



Pacific Clinics Head Start / Early Head Start

May 1-31, 2016

Early Head Start

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

<p><b>2</b></p> <p>Mini Bagel, Mandarin Oranges</p> <p>★</p> <p>Chicken Pasta Salad with <b>Red Peppers</b> &amp; Edamame, Melon Cubes</p> <p>★</p> <p>Ritz Crackers, Soy Butter</p>	<p><b>3</b></p> <p>Pancake with Strawberry Compote</p> <p>★</p> <p>Spaghetti &amp; Meatballs, Roasted Vegetable Blend, Sliced Peaches</p> <p>★</p> <p>Cinnamon Graham Crackers, Applesauce</p>	<p><b>4</b></p> <p>Corn Muffin, Breakfast Potatoes with <b>Red Peppers</b> and Corn</p> <p>★</p> <p>Chicken Ole with Wild Rice, <b>Avocado</b> Salad, Mango Cubes</p> <p>★</p> <p>Soft Wheat Tortilla, White Bean Dip</p>	<p><b>5</b></p> <p>Toasted Oat Cereal, Banana</p> <p>★</p> <p>Breaded Chicken Fingers, Baked Beans, Watermelon</p> <p>★</p> <p>Fig Bar, Fruit Cup</p>	<p><b>6</b></p> <p>Blueberry Muffin, Tangerine</p> <p>★</p> <p>Tuna Salad with Wheat Pita Pocket, Slices Tomatoes, Apple Slices</p> <p>★</p> <p>Animal Crackers, String Cheese Stick</p>
<p><b>9</b></p> <p>Breakfast Bar, Fruit Cup</p> <p>★</p> <p>Breaded Pork Belly, Steamed Vegetable Medley, Apple Slices</p> <p>★</p> <p>Pretzel Sticks, Strawberry Yogurt</p>	<p><b>10</b></p> <p>Krispy Rice Cereal, Banana</p> <p>★</p> <p>Hamburger on bun, Cut Corn, Melon Salad</p> <p>★</p> <p>Cheesy Crackers, Orange Wedges</p>	<p><b>11</b></p> <p>Cheesy Grits, Peaches</p> <p>★</p> <p>Teriyaki Chicken with Brown Rice, Asian Vegetables, Fresh Pineapple</p> <p>★</p> <p>Rice Cake, Watermelon Cubes</p>	<p><b>12</b></p> <p>Cinnamon Raisin Bread, Pears</p> <p>★</p> <p>Italian Tomato Basil Pasta with Mozzarella, Green Salad with Chickpeas</p> <p>★</p> <p>Fish Crackers, Mandarin Oranges</p>	<p><b>13</b></p> <p>Granola, <b>Strawberries</b></p> <p>★</p> <p>Fish Nuggets, Peas &amp; Carrots, Orange Wedges</p> <p>★</p> <p>Soft Wheat Tortilla, <b>Guacamole</b></p>
<p><b>16</b></p> <p>Shredded Wheat Cereal, Fruit Cup</p> <p>★</p> <p>Chicken &amp; Brown Rice Casserole, <b>Red Peppers</b> &amp; Green Beans, Spinach &amp; Berry Salad</p> <p>★</p> <p>Apples, Turkey Slices</p>	<p><b>17</b></p> <p>Spiced Oatmeal, <b>Strawberries</b></p> <p>★</p> <p>Bean &amp; Cheese Burrito with Wheat Tortilla, Mexican Squash, Mandarin Oranges</p> <p>★</p> <p><b>Red Pepper</b> Strips &amp; Cucumber Coins, Hummus</p>	<p><b>18</b></p> <p>Waffle, Mixed Berries</p> <p>★</p> <p>Macaroni &amp; Cheese with Lentils, Green Peas, Melon Cubes</p> <p>★</p> <p><b>Strawberry</b> Biscuit with Whip Cream</p>	<p><b>19</b></p> <p>Cinnamon Raisin Bagel, Banana</p> <p>★</p> <p>Chicken Pot stickers, Asian Vegetable Blend, Pineapple Chunks</p> <p>★</p> <p>Cereal Snack Mix, Grapes</p>	<p><b>20</b></p> <p>Banana Bread, Mango Cubes</p> <p>★</p> <p>Swedish Meatballs with Egg Noodles, Roasted Cauliflower, Watermelon</p> <p>★</p> <p>Graham Crackers, Tropical Fruit Mix</p>
<p><b>23</b></p> <p>Homemade Fruit Scone, Pear Slices</p> <p>★</p> <p>Vegetarian Baked Ziti, Sautéed Garlic Spinach, Peach Slices</p> <p>★</p> <p>Graham Crackers, Applesauce</p>	<p><b>24</b></p> <p>French Toast Sticks, Cantaloupe Cubes</p> <p>★</p> <p>Chicken &amp; Cheese Quesadilla with Wheat Tortilla, Refried Beans, Salsa with <b>Avocado</b> Chunks</p> <p>★</p> <p>Wheat Crackers, Cheese Slices</p>	<p><b>25</b></p> <p>Corn Flakes, Orange Wedges</p> <p>★</p> <p>Slow Roasted Pork Tacos on Tortilla, Black Bean &amp; Mango Salad</p> <p>★</p> <p>Peaches, Cottage Cheese</p>	<p><b>26</b></p> <p>Crepe, <b>Strawberries</b>, Spiced Yogurt</p> <p>★</p> <p>Turkey Hot Dog, Baked Beans, Carrot &amp; Raisin Salad</p> <p>★</p> <p>Wheat Crackers, Celery Sticks, Raisins</p>	<p><b>27</b></p> <p><b>Mango</b> Muffin, Banana</p> <p>★</p> <p>Grilled Cheese Sandwich, Vegetable Soup with White Beans, Apple Slices</p> <p>★</p> <p>Chewy Granola Bar, Grapes</p>
<p><b>30</b></p> <p><b>Memorial Day</b></p>	<p><b>31</b></p> <p>Corn Muffin, Hash Brown Potato</p> <p>★</p> <p>Baked Cheese Ravioli, Roasted Corn, <b>Red Peppers</b> &amp; Squash, Pears</p> <p>II</p> <p>Animal Crackers, Orange Wedges</p>	<p><b>Fruit of the Month:</b></p> <p>Strawberry &amp; Mango</p> 	<p><b>Vegetable of the Month:</b></p> <p>Avocado &amp; Red 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>

"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.**