


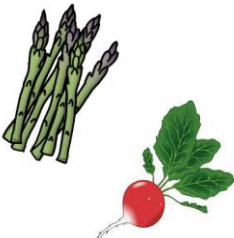


Pacific Clinics Head Start / Early Head Start

April 1-30, 2016

Early Head Start

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

<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>Fruit of the month: Pineapple & Blueberries</p> 	<p>Vegetable of the month: Asparagus & Radishes</p> 		<p>1 Mini Bagel, Melon Slices ★ Fish, Wild Rice, Creamed Spinach, Carrot Coins ★ Cucumber Coins, Pita with Feta Crumbles</p>
<p>4 Crispy Rice Cereal, Mandarin Oranges ★ Chicken and Asparagus Pasta Salad, Melon Cubes ★ Ritz Crackers, Soy Butter</p>	<p>5 Buttermilk Biscuit, Peach & Blueberries ★ Spaghetti & Meat Sauce, Roasted Broccoli, Tangerine ★ Cinnamon Graham Crackers, Applesauce</p>	<p>6 Pancake, Strawberries ★ Asian Chicken Bowl with Brown Rice, Asian Vegetable Blend, Cabbage Salad ★ Rice Cake, Mandarin Oranges</p>	<p>7 Cinnamon Raisin Bread, Banana ★ Breaded Chicken Fingers, Bakes Beans, Watermelon ★ Fig Bar, Grapes</p>	<p>8 Pumpkin Bread, Spiced Applesauce ★ Macaroni & Cheese with Diced Ham, Peas & Carrots, Pineapple Rings ★ Pita Bread, White Bean Hummus</p>
<p>11 Cereal Bar, Fruit Cup ★ Breaded Chicken Patty, Roasted Rosemary Potatoes, Grilled Asparagus Spears ★ Pretzels, Cheese Cubes</p>	<p>12 Corn Muffin, Hash Brown Potato ★ Cheese Quesadilla with Wheat Tortilla, Refried Beans, Salsa Fresca, Kiwi ★ Fish Crackers, Orange Wedges</p>	<p>13 Waffle, Blueberries ★ Slow Roasted Pineapple Pork with Brown Rice, Pinto Beans ★ Cereal Snack Mix, Grapes</p>	<p>14 Toasted Oat Cheerios, Banana ★ Hamburger, Cut Corn, Carrot & Pineapple Salad with Raisins ★ Graham Crackers, Watermelon</p>	<p>15 Blueberry Muffin, Pears ★ Cheese Ravioli, Ricotta Stuffed Mexican Squash, Mixed Fruit Salad ★ Wheat Crackers, Carrot Sticks & Radish Coins, Edamame Hummus</p>
<p>18 Shredded Wheat Cereal, Fruit Cup ★ Toasted Tuna Melt with Wheat Bread, Cucumber Coins, Apple Slices ★ Animal Crackers, Blueberry Yogurt</p>	<p>19 Spiced Oatmeal, Baked Apples & Raisins ★ Beef Soft Tacos, Roasted Corn & Bean Salad, Salsa ★ Oatmeal Raisin Cookie, Diced Pears</p>	<p>20 French Toast Slice, Peach Slices ★ Teriyaki Chicken with Brown Rice, Steamed Broccoli, Mandarin Oranges ★ Caprese Pesto Salad</p>	<p>21 Corn Flakes, Banana ★ Turkey Hot Dog, Ranch Potato Salad, Fresh Fruit Salad ★ Waffle, Banana</p>	<p>22 Banana Muffin, Mango Cubes ★ Fish Nuggets, Wild Rice, Roasted Carrots, Orange ★ Cucumber Sticks, Hummus</p>
<p>25 Granola, Tangerine ★ Baked Ziti, Buttered Green Beans, Green Salad with Radishes ★ Graham Crackers, Homemade Vanilla</p>	<p>26 Cheesy Grits, Peaches ★ Bean & Cheese Burrito, Roasted Corn, Peppers and Squash, Mandarin Oranges ★ Tortilla Chips, Salsa with Pineapple</p>	<p>27 Veggie Breakfast Strata with Eggs, Spinach, Peppers, Corn ★ Roasted Chicken, Mashed Potatoes, Green Peas, Dinner Roll ★ Crackers, String Cheese</p>	<p>28 Cinnamon Raisin Bagel, Orange Wedges ★ Chicken Pot stickers, Steamed Edamame, Orange Wedges ★ Zucchini Bread, Melon Cubes</p>	<p>29 Crepe, Mixed Berries, Spiced Yogurt ★ Grilled Cheese Sandwich with Wheat Bread, Potato Puffs, Apple Slices ★ Pretzels, Watermelon Slices</p>

"This institution is an equal opportunity provider."

Not all classrooms will be on service on all days of the month. Please check your sites calendar on site closure days.