



Pacific Clinics Early Head Start  
**December 1 - 31, 2014**  
 EHS

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

1 Cinnamon Oatmeal, Grapefruit ★ BBQ Chicken Sandwich w/Baked Beans, <b>Tangerine</b> ★ Wheat Crackers w/Cheese Cubes	2 Bagel w/Cream Cheese, Fruit Cup ★ Pasta w/Meat Sauce, Green Peas, Applesauce ★ Fish Crackers, Cucumber Coins w/Ranch Dip	3 Breakfast Potatoes w/Onions & Peppers, Corn Tortilla ★ Curried Chicken w/Brown Rice & Asian Veggies, Mandarin Oranges ★ Granola Bar, Yogurt	4 Berry Whole Grain Cereal w/Berries ★ Sweet Three-Bean Chili w/Corn, Tomatoes, Peppers & Carrots, Corn Bread, Peaches ★ Pita Squares & Hummus	5 Fruit Muffin, Banana ★ Crispy White Fish w/Tartar Sauce & Wild Rice, Roasted Carrots, Pineapple Chunks ★ Pretzels, Mixed Fruit
8 Buttermilk Biscuit w/Jam, Canned Peaches ★ Chicken Nugget w/BBQ Sauce, Cut Corn, Apple Slices ★ Graham Snacks, Mixed Fruit	9 Cheesy Grits, Berries ★ Macaroni & Cheese w/Ham, Mixed Green Salad, Apricots ★ Cereal Mix, Sliced Grapes	10 Grahams Cereal, Banana ★ Rosemary Chicken Breast w/Rice Pilaf, Roasted <b>Beet &amp; Kale</b> Salad w/ <b>Figs, Tangerine</b> ★ Zucchini Bread, Apples	11 <b>Tangerine &amp; Cranberry</b> Muffin, Applesauce ★ Meatball Submarine Sandwich w/Cheese & Grilled Peppers, Pears ★ <b>Fig</b> Newton, Melon	12 Waffle w/Syrup, Orange Wedges ★ Chicken Pozole w/Cabbage, Onions & Hominy, Tortilla Chips, Melon Cubes ★ Animal Crackers, Sliced Grapes
15 Spiced Cream of Wheat, Mandarin Oranges ★ Lentil Salad w/Carrots, Tomatoes, Onions, Wheat Pita, Sliced Grapes ★ Canned Fruit, Turkey Slices	16 Wheat Toast w/ <b>Fig</b> Spread, Baked Apples & <b>Figs</b> ★ Ground Beef & Cheese Soft Taco with Lettuce and Tomato, Melon Cubes ★ Oatmeal Raisin Cookie, Strawberry Yogurt	17 Oat Bran Cereal, Banana ★ Cheese Tortellini, Roasted <b>Kale &amp; Winter</b> Veggies, Pears ★ Tortilla Chips & Salsa w/Avocado Chunks	18 Pumpkin Bread, Peaches ★ Hamburger w/Mixed Green Salad, <b>Tangerine</b> ★ Wheat Crackers, Soy Butter	19 French Toast Sticks, Berries ★ Chicken Potstickers, Peas & Carrots, Pineapple Chunks ★ Rice Crackers, Shelled Edamame
22 Banana Bread, Applesauce ★ Minestrone Pasta Salad w/Tomatoes, Zucchini & Carrots, Orange Wedges ★ Apple Slices, Cheese Stick	23 Toasted Oat Cereal, Mixed Fruit ★ Chicken & Cheese Quesadilla w/Refried Beans & Salsa Fresca, <b>Tangerine</b> ★ Banana Pinwheels w/Banana & Soy Butter	24 ★ Holiday ★	25 ★ Holiday ★	26 Cereal Cup, Fruit Cup ★ Chicken & Broccoli Casserole w/Rice, Seasonal Fruit ★ Fish Crackers, Seasonal Fruit
29 Pumpkin Bread, Seasonal Fruit ★ Cheeseburger Sliders, Cut Corn, Canned Peaches ★ Granola Bar, Yogurt Cup	30 Cereal Cup, Fruit Cup ★ Soy Butter & Jelly Sandwich on Wheat Bread, Cucumber Coins, Applesauce ★ <b>Fig</b> Bar, Milk	31 ★ Holiday ★	<b>Fruits Of the Month</b>  <b>Figs, Tangerine</b>	
		<b>Veggies of the Month</b>  <b>Beets, Kale</b>		

\*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.

"This institution is an equal opportunity provider."

December





