





January 2022

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life.

Mon	Tue	Wed	Thu	Fri
<p>HAPPY NEW YEAR</p> <p>3</p> <p>Breakfast: 1/2 cup of blueberries , 1/2 serving Kristina's Jacks, eggs sliced ham (.5 oz), cheese(.5 oz), on a whole wheat slider bun (.5 oz grain), 6 fluid oz. non fat milk</p> <p>Lunch: Chicken Alfredo with a Twist(1 ounce of diced Chicken, 1/4 whole wheat Rotini Pasta (.5 oz grain) mixed with low fat, reduced sodium cream of chicken soup and .5 oz of parmesan cheese 1/4 cup of peaches, 1/4 of asparagus, 6 fluid oz. non fat milk</p> <p>Snack: 1/2 oz. apple sauce with 1 sheet or 2 graham cracker squares.</p>	<p>4</p> <p>Breakfast: 1/2 cup apple sauce 1/2 slice Whole Wheat Waffles (.5 oz grain), with a tsp. of Maple syrup on the side, 6 fluid oz. non fat milk</p> <p>Lunch: Asian Chicken Salad: 1 1/2 oz. chicken, 1/4 cup mixed dark greens, edamame and shredded carrots, 1/4 cup mandarin oranges, 1/4 of Brown Jazmin (.5 oz grain), 6 fluid oz. non fat milk</p> <p>Snack: 1/2 oz. string cheese 1/2 oz. serving of Triscuits –3 crackers</p>	<p>5</p> <p>Breakfast: 1/2 cup orange slices, 1/2 Blueberry bagel with .5 oz cream cheese, 6 fluid oz. non fat milk</p> <p>Lunch: 1 1/2 oz. water packed tuna with 1 tsp light mayonnaise, whole wheat bread(.5 oz grain) , 1/4 cup lightly steamed green beans , 1/4 cup fresh cantaloupe, and 6 fluid oz. non fat milk</p> <p>Snack: 1/2 cup of sliced apples with .5 oz. Peanut Butter</p>	<p>6</p> <p>Breakfast: 1/2 cup fresh sliced grapes Whole Wheat English Muffin (.5 oz grain) and a side of scrambled eggs, 6 fluid oz. non fat milk</p> <p>Lunch: Cheeseburger Sliders:1 oz. Lean ground beef, .5 oz sliced Cheddar Cheese, lettuce, tomato, pickles on a whole wheat Slider bun (.5 oz grain). 1/4 cup oven baked sweet potato Fries, 1/4 cup canned pears, 6 fluid oz. non fat milk</p> <p>Snack: 1/2 cup applesauce with 1/2 cup of sliced celery sticks</p>	<p>7</p> <p>Breakfast: 1/2 cup fresh sliced strawberries, 1/2 serving of whole wheat Banana Pancakes (.5 oz grain) and 6 fluid oz. non fat milk</p> <p>Lunch: Soft chicken taco- (1 oz. diced chicken and .5 oz of cheddar cheese served with a mix of shredded greens, diced tomato & mild salsa with a warm whole wheat tortilla (.5 oz grain), 1/4 cup lightly steamed carrot sticks, 1/4 cup peaches, served with 6 fluid oz. non fat milk</p> <p>To Go Snack: 1/2 cup of Mandarin Oranges and 1/2 serving of Whole Wheat Ritz Crackers-4 crackers (.5 oz grain)</p>
<p>10</p> <p>Breakfast: 1/2 cup Cranberry Applesauce; 1/2 slice Whole Wheat French Toast (.5 oz grain) served with .5 oz of peanut butter (optional); 6 fluid oz. non fat milk</p> <p>Lunch: Whole Wheat Spaghetti: 1 1/2 oz. lean beef, 1/4 cup of whole wheat pasta(.5 oz grain), and tomato sauce; 1/4 cup of corn; 1/4 cup Mixed Green Salad: shredded carrots, sliced tomatoes, and cucumbers and 1/4 cup fresh sliced apples , 6 fluid oz. non fat milk</p> <p>Snack: 2 oz. Low fat yogurt 1/2 cup of Peaches</p>	<p>11</p> <p>Breakfast: 1/2 cup fresh bananas 3/4 cup whole wheat unsweetened puffed cereal(.5 oz grain); 6 fluid oz. non fat milk</p> <p>Lunch: 1/2 serving French Bread Pizza (1 oz.) cooked ground seasoned turkey with 1/2 oz. shredded cheese served on French Bread; 1/4 cup of edamame; 1/4 cup apricot halves; 6 fluid oz. non fat milk</p> <p>Snack 1/2 fresh apple slices with 1/2 serving Whole Wheat Gold Fish Crackers (.5 oz grain)</p>	<p>12</p> <p>Breakfast 1/2 cup fresh sliced Honey Crisp Apples; 1/2 slice Whole Wheat English Muffin(.5 oz grain) , served with a side of avocado, 6 fluid oz. non fat milk</p> <p>Lunch: Chicken and Wild Rice; 1/4 cup wild rice (.5 oz grain) served separate from 1 1/2 oz. of homemade breaded chicken; 1/4 cup fresh steamed Brussel sprouts, 1/4 cup fresh honeydew; 6 fluid oz. non fat milk</p> <p>Snack 1/2 oz. String cheese 1/2 serving Whole Grain Ritz crackers – 4 crackers (.5 oz grain)</p>	<p>13</p> <p>Breakfast Breakfast Quesadilla: 3/4 scrambled eggs, mixed 1/4 potatoes, topped with melted cheese folded into a whole wheat tortilla(.5 oz grain); 1/2 cup fresh orange slices; 6 fluid oz. non fat milk</p> <p>Lunch: 1.5 oz. Baked Fish Sticks; 1/2 serving of Whole Wheat Bread (.5 oz grain), 1/4 cup Fruit Cocktail 1/4 cup of peas and carrots 6 fluid oz. non fat milk</p> <p>Snack 1/2 oz. low fat cottage cheese 1/2 cup of diced pears</p>	<p>14</p> <p>Breakfast 1/2 cup fresh sliced apples 1/4 cup of Oatmeal (.5 oz grain); mixed with cranberries and raisins; 6 fluid oz. non fat milk</p> <p>Lunch: Grill Cheese and Tomato Soup: whole wheat bread (.5 oz grain) and 1.5 oz. cheese) with Tomato Soup, 1/4 cup broccoli, 1/4 cup canned peaches 6 fluid oz. non fat milk</p> <p>To Go Snack 1/2 Graham crackers (Scoobie Snacks) and 1 whole Orange</p>

<p style="text-align: center;">Mon 17</p> <p>BISHOP PAIUTE TRIBAL OFFICES CLOSED TODAY</p> <p>MARTIN LUTHER KING JR. HOLIDAY~BIHS and Tribal Offices CLOSED TODAY</p> 	<p style="text-align: center;">Tue 18</p> <p>Breakfast 1/2 cup fresh Bananas, 1/2 serving of whole wheat blueberry waffles(.5 oz grain) , 6 fluid oz. non fat milk</p> <p>Lunch: Turkey Chili Bowl (1 1/2 oz. ground turkey mixed with pinto beans, green bell peppers and tomatoes) 1/2 serving of whole wheat crackers(.5 oz grain); 1/4 cup of Spinach, Kale and shredded carrot Salad, 1/4 cup fresh sliced pears, 6 fluid oz. non fat milk</p> <p>Snack 3/4 cup of a whole wheat unsweetened puffed Cereal .4 fluid oz. non fat milk</p>	<p style="text-align: center;">Wed 19</p> <p>Breakfast 1/2 cup fresh sliced oranges 1/4 cup of Buckwheat pancakes (.5 oz grain) Optional: Maple Syrup 6 fluid oz. non fat milk</p> <p>Lunch: 1 1/2 oz. sliced turkey breast on 1/2 serving whole wheat bread (.5 oz grain) w/ tsp light cranberry mayonnaise and served with a pickle; 1/4 cup zucchini and carrot sticks; a fresh pear; 6 fluid oz. non fat milk</p> <p>Snack 1/2 toasted whole wheat English muffin; .5 oz. peanut butter</p>	<p style="text-align: center;">Thu 20</p> <p>Breakfast 1/2 cup sliced fresh bananas 3/4 cup of whole grain puffed unsweetened cereal; 6 fluid oz. non fat milk</p> <p>Lunch Beef Enchiladas with 1 oz of lean ground beef mixed with .5 oz. cheddar cheese and olives rolled and baked into a whole wheat tortilla (.5 oz. grain), 1/4 cup of Spanish Rice, 1/4 cup of cauliflower and 1/4 cup of fruit cocktail, 6 fluid oz. non fat milk</p> <p>Snack 1/2 cup of applesauce with 2 Graham Cracker Squares</p>	<p style="text-align: center;">Fri 21</p> <p>Breakfast Breakfast Quesadilla: a whole wheat tortilla (.5 oz. grain) with turkey sausage and eggs, sprinkled with jack cheese and a side of salsa; 1/2 cup canned pears and 6 fluid oz. non fat milk</p> <p>Lunch: 1/2 cup lentil soup w/ garnish 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; 6 fluid oz. non fat milk</p> <p>To Go Snack 1 whole wheat rice cake and .5 oz. cream cheese</p>
<p style="text-align: right;">24</p> <p>Breakfast 1/2 cup sliced fresh bananas and blueberries; 1/4 cup of cream of wheat cereal; whole wheat toast (.5 oz grain) ; 6 fluid oz. non fat milk</p> <p>Lunch: Baked parmesan chicken, (1 1/2 oz. chicken) 1/4 cup Rotini Rainbow Pasta Salad (broccoli, carrots, cauliflower and zucchini), 1/4 cup diced pears, 6 fluid oz. non fat milk</p> <p>Snack 1 Wild Rice Cake (.5 oz grain) with .05 oz cream cheese</p>	<p style="text-align: right;">25</p> <p>Breakfast 1/2 cup fresh orange slices 1/4 cup cooked oatmeal with raisins and cranberries; 6 fluid oz. non fat milk</p> <p>Lunch 1 serving Bison soup (1 1/2 oz. cooked meat, 1/4 cup: carrots, onions, potatoes, corn,); whole wheat toast (.5 oz grain) 1/4 cup of canned peach halves 6 fluid oz. non fat milk</p> <p>Snack No bake banana cookie (graham crackers and 1/2 cup of sliced banana)</p>	<p style="text-align: right;">26</p> <p>Breakfast 1/2 cup Canned Peaches 1/2 Slice of French Toast –optional maple syrup, 6 fluid oz. non fat milk</p> <p>Lunch Pork Chops and Applesauce: lean pork chops-1/1/2 oz., 1 Whole Wheat dinner roll(.5 oz grain) , 1/4 cup Winter Squash, 1/4 cup Applesauce, 6 fluid oz. non fat milk</p> <p>Snack 3/4 cup of Rice Chex Cereal and 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p style="text-align: right;">27</p> <p>Breakfast 1/4 cup of mixed brown rice, scrambled eggs and ham; 1/2 cup of mandarin oranges ; 6 fluid oz. non fat milk</p> <p>Lunch Tuna sandwich (1 1/2 oz. tuna, diced celery, relish, tsp. of light mayo) 1/2 slice of whole wheat bread(.5 oz grain) 1/4 cup vegetable sticks with Chili and Lime, 1/4 cup of sliced fresh Mangos 6 fluid oz. non fat milk</p> <p>Snack Wheat Thins (6)(.5 oz grain) 1/2 cup of sliced green apples</p>	<p style="text-align: right;">28</p> <p>Breakfast 1/2 serving of Oatmeal Pancakes (.5 oz grain); 1/2 cup of cranberry applesauce , 6 fluid oz. Nonfat milk</p> <p>Lunch 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(.5 oz grain), 1/4 cup oranges , 6 fluid oz. Nonfat milk</p> <p>To Go Snack 1/2 cup of Raisins and 1/2 cup of Baby carrots</p>
<p style="text-align: right;">30</p> <p>Breakfast 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 6 fluid oz. Nonfat milk</p> <p>Lunch Chicken and Wild Rice Soup and 1 1/2 oz. cubed chicken with 1/4 cup of cooked brown rice, carrots and peas and kale; 1/2 cup of apricots ; 6 fluid oz. Nonfat milk</p> <p>Snack .5 oz of sliced cheese and ham on a 1/2 serving of whole wheat Ritz Crackers-4</p>	<p>Please inform us of your child's dietary restrictions. For those who have allergies, alternatives are available.</p> <p>Lactaid and Soy milk are available for those with lactose intolerance or "dietary allergy."</p> <p>Please see Amanda or Susie with questions or concerns.</p>	<div style="text-align: center;"> <h2 style="color: blue;">Be a Germ-Buster</h2> <h3 style="color: red;">WASH YOUR HANDS</h3>  </div>		