



Pacific Clinics Head Start / Early Head Start  
**November 1-30, 2015**  
 Head Start

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

2	3	4	5	6
Bananna Bread, Fruit Cup, Milk ★ Chicken & Vegetable Potstickers, Asian Vegetables, <b>Mandarin Oranges</b> , Milk ★ Rice Cakes, Pineapple Chunks	Pancake, Banana, Apple Butter, Milk ★ Meat Sauce with Pasta, Green Beans, <b>Orange Wedges</b> , Milk ★ Corn Tortilla, Salsa with Avocado & Mango	Flour Tortilla, Cheesy Mexi Potatoes, Milk ★ Teriyaki Chicken, Steamed Vegetables & <b>Brussel Sprouts</b> , Brown Rice, Milk ★ Cereal Snack Mix, Applesauce	Granola, <b>Orange Wedges</b> , Milk ★ Burger on Wheat Bun, Baked Potato Puffs, Peaches, Milk ★ Graham Crackers, Vanilla Yogurt	Krispy Rice Cereal, Mixed Fruit Salad, Milk ★ Chicken Drumstick, Sweet & Savory <b>Brussel Sprouts</b> , Wild Rice, Milk ★ Pita Bread, Cucumber Coins, Crumbled Feta
Cereal Bar, <b>Mandarin Oranges</b> , Milk ★ Chicken & Vegetable Casserole, Fruit Salad with <b>Kiwi</b> , Milk ★ Ritz Crackers, Cheese Slices	Waffle, Banana, Milk ★ Bean & Cheese Burrito, Cut Corn, Wheat Tortilla, Milk ★ Fruit Pizza with <b>Kiwi</b> , Apple Slices	<b>No Class</b>	Crepe, Berries, Spiced Yogurt, Milk ★ Chicken Fingers, Steamed Vegetables, Pineapple Chunks, Milk ★ Whole Wheat Tortilla with Deli Turkey, Cream	Mini Bagel, Melon Cubes, Milk ★ Grilled Cheese Sandwich, <b>Butternut Squah</b> Soup, Peaches, Milk ★ Fig Bar, Grapes
Zucchini Bread, Fruit Cup, Milk ★ Fish Nuggets, <b>Butternut Squash</b> Puree, Mixed Fruit, Dinner Roll, Milk ★ Apples Slices, Cheese Stick	French Toast Slices, <b>Orange Wedges</b> , Milk ★ Soft Flour Tortilla with Beef, Cheese, Tomato & Lettuce, Corn & Bean Salad, Milk ★ Soft Pretzel, Grapes	Spiced Oatmeal, Blueberries, Milk ★ Marinara Meatballs on a Bun, Grilled Onions & Peppers, Green Salad, Milk ★ Cut Vegetables, Hummus	Kix Cereal, Banana, Milk ★ Mac & Cheese with Diced Ham, Green Peas, <b>Mandarin Oranges</b> , Milk ★ Chewy Granola Bar, Applesauce	<b>Orange</b> Cranberry Scone, Peaches, Milk ★ Sweet Three-Bean Vegetarin Chili, Fruit Salad, Corn Muffin, Milk ★ Animal Crackers, Diced pears
Fruit Muffin, Diced Pears, Milk ★ Baked Ziti, Butternut Squash & Argula Salad, Apples, Milk ★ Frish Crackers, Whole Berries	Toasted Oat Cereal, Banana, Milk ★ Hawaiian Pork Chop, Glazed Brussel Sprouts, Pineapple Rings, Brown Rice, Milk ★ Graham Crackers, Canned Fruit	Egnlish Muffin, <b>Orange Wedges</b> , Milk ★ Minestrone Pasta Salad, Melon, Milk ★ Wheat Crackers, Soy Butter	 <b>Happy Thanksgiving</b> <b>No Class</b>	
Cheesey Grits, Peaches, Milk ★ Minty Lentil & Orzo Salad, <b>Orange Wedges</b> , Milk ★ Vanilla Wafers, Berry Yogurt		<b>Fruit of the Month:</b> <b>Orange &amp; Kiwi</b> 	<b>Vegetable of the Month:</b> <b>Butternut Squash &amp; Brussel Sprouts</b> 	*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.