



Pacific Clinics Head Start / Early Head Start
May 1 - 29, 2015

Early Head Start

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

<p>Fruits of the Month:</p> <p>Kiwi & Pineapple</p>	<p>Vegetables of the Month:</p> <p>Pepper</p>	<p>*Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers 1-2 yrs), low-fat milk (preschool 3-5 yrs). All milk served is rBST-free.</p>		<p>Granola, Watermelon</p> <p>★</p> <p>Asian Veggie Noodle Bowl with Snap Peas, Broccoli, Red Peppers, Pineapple</p> <p>★</p> <p>Rice Cake, Applesauce</p>
<p>4</p> <p>Pancake, Canned Apricot</p> <p>★</p> <p>Macaroni & Cheese with Ham, Green Peas, Melon Cubes</p> <p>★</p> <p>Animal Crackers, Fruit Yogurt</p>	<p>5</p> <p>Maple Cream of Wheat, Mixed Berries</p> <p>★</p> <p>Veggie Quesadilla, Pineapple Salsa & Guacamole</p> <p>★</p> <p>Ritz Cracker, Soy Butter</p>	<p>6</p> <p>Corn Flakes, Banana</p> <p>★</p> <p>Minty Orzo Lentil Salad, Orange Wedges</p> <p>★</p> <p>Graham Cracker, Applesauce</p>	<p>7</p> <p>Wheat Bagel, Fruit Salad w/ Kiwi</p> <p>★</p> <p>Baked Cheesy Pasta Marinara, Canned Peaches</p> <p>★</p> <p>Garlic Bread, Marinara Meatballs</p>	<p>8</p> <p>Pineapple Carrot Muffin, Banana Kiwi Smoothie</p> <p>★</p> <p>Tuna Salad, Lettuce & Tomato, Pita Bread, Apple Slices</p> <p>★</p> <p>Fish Crackers, Canned Pears</p>
<p>11</p> <p>Biscuit with Jam, Orange Wheels</p> <p>★</p> <p>Cumin Roasted Chickpea & Carrots, Wild Rice, Mandarin Orange</p> <p>★</p> <p>Pretzels, Hummus</p>	<p>12</p> <p>Spiced Oatmeal, Raisin & Banana</p> <p>★</p> <p>Beef Soft Tacos, Grapes</p> <p>★</p> <p>Ritz Crackers, Black Bean & Bell Pepper Salad</p>	<p>13</p> <p>Whole Grain Cerals & Berries</p> <p>★</p> <p>BBQ Chicken Breast, Asparagus & Pepper Pasta Salad, Mandarin Oranges</p> <p>★</p> <p>Oatmeal Raisin Cookie, Applesauce</p>	<p>14</p> <p>Berry Muffin, Fruit Salad</p> <p>★</p> <p>Hawaiian Chicken Kebobs w/ Pineapple, Steamed Zucchini & Peppers, Brown Rice</p> <p>★</p> <p>Fruit Pizza w/ Cereal Crust</p>	<p>15</p> <p>Waffle, Hash Brown</p> <p>★</p> <p>Italian Meat Loaf, Red Potatoes, Strawberry, Kiwi & Spinach Salad, Dinner Roll</p> <p>★</p> <p>Cheese Cubes & Applesauce</p>
<p>18</p> <p>Cheesy Grits & Canned Peaches</p> <p>★</p> <p>Chicken Fingers, Corns, Applesauce</p> <p>★</p> <p>Chex Mix & Grapes</p>	<p>19</p> <p>English Muffin, Kiwi & Berries</p> <p>★</p> <p>Make Your Own Burrito, Pears</p> <p>★</p> <p>Granola & Vanilla Yogurt</p>	<p>20</p> <p>Krispy Rice Cereal & Banana</p> <p>★</p> <p>Beef Patty, Roasted Broccoli, Wild Rice Salad w/ Kiwi & Grapes</p> <p>★</p> <p>Pita Bread, Tzatzki, Cucumber Coins,</p>	<p>21</p> <p>Cereal Bar, Citrus Salad</p> <p>★</p> <p>Minty Vegetable Chickpea Couscous, Canned Pears</p> <p>★</p> <p>Pineapple Upside Down Cake</p>	<p>22</p> <p>French Toast, Berry Compote</p> <p>★</p> <p>Hawaiian Ham & Pineapple, Brown Rice, Grilled Asparagus</p> <p>★</p> <p>Banana Soy Butter Pinwheels</p>
<p>25</p> <p>★</p> <p>CLOSED for Memorial Holiday</p> <p>★</p>	<p>26</p> <p>Spiced Oatmeal w/ Raisin, Fruit Cup</p> <p>★</p> <p>Cheese Tortellini, Italian Vegetables, Apricot Halves</p> <p>★</p> <p>Fig Bar, Fruit Salad</p>	<p>27</p> <p>Zucchini Bread & Berries</p> <p>★</p> <p>Black-eye Peas & Pepper Salad, Wheat Tortila, Pineapple Chunks</p> <p>★</p> <p>Pita Bread, Guacamole</p>	<p>28</p> <p>Wheat Bread & Banana</p> <p>★</p> <p>Teriyaki Chicken, Brown Rice, Steamed Vegetables, Orange Wheels</p> <p>★</p> <p>Gold Fish Crackers & Applesauce</p>	<p>29</p> <p>Corn Tortilla, Cheesy Breakfast Potatoes w/ Corns & Peppers</p> <p>★</p> <p>Breaded Pork Chop, Baked Potato, Green Peas</p> <p>★</p> <p>Fig Bar & Banana</p>