






Pacific Clinics Head Start / Early Head Start

July 1-31

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>Vegetable of the Month: Snap Peas</p> 	<p>Fruit of the Month: Peaches</p> 		<p>1 Granola, Strawberries ★ Chicken & Edamame Pasta Salad, Cantaloupe ★ Animal Crackers, Mandarin Oranges</p>
<p>4 No School</p> 	<p>5 Golden Cereal Grahams, Fruit Cup ★ Beef Soft Taco on Wheat Tortilla with Lettuce, Cheese & Tomato, Watermelon Cubes ★ Wheat Tortilla, Salsa with Mango</p>	<p>6 Bagel, Cantaloupe Cubes, Cream Cheese ★ Soy Sauce Chicken with Brown Rice, Steamed Vegetables, Fresh Pineapple ★ Graham Crackers, Applesauce</p>	<p>7 Krispy Rice Cereal, Banana ★ Hamburger on Wheat Bun, Baked Beans, Strawberries ★ Cheesy Crackers, Pears</p>	<p>8 Zucchini Bread, Peaches ★ Fish Ole with Wild Rice, Roasted Carrots, Mandarin Oranges ★ Pita Squares, Hummus</p>
<p>11 Breakfast Bar, Fruit Cup ★ Chicken & Cheese Enchiladas, Black Beans, Pears ★ Teddy Grahams, Watermelon</p>	<p>12 Waffle, Mixed Berries ★ Mac & Cheese with Lentils, Green Peas, Melon Salad ★ Pretzel Sticks, Apple Slices</p>	<p>13 Spiced Oatmeal, Peaches ★ Curry Chicken with Brown Rice, Steamed Vegetables, Orange Wedges ★ Celery Sticks, Crackers, Raisins</p>	<p>14 Bran Flakes, Banana ★ Breaded Chicken Fingers, Cut Corn, Fruit Salad ★ Rice Krispy Treat, Strawberries</p>	<p>15 Blueberry Muffin, Orange ★ Minestrone Pasta Salad, Pears ★ Cinnamon Grahams, Banana</p>
<p>18 Corn Flakes, Fruit Cup ★ Chicken Pot stickers, Shelled Edamame, Cabbage Salad ★ Chewy Granola Bar, Peaches</p>	<p>19 French Toast Slice, Strawberries ★ Chicken & Cheese Quesadillas, Refried Beans, Cantaloupe ★ Wheat Tortilla, Salsa with Avocado</p>	<p>20 Cinnamon Raisin Bread, Pears ★ Meatballs, Roasted Vegetables, Apple Slices ★ Fish Crackers, Orange Wedges</p>	<p>21 Crepe, Blackberries, Spiced Yogurt ★ Breaded Pork Patty, Cut Corn, Watermelon ★ Ritz Crackers, Cheese Sticks</p>	<p>22 Corn Muffin, Applesauce ★ Pesto Cheese Ravioli, Ricotta Stuffed Zucchini, Green Salad ★ Cereal Snack Mix, Banana</p>
<p>25 Toasted Oat Cereal, Mandarin Oranges ★ Breaded Fish Nuggets, Roasted Carrot Coins, Coleslaw ★ Snap Peas, Hummus</p>	<p>26 Pancake, Hash Brown Potatoes ★ Meatball Mozzarella Sandwich with Grilled Veggies, Cucumber ★ Rice Cake, Fresh Pineapple</p>	<p>27 English Muffin, Mango ★ Teriyaki Chicken with Wild Rice, Roasted Broccoli, Orange Wedges ★ Waffle, Banana</p>	<p>28 Whole Grain Cereal, Strawberries ★ Turkey Hot Dog on Bun, Baked Beans, Fresh Fruit Salad ★ Vanilla Wafers, Grapes</p>	<p>29 Fruit Bread, Pears ★ Tuna Salad in Pita Pocket, Mixed Greens, Apple Slices ★ Pretzel Sticks, Berry Yogurt</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.