 1/ cup pear slices 1/2 piece combread , 3/4 cup nonfat milk</p> <p>Snack 1/2 cup fruit cocktail in own juices mixed with Jell-O and a 1/2 of celery sticks.</p>

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<p style="text-align: right;">18</p> <p>Breakfast 1/2 cup fresh grapes 1/3 cup unsweetened cereal variety 3/4 nonfat milk</p> <p>Lunch 1 serving oven baked chicken 1/4 cup steamed broccoli 1/4 cup apple slices 1/2 cup of pasta salad mixed with olives, cucumbers and tomatoes 3/4 cup nonfat milk</p> <p>Snack Yogurt Dip Celery and Green pepper sticks</p>	<p style="text-align: right;">19</p> <p>Breakfast 1/2 a blueberry bagel with 1 oz. of cream cheese and 1/2 cup of strawberries 3/4 nonfat milk</p> <p>Lunch 1 oz. baked fish 1/4 cup green salad mixed with tomatoes, celery and bell peppers 1/4 cup mashed potatoes 3/4 cup nonfat milk</p> <p>Snack 1/2 oz. string cheese 1/2 cup of carrot sticks</p>	<p style="text-align: right;">20</p> <p>Breakfast 1/2 cup blueberries and bananas 1/4 cup cooked oatmeal 3/4 cup milk</p> <p>Lunch Bean Burrito (1/2 cup cooked beans sprinkled with cheddar cheese) 1/4 cup Asparagus 1/4 cup of orange wedges 3/4 cup nonfat milk</p> <p>Snack 1 Tbsp. peanut butter 1/2 cup fresh apple slices</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Bishop Paiute Tribe Employee Appreciation Day!</p> <p style="text-align: center;">Bishop Indian Head Start Is Closed</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">No School CA Indian Day</p> 
<p style="text-align: right;">25</p> <p style="text-align: center;">BIHS Staff Development Day!</p> <p style="text-align: center;">Bishop Indian Head Start Is Closed</p>	<p style="text-align: right;">26</p> <p>Breakfast 1/2 cup oranges 1/4 cup Cream of Wheat 3/4 cup nonfat milk</p> <p>Lunch Spiral Spaghetti : 1 1/2 oz. of lean ground beef, 1/2 cup of whole wheat noodles, fresh mushrooms and Italian tomato sauce 1/4 cup whole kernel corn 1/4 cup fresh grapes 3/4 cup nonfat milk</p> <p>Snack 1/2 serving pineapple and strawberry smoothie (1/2 cup of almond milk and 1/2 cup of mixed fruit)</p>	<p style="text-align: right;">27</p> <p>Breakfast 1/2 cup fresh diced strawberries 1/3 cup unsweetened cereal variety 3/4 cup nonfat milk</p> <p>Lunch 1 piece oven baked fish 1/4 Quinoa 1/4 cup sliced tomatoes 1/4 cup of fresh sliced honey dew 3/4 cup nonfat milk</p> <p>Snack 1 oz. low-fat cottage cheese 1/2 cup peaches</p>	<p style="text-align: right;">28</p> <p>Breakfast 1/2 cup peach halves 1/2 slice whole wheat toast with 1 Tbsp. peanut butter 3/4 cup nonfat milk</p> <p>Lunch 1/2 serving of a whole wheat bagel with 1 1/2 oz. of melted mozzarella cheese and Tbsp. pizza sauce 1/4 cup steamed broccoli and cauliflower 1/4 cup pear halves 3/4 cup nonfat milk</p> <p>Snack 1/2 cup of apricot halves 1/2 cup milk</p>	<p style="text-align: right;">29</p> <p>Breakfast 1/2 cup fresh banana/strawberry Slices, 1/2 serving of biscuits 1/2 oz. slice of lean ham 3/4 cup nonfat milk</p> <p>Lunch Turkey Meatloaf 1/4 fresh green beans 1/4 cup fresh orange slices 3/4 cup nonfat milk</p> <p>Snack Kabobs (apples, cheese cubes, bell pepper)</p>