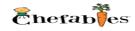
## Pacific Clinics Head Start / Early Head Start Menu July 1 - 31, 2014



Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.				
	July 1	July 2	July 3	July 4
	Home-baked Bagel, Fresh	Home-baked Banana	English Muffin Fresh Fruit	
*Milk served at ALL	Fruit	Bread, Fresh Fruit	English Muffin, Fresh Fruit	
breakfast and lunch	*	*		*
meals. Whole milk			Chicken Salad Sandwich,	
(Infant/Toddlers 1-2 yrs),	Chicken Tenders, Fresh	Cheese & Bean Burrito,	Rye Roll, Fresh Fruit,	Centers Closed.
low-fat milk (preschool	Fruit, Steamed Vegetables	Fresh Fruit, Steamed	Tomato & Cucumber	Happy 4th of July!
>2 yrs). All milk served		Vegetables	Salad	Happy 4th of July:
is rBST-free.	_ ↓	<b>.</b>	<b>+</b>	<b> </b>
10.1201.1101	Home-baked Carrot	Chicken Salad, Home-	Home-baked Scone, Fresh	Î Î
	Muffin, String Cheese	baked Crackers	Fruit, Toasted Cheese	
July 7	· · · · · · · · · · · · · · · · · · ·			July 11
-	_	_	_	
Breakfast Cereal, Fresh	Cinnamon Waffles,	Home-baked English	Whole Wheat Pancakes,	Cranberry Cornbread
Fruit	Strawberry Compote	Muffin, Fresh Fruit	Fresh Fruit	Muffin, Fresh Fruit
*	<b>★</b>	*	*	*
Chicken Tenders, Fuji	Cheesy Sticks, Marinara	Turkey Soft Tacos, Whole	BBQ Chicken Sandwich,	Moroccan Garbanzo
Applesauce, Steamed	Dipping Sauce, Fresh	Wheat Tortilla, Fresh Fruit,	Soft Whole Wheat Bun,	Beans, Brown Rice, Fresh
Vegetables	Fruit, Steamed Vegetables		Fresh Fruit, Steamed	Fruit, Steamed Vegetables
Vegetables	Trait, Oteamed Vegetables	Oteanied vegetables	Vegetables	Tait, Oteamed vegetables
*	*	*	*	*
String Cheese, Home-	Dincopple Pites	Home baked Muffin, Baby	Celery Sticks, Hummus	Home-baked Graham
bake Crackers	Pineapple Bites	Carrots	Celery Sticks, Hummus	Crackers, Fresh Fruit
July 14	July 15	July 16	July 17	July 18
Breakfast Cereal, Fresh	Strawberry Spice Muffin,	Home-baked Bagel, Fresh	Blueberry Filled "Rolla"	Cinnamon Swirl Bread,
Fruit	Fresh Fruit	Fruit	Puff, Fresh Fruit	Chunky Apple Spread
*	*	*	*	*
Grilled Chicken Chili,	^	,	î	î
Brown Rice, Fuji	Turkey Sloppy Joes,	Orange Chicken, Brown	Cheese Pizza, Fresh Fruit,	Egg & Vegetable Fried
Applesauce, Steamed	Whole Wheat Bun, Fresh	Rice, Fresh Fruit, Steamed	Steamed Vegetables	Rice, Fresh Fruit, Steamed
Vegetables	Fruit, Steamed Vegetables	Vegetables	Steamed vegetables	Vegetables
vegetables				
Home-baked Whole	*	*	* Edamame Hummus,	Southwestern Bean Salad,
•	Yogurt & Granola	Focaccia, Cheesy Bread		· ·
Wheat Scone, Fresh Fruit			Whole Wheat Pita	Whole Grain Roll
July 21	July 22	July 23	_	•
Breakfast Cereal, Fresh	Banana Pancakes, Fresh	English Muffins, Fresh	Home-baked Crackers,	Home-baked Whole
Fruit	Fruit	Fruit	Fresh Fruit	Wheat Scone, Fresh Fruit
*	*	*	*	*
Mini Cheese & Spinach	Huevos Rancheros, Whole		Egg & Cheese Sandwich,	Filipino Chicken Adobo,
Raviolis, Fuji Applesauce,	Wheat Tortilla, Fresh Fruit,	Turkey Pasta Bolognese,	Whole Wheat Bun, Fresh	Brown Rice, Fresh Fruit,
Steamed Vegetables	Steamed Vegetables	Fresh Fruit, Sliced Jicama		Steamed Vegetables
Steamed vegetables	Steamed vegetables		Fruit, Steamed Vegetables	Steamed vegetables
*	*	*	*	*
White Bean Puree, Home-	Chicken Salad, Home-	Cinnamas Assal Bit	Home-baked Crackers,	Variet 8.0
baked Crackers	bake Whole Wheat Roll	Cinnamon Apple Bites	Carrot Sticks	Yogurt & Granola
July 28		July 30	July 31	
Breakfast Cereal, Fresh	Home-baked Crackers,	Home-bake English Muffin,	Home-baked Bagel, Fresh	
Fruit	Fresh Fruit	Fresh Fruit	Fruit	
	† † † † † † † † † † † † † † † † † † †	† 1631111dit	+ talk	Infant/Toddler food
Cold Szechwan Noodles	^	^	Roasted Chicken Soft	should be pulsed,
	Turkey Meatloaf, Whole	Toasted Three Cheese		blanched, or cut small to
with Roasted Chicken &	Wheat Roll, Fresh Fruit,	Sandwich, Fresh Fruit,	Taco, Whole Wheat	be aligned with the
Vegetables, Fuji	Steamed Vegetables	Cucumber Rounds	Tortilla, Fresh Fruit,	developmental stage of
Applesauce			Steamed Vegetables	the children.
	<b>│</b> _ , _ , ★	*	*	
Home-baked Muffin, Fresh		Home-baked Graham	Yogurt & Granola	
Fruit	baked Crackers	Crackers, String Cheese	. ogan a oranola	

"This institution is an equal opportunity provider."

**Vegetables of the Month**: Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Corn, Cucumber, Eggplant, Kale, Leeks, Lettuce, Mushroom, Peas, Peppers, Potato, Radish, Spinach, Summer Squash, Tomato, Turnips

**Fruits of the Month**: Apricots, Avocados, Blackberries, Blueberries, Boysenberries, Cactus Pear, Cherries, Figs, Grapes, Lemons, Melon, Nectarines, Oranges, Peaches, Plums, Raspberries, Strawberries