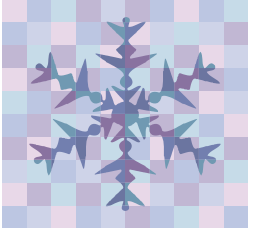




Pacific Clinics Early Head Start
January 2 - 30, 2014

EHS

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

<p>Fruits of the Month:</p> <p>Persimmon, Prunes</p>	<p>Vegetable of the Month:</p> <p>Zucchini & Winter Squash</p>		<p>Happy New Year 2015</p>	<p>English Muffin w/ jam or Cereal, Fresh Fruit</p> <p>★</p> <p>Baked Ziti w/ Ground Beef and Mozzarella, Broccoli Spears, Applesauce</p> <p>★</p> <p>Zucchini Bread, Fruit</p>
<p>5</p> <p>Pancake w/ Syrup and Canned Fruit</p> <p>★</p> <p>Chicken Pasta w/ Basil Tomato Sauce, Italian Salad, Canned Fruit</p> <p>★</p> <p>Cheese & Wheat Crackers</p>	<p>6</p> <p>Oatmeal w/ Raisins</p> <p>★</p> <p>Fish Nuggets, Brown Rice, Roasted Root Vegetables, Grapes</p> <p>★</p> <p>Melon Cubes, Animal Crackers</p>	<p>7</p> <p>Rice Cereal, Banana</p> <p>★</p> <p>Spaghetti w/ Meat Sauce, Roasted Broccoli, Pears</p> <p>★</p> <p>Garlic Toast & Tomato Bruschetta</p>	<p>8</p> <p>Banana Prune Muffin, Orange Wedges</p> <p>★</p> <p>Vegetable Bean Soup, Oyster Crackers, Apple Slices</p> <p>★</p> <p>Fig Newton, Canned Peaches</p>	<p>9</p> <p>Roasted Potatoes w/ Peppers & Corn, Salsa Fresca, Wheat Tortilla</p> <p>★</p> <p>Rosemary Chicken Breast, Roasted Zucchini, Wild Rice, Melon Cubes</p> <p>★</p> <p>Hummus & Pita Bread</p>
<p>12</p> <p>Waffle w/ Soy Butter & Banana</p> <p>★</p> <p>Chicken Nuggets w/ BBQ Sauce, Corn Salad, Grapes</p> <p>★</p> <p>Mandarin Oranges, Fish Crackers</p>	<p>13</p> <p>Cream of Wheat, Stewed Prunes</p> <p>★</p> <p>Build Your Own Beans & Cheese Burrito & Mixed Fruit</p> <p>★</p> <p>Persimmon Salsa w/ Avocado & Tortilla Chips</p>	<p>14</p> <p>Berries w/ Corn Flakes</p> <p>★</p> <p>Curried Chicken, Zucchini and Carrots, Brown Rice, & Pineapple Chunks</p> <p>★</p> <p>Rice Cakes, Cucumber with Ranch Dressing</p>	<p>15</p> <p>Corn Muffin, Canned Peaches</p> <p>★</p> <p>Chicken Potstickers, Edamame & Cabbage Salad, Orange Wheels</p> <p>★</p> <p>Grapes, Pretzels</p>	<p>16</p> <p>Egg & Cheese, English Muffin, Melon Cubes</p> <p>★</p> <p>Tuna Salad w/ Cucumber & Lettuce on a Hawaiian Roll, Winter Fruit Salad w/ Persimmon</p> <p>★</p> <p>Fig Bar, Strawberry Yogurt</p>
<p>19</p> <p>★</p> <p>Holiday</p> <p>★</p>	<p>20</p> <p>Zucchini Bread, Fruit Cup</p> <p>★</p> <p>Bean, Cheese & Chicken Quesadillas, Persimmon Salsa w/ Avocado Chunks, Tangerine</p> <p>★</p> <p>Cinnamon Teddy Grahams, Banana</p>	<p>21</p> <p>Toasted Oat Cereal w/ Berries</p> <p>★</p> <p>Crispy White Fish Fillet, Zucchini Wheels w/ Whipped Squash, Dinner Roll & Grapes</p> <p>★</p> <p>1/2 Soy Nut Butter & Jam Sandwich</p>	<p>22</p> <p>Wheat Bagel & Cream Cheese, Canned Peaches</p> <p>★</p> <p>Macaroni & Cheese w/ Diced Ham, Green Peas & Mandarin Orange</p> <p>★</p> <p>Cucumber Coins w/ Ranch Dipping Sauce, Deli Turkey Slices</p>	<p>23</p> <p>French Toast Sticks w/ Syrup & Strawberry Compote</p> <p>★</p> <p>Baked Chicken, Roasted Zucchini, Roasted Persimmon & Pomegranate, Risotto</p> <p>★</p> <p>Chech Mix, Orange Wedges</p>
<p>26</p> <p>Cheesy Grits, Grapefruit Slices</p> <p>★</p> <p>Beef Tortellini, Winter Squishy Squash Salad & Mandarin Oranges</p> <p>★</p> <p>Apple Slices, Cheese Stick</p>	<p>27</p> <p>Oatmeal, Baked Apple & Prunes</p> <p>★</p> <p>Chicken Soft Tacos & Pear Slices</p> <p>★</p> <p>Tortilla Chips & Bean Dip</p>	<p>28</p> <p>Bran Cereal, Banana</p> <p>★</p> <p>Chicken Teriyaki, Steamed Asian Veggies, Brown Rice & Pineapple Chunks</p> <p>★</p> <p>Prune Spice Cake, Vanilla Yogurt</p>	<p>29</p> <p>Blueberry Muffin, Melon Cubes</p> <p>★</p> <p>Hamburger, Green Salad & Applesauce</p> <p>★</p> <p>Mini Bagel & Cream Cheese with Canned Fruit</p>	<p>30</p> <p>Granola & Berries</p> <p>★</p> <p>Turkey & Cheese Sandwich on Wheat Bread with Lettuce and Tomato, Apple and Pear Slices</p> <p>★</p> <p>Graham Crackers, Mixed Fruit</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.

"This institution is an equal opportunity provider."

