



Pacific Clinics Head Start / Early Head Start
June 1 - 30, 2015

Early Head Start

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

<p>1</p> <p>English Muffin & Canned Peaches ★</p> <p>Chicken Fingers w/ BBQ Sauce, Buttered Sugar Peas, Applesauce ★</p> <p>Fish Crackers, Cheese Cubes</p>	<p>2</p> <p>Cream of Wheat w/ Cherries and Bananas ★</p> <p>Chicken & Cheese Enchilada, Cumin Black Beans, Fresh Pineapple Chunks ★</p> <p>Ritz Crackers, Mango Salsa w/ Avocado</p>	<p>3</p> <p>Granola w/ Berries ★</p> <p>Chicken & Rice Casserole, Spinach & Berry Salad w/ Raspberry Vinaigrette ★</p> <p>Animal Crackers, Peach Slices</p>	<p>4</p> <p>Banana Bread, Oranges ★</p> <p>Minty Lentil Orzo Salad, Roasted Zucchini Coins, Mixed Fruit Salad ★</p> <p>Ritz Crackers, Soy Butter</p>	<p>5</p> <p>French Toast, Spiced Peaches & Raisins ★</p> <p>BBQ Beef Sliders w/ Cut Corn, Watermelon Cubes, Enriched Hawaiian Rolls ★</p> <p>Fish Crackers, Canned Pears</p>
<p>8</p> <p>Biscuit w/ honey, Canned Pears ★</p> <p>Spaghetti & Meatballs, Roasted Vegetables, Fresh Fruit Salad ★</p> <p>Animal Crackers, Fruit Yogurt</p>	<p>9</p> <p>Spiced Oatmeal, Baked Apples and Raisins ★</p> <p>Hamburger Sliders, Carrot, Jicama & Celery Stix, Applesauce ★</p> <p>Ritz Cracker, Soy Butter</p>	<p>10</p> <p>Corn Flakes, Banana ★</p> <p>Minestrone Pasta Salad, Zucchini & Carrots, Watermelon Salad ★</p> <p>Soy Butter & Jelly Sandwich Squares</p>	<p>11</p> <p>Corn Muffin, Orange Wedges ★</p> <p>Chicken Potstickers, Steamed Vegetables, Fresh Pineapple ★</p> <p>Rice Cakes, Apple Sauce</p>	<p>12</p> <p>Sausage & Cheese Sandwich, Hash Brown ★</p> <p>Breaded Pork Chop, Mashed Potatoes, Broccolini, Roll ★</p> <p>Apple Slices, Deli Turkey Slices</p>
<p>15</p> <p>Pancake w/ Syrup, Melon Cubes ★</p> <p>Swedish Meatballs over Noodles, Roasted Red Potatoes, Orange Wedges ★</p> <p>Pretzels, Hummus</p>	<p>16</p> <p>Crepe, Fresh Berries, Cinnamon Honey Yogurt ★</p> <p>Turkey & Swiss Sandwich, Jicama & Carrots, Apple Slices ★</p> <p>Cherry Oat Bar</p>	<p>17</p> <p>Cherry Scone, Orange Wedges ★</p> <p>Baked Ziti, Steamed Italian Vegetables, Melon Salad ★</p> <p>Wheat Crackers, Go-Gurt</p>	<p>18</p> <p>Toasted Oat Cereal w/ Berries ★</p> <p>Teriyaki Chicken, Steamed Vegetables, Pineapple, Brown Rice ★</p> <p>Blueberry Peach Shortcake</p>	<p>19</p> <p>Muffin, Breakfast Potatoes ★</p> <p>Grilled Cheese Sandwich, Vegetable Soup w/ Beans, Watermelon Cubes ★</p> <p>Wheat Thins, Kiwi & Berries</p>
<p>22</p> <p>Cheesy Grits & Mandarin Oranges ★</p> <p>Chicken Veggie Kebobs, Zucchini & Peppers, Plum, Parmesan Orzo ★</p> <p>Cucumber Coins w/ Hummus</p>	<p>23</p> <p>Waffle w/ Cherry Compote, Banana ★</p> <p>Cheese & Beef Taco/Cheese Taco on Wheat Tortilla, Apricots, Salsa Fresca ★</p> <p>Granola & Vanilla Yogurt</p>	<p>24</p> <p>Berry Brunch Cereal, Peaches ★</p> <p>Asian Noodles w/ Egg & Soy Butter Sauce, Zucchini, Broccoli & Peppers, Pineapple ★</p> <p>Ritz Crackers w/ Lima Bean or Tzatziki Dip</p>	<p>25</p> <p>Cereal Bar, Citrus Salad ★</p> <p>Italian Basil Mozzarella Pasta w/ Roasted Broccolini, Fruit Salad ★</p> <p>Animal Crackers, Bing Cherry Jello</p>	<p>26</p> <p>Blueberry Muffin, Hash Brown ★</p> <p>Fish Nuggets, Honey Glazed Carrots, Apple Slices, Dinner Roll ★</p> <p>Banana Soy Butter Pinwheels</p>
<p>29</p> <p>Spiced Peach Carrot Bread w/ Blueberries ★</p> <p>Turkey Hot Dog, Broccoli Raisin Salad, Watermelon Slices ★</p> <p>Graham Crackers w/ Soy Butter</p>	<p>30</p> <p>Spiced Oatmeal, Peaches ★</p> <p>Cheese & Veggie Quesadilla, Melon Salad, Salsa Fresca ★</p> <p>Cherry Cobbler</p>	<p>Fruits of the Month:</p> <p>Melons & Berries</p>	<p>Vegetables of the Month:</p> <p>Jicama & Carrots</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>