

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.

<p>*Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers 1-2 yrs), low-fat milk (preschool >2 yrs). All milk served is rBST-free.</p>	<p>July 1</p> <p>Home-baked Bagel, Fresh Fruit ★</p> <p>Chicken Tenders, Fresh Fruit, Steamed Vegetables ★</p> <p>Home-baked Carrot Muffin, String Cheese</p>	<p>July 2</p> <p>Home-baked Banana Bread, Fresh Fruit ★</p> <p>Cheese & Bean Burrito, Fresh Fruit, Steamed Vegetables ★</p> <p>Chicken Salad, Home-baked Crackers</p>	<p>July 3</p> <p>English Muffin, Fresh Fruit</p> <p>Chicken Salad Sandwich, Rye Roll, Fresh Fruit, Tomato & Cucumber Salad ★</p> <p>Home-baked Scone, Fresh Fruit, Toasted Cheese</p>	<p>July 4</p> <p>★</p> <p>Centers Closed. Happy 4th of July!</p> <p>★</p>
	<p>July 7</p> <p>Breakfast Cereal, Fresh Fruit ★</p> <p>Chicken Tenders, Fuji Applesauce, Steamed Vegetables ★</p> <p>String Cheese, Home-bake Crackers</p>	<p>July 8</p> <p>Cinnamon Waffles, Strawberry Compote ★</p> <p>Cheesy Sticks, Marinara Dipping Sauce, Fresh Fruit, Steamed Vegetables ★</p> <p>Pineapple Bites</p>	<p>July 9</p> <p>Home-baked English Muffin, Fresh Fruit ★</p> <p>Turkey Soft Tacos, Whole Wheat Tortilla, Fresh Fruit, Steamed Vegetables ★</p> <p>Home baked Muffin, Baby Carrots</p>	<p>July 10</p> <p>Whole Wheat Pancakes, Fresh Fruit ★</p> <p>BBQ Chicken Sandwich, Soft Whole Wheat Bun, Fresh Fruit, Steamed Vegetables ★</p> <p>Celery Sticks, Hummus</p>
<p>July 14</p> <p>Breakfast Cereal, Fresh Fruit ★</p> <p>Grilled Chicken Chili, Brown Rice, Fuji Applesauce, Steamed Vegetables ★</p> <p>Home-baked Whole Wheat Scone, Fresh Fruit</p>	<p>July 15</p> <p>Strawberry Spice Muffin, Fresh Fruit ★</p> <p>Turkey Sloppy Joes, Whole Wheat Bun, Fresh Fruit, Steamed Vegetables ★</p> <p>Yogurt & Granola</p>	<p>July 16</p> <p>Home-baked Bagel, Fresh Fruit ★</p> <p>Orange Chicken, Brown Rice, Fresh Fruit, Steamed Vegetables ★</p> <p>Focaccia, Cheesy Bread</p>	<p>July 17</p> <p>Blueberry Filled "Rolla" Puff, Fresh Fruit ★</p> <p>Cheese Pizza, Fresh Fruit, Steamed Vegetables ★</p> <p>Edamame Hummus, Whole Wheat Pita</p>	<p>July 18</p> <p>Cinnamon Swirl Bread, Chunky Apple Spread ★</p> <p>Egg & Vegetable Fried Rice, Fresh Fruit, Steamed Vegetables ★</p> <p>Southwestern Bean Salad, Whole Grain Roll</p>
<p>July 21</p> <p>Breakfast Cereal, Fresh Fruit ★</p> <p>Mini Cheese & Spinach Raviolis, Fuji Applesauce, Steamed Vegetables ★</p> <p>White Bean Puree, Home-baked Crackers</p>	<p>July 22</p> <p>Banana Pancakes, Fresh Fruit ★</p> <p>Huevos Rancheros, Whole Wheat Tortilla, Fresh Fruit, Steamed Vegetables ★</p> <p>Chicken Salad, Home-bake Whole Wheat Roll</p>	<p>July 23</p> <p>English Muffins, Fresh Fruit ★</p> <p>Turkey Pasta Bolognese, Fresh Fruit, Sliced Jicama ★</p> <p>Cinnamon Apple Bites</p>	<p>July 24</p> <p>Home-baked Crackers, Fresh Fruit ★</p> <p>Egg & Cheese Sandwich, Whole Wheat Bun, Fresh Fruit, Steamed Vegetables ★</p> <p>Home-baked Crackers, Carrot Sticks</p>	<p>July 25</p> <p>Home-baked Whole Wheat Scone, Fresh Fruit ★</p> <p>Filipino Chicken Adobo, Brown Rice, Fresh Fruit, Steamed Vegetables ★</p> <p>Yogurt & Granola</p>
<p>July 28</p> <p>Breakfast Cereal, Fresh Fruit ★</p> <p>Cold Szechwan Noodles with Roasted Chicken & Vegetables, Fuji Applesauce ★</p> <p>Home-baked Muffin, Fresh Fruit</p>	<p>July 29</p> <p>Home-baked Crackers, Fresh Fruit ★</p> <p>Turkey Meatloaf, Whole Wheat Roll, Fresh Fruit, Steamed Vegetables ★</p> <p>Fresh Coleslaw, Home-baked Crackers</p>	<p>July 30</p> <p>Home-bake English Muffin, Fresh Fruit ★</p> <p>Toasted Three Cheese Sandwich, Fresh Fruit, Cucumber Rounds ★</p> <p>Home-baked Graham Crackers, String Cheese</p>	<p>July 31</p> <p>Home-baked Bagel, Fresh Fruit ★</p> <p>Roasted Chicken Soft Taco, Whole Wheat Tortilla, Fresh Fruit, Steamed Vegetables ★</p> <p>Yogurt & Granola</p>	<p>Infant/Toddler food should be pulsed, blanched, or cut small to be aligned with the developmental stage of the children.</p>

"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