



Pacific Clinics Head Start / Early Head Start

June 1-30, 2016

Early Head Start

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

<b>Fruit of the Month:</b>  Cantaloupe and Watermelon  	<b>Vegetable of the Month:</b>  Carrot and Celery  	<b>1</b>  Pancake, Peaches  ★  Chicken Ole with Wild Rice, Avocado Salad, Mango Cubes  ★  Cheesy Crackers, String Cheese	<b>2</b>  Toasted Oat Cereal, Banana  ★  Breaded Chicken Fingers, Potatoes Puffs, Cantaloupe & Honeydew  ★  Fig Bar, Mandarin Oranges	<b>3</b>  Blueberry Muffin, Tangerine  ★  Tuna Salad with Pita Pocket, Cucumber Coins, Watermelon Slices  ★  Zucchini Bread, Fruit Salad
		<b>8</b>  Spiced Oatmeal, Peaches  ★  Macaroni & Cheese with Ham, Green Peas, Apple Slices  ★  Cinnamon Graham, Mango Cubes	<b>9</b>  Bagel, Cantaloupe Cubes  ★  Hamburger on Wheat Bun, Baked Beans, Pears  ★  Fish Crackers, Mandarin Oranges	<b>10</b>  Blueberry Muffin, Banana  ★  Breaded Fish Nuggets, Peas & Carrots, Cabbage & Strawberry Salad,  ★  Wheat Crackers, Soy Butter
<b>13</b>  Golden Grahams Cereal, Fruit Cup  ★  Chicken & Brown Rice Casserole, Broccoli, Melon Salad  ★  Pita Bread, Cucumber Coins, Crumbled Feta	<b>14</b>  Waffle, Banana  ★  Bean & Cheese Burrito with Wheat Tortilla, Mexican Squash, Pineapple Chunks  ★  Cucumber Coins, Hummus	<b>15</b>  Cheesy Grits, Peaches  ★  Soy Sauce Chicken with Brown Rice, Asian Vegetables, Mandarin Oranges  ★  Cereal Snack Mix, Mandarin Oranges	<b>16</b>  Cinnamon Raisin Bagel, Pears  ★  Breaded Pork Belly, Roasted Carrot Coins, Cut Corn  ★  Wheat Bread, Soy Butter, Grape Jelly	<b>17</b>  Corn Muffin, Strawberries  ★  Fish Ole, Sautéed Garlic Spinach, Orange Wedges, Dinner Roll  ★  Graham Crackers, Canned Fruit
<b>20</b>  Corn Flakes, Fruit Cup  ★  Baked Ziti, Steamed Mix Vegetables, Watermelon  ★  Teddy Grahams, Berry Yogurt	<b>21</b>  French Toast Slice, Cantaloupe Cubes  ★  Chicken & Cheese Quesadilla with Wheat Tortilla, Refried Beans, Orange Wedges  ★  Wheat Tortilla with Salsa and Avocado	<b>22</b>  English Muffin, Hash Brown Potato  ★  Chicken Teriyaki with Brown Rice, Steamed Asian Vegetables, Pineapple  ★  Chewy Granola Bar, Mandarin Oranges	<b>23</b>  Crepe, Strawberries, Spiced Yogurt  ★  Turkey Hot Dog on Bun, Baked Beans, Garden Salad,  ★  Fish Crackers, Cucumber Coins	<b>24</b>  Cantaloupe Muffin, Applesauce  ★  Grilled Cheese Sandwich, Potato Puffs, Pears,  ★  Apple Wheels, Soy Butter
<b>27</b>  Breakfast Bar, Applesauce  ★  Pesto Ravioli, Ricotta Stuffed Zucchini Spears, Orange Wedges  ★  Pita Squares, White Bean Hummus	<b>28</b>  Buttermilk Biscuit, Peaches  ★  Turkey & Swiss Sandwich, Cucumber Coins, Watermelon  ★  Vanilla Wafers, Vanilla Yogurt	<b>29</b>  Vegetable Egg Strata  ★  Chicken Drumstick, Mashed Potatoes, Garden Salad, Dinner Roll  ★  Homemade Strawberry Shortcake	<b>30</b>  Whole Grain Cereal, Banana  ★  BBQ Beef sandwich, Cut Corn, Sweet Potatoes  ★  Caramel Rice Cake, Pineapple Chunks	*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.

"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.***