



Pacific Clinics Early Head Start  
**October 1 - 31, 2014**

EHS

Fruit and vegetable substitutions may occur without notice due to market availability

<p><b>Fruit of the Month</b></p> <p><b>Apricots, Grapes</b></p>	<p><b>Vegetables of the Month</b></p> <p><b>Pumpkin, Spinach</b></p>	<p>Oatmeal, Dried <b>Apricots</b></p> <p>★</p> <p>Spaghetti Marinara, Chopped Italian Salad w/Kidney Beans, Apples</p> <p>★</p> <p>Rice Crackers, Cantaloupe</p>	<p>Toasted English Muffin w/<b>Grape</b> Jelly, Banana</p> <p>★</p> <p>Chicken Broccoli Rice Casserole, Apple Raisin Banana Salad</p> <p>★</p> <p>Fish Crackers, Pears</p>	<p>Banana Bread, Berries</p> <p>★</p> <p>Bean &amp; Cheese Quesadillas, Roasted Corn Salad, Watermelon, Salsa Fresca</p> <p>★</p> <p>Salted Cereal Mix, Fruit Mix</p>
<p>6</p> <p>Bagel w/Cream Cheese, Clementine</p> <p>★</p> <p>Mediterranean Marinated Chicken, Greek Salad, Couscous, Mandarin Oranges</p> <p>★</p> <p>Wheat Pita, Cucumber Dill Yogurt Dip</p>	<p>7</p> <p>Cheesy Grits, Peaches</p> <p>Ground Beef &amp; Cheese, Tomato &amp; Lettuce, Apple Slices, Wheat Tortilla, Salsa Fresca</p> <p>★</p> <p>Wheat Crackers, Snap Peas, Ranch Dip</p>	<p>8</p> <p><b>Apricot</b> Oat Breakfast Bar, Strawberries</p> <p>★</p> <p>Chicken Strips, Baked Potato Slices, Pears</p> <p>★</p> <p>Raisins &amp; <b>Apricots</b>, Cottage Cheese</p>	<p>9</p> <p>Rice Cereal, Banana</p> <p>★</p> <p>White Cheddar Macaroni w/Turkey Hot Dog Bites, Roasted Root Vegetable Salad, <b>Apricot</b> Crumble</p> <p>★</p> <p>Animal Crackers, Melon</p>	<p>10</p> <p>Pancake w/Syrup, Berry Compote</p> <p>★</p> <p>Grilled Cheese Sandwich, Vegetable Bean Soup, Apricots</p> <p>★</p> <p>Graham Crackers, Milk</p>
<p>13</p> <p>Zucchini Bread, Peaches</p> <p>★</p> <p>Cumin Roasted Carrots w/Wild Rice &amp; Chickpeas, Orange Slices</p> <p>★</p> <p>Lavash Bread, White Bean Dip</p>	<p>14</p> <p>Granola, Berries</p> <p>★</p> <p>Mozzarella Pasta w/Tomatoes &amp; Basil, Cantaloupe Cubes</p> <p>★</p> <p>Cheese-Its, Apples</p>	<p>15</p> <p>Egg &amp; Cheese Biscuit Sandwich, Mixed Fruit</p> <p>★</p> <p>Meatball Sandwich w/Grilled Peppers &amp; Onions, Watermelon Cubes</p> <p>★</p> <p><b>Pumpkin</b> Oat Bar, Milk</p>	<p>16</p> <p>Cream of Wheat, Baked Apples &amp; Raisins</p> <p>★</p> <p>Chicken Teriyaki, Sauteed Vegetables, <b>Grapes</b>, Rice</p> <p>★</p> <p>Ritz Crackers, Cheese Cubes</p>	<p>17</p> <p>Toasted Oat Cereal, Banana</p> <p>★</p> <p>Beef Burger Sliders, Baked Sweet Potato Fries, Fresh Fruit</p> <p>★</p> <p>Blueberry Yogurt Smoothie</p>
<p>20</p> <p>Waffle, Clementine Compote</p> <p>★</p> <p>Cheese Tortellini Soup w/White Beans, Peas &amp; <b>Spinach</b>, Applesauce</p> <p>★</p> <p>Wheat Crackers, Cheese Stick</p>	<p>21</p> <p>Wheat Bread w/Jam, Roasted Potatoes w/Peppers &amp; Corn</p> <p>★</p> <p>Pinto Bean &amp; Cheese Burrito, Lettuce &amp; Tomato, Pineapple</p> <p>★</p> <p>Tortilla Chips, Fruit Salsa w/Avocado</p>	<p>22</p> <p>Cranberry Clementine Muffin, Orange Slices</p> <p>★</p> <p>BBQ Beef Sandwich, Arugula Beet Salad w/Pepitas &amp; Feta, <b>Grapes</b></p> <p>★</p> <p>Cinnamon Grahams, Melon</p>	<p>23</p> <p>Raisin Bread, Banana</p> <p>★</p> <p>Chicken &amp; Veggie Potstickers, Cucumber Salad, Melon Slices</p> <p>★</p> <p>Rice Crackers, Mandarin Oranges</p>	<p>24</p> <p>Shredded Wheat Cereal, Berries</p> <p>★</p> <p>Fish Sticks, Carrot Coins, Pineapple, Wild Rice</p> <p>★</p> <p>Pretzels, Deli Turkey</p>
<p>27</p> <p>French Toast, Fresh Fruit</p> <p>★</p> <p><b>Pumpkin</b> Lasagna w/Tomatoes &amp; Peppers, Peaches</p> <p>★</p> <p>Wheat Ritz Crackers, Goat Cheese w/Dried <b>Apricots</b></p>	<p>28</p> <p>Fruit Muffin, Mandarin Oranges</p> <p>★</p> <p>Hamburger, Lettuce &amp; Tomato, <b>Grapes</b>, Salsa Fresca</p> <p>★</p> <p>Mozzarella, Tomato &amp; Basil Skewers</p>	<p>29</p> <p>Egg, Corn &amp; Peppers, Tortilla</p> <p>★</p> <p>BBQ Chicken Bagel Pizza, Roasted Broccoli, Pineapple</p> <p>★</p> <p><b>Pumpkin</b> Cookie, Fruit Salad</p>	<p>30</p> <p>Rice Cereal, Berries</p> <p>★</p> <p>Mild Chicken &amp; Vegetable Curry w/Wild Rice, Orange Slices</p> <p>★</p> <p>Baked Apple Crisp</p>	<p>31</p> <p><b>Pumpkin</b> Bread, Oranges &amp; Bananas</p> <p>★</p> <p>Savory Chicken Salad w/<b>Grapes</b>, Apple Slaw w/Raisins, Wheat Pita</p> <p>★</p> <p>Fig Bar, Go-Gurt</p>

"This institution is an equal opportunity provider."

*\*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.*

