



Pacific Clinics Head Start / Early Head Start

August 1-31

Early Head Start

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

<p>1</p> <p>Blueberry Muffin, Mandarin Oranges</p> <p>★</p> <p>Baked Ziti with Beef, Ricotta and Mozzarella Cheese, Green Beans, Fruit Salad</p> <p>★</p> <p>Graham Crackers, Applesauce</p>	<p>2</p> <p>Pancake, <i>Strawberries</i></p> <p>★</p> <p>Mac & Cheese with Ham, Green Peas, Peaches</p> <p>★</p> <p>Apple Slices, Cheese Cubes</p>	<p>3</p> <p>Corn Muffin, Hash Brown Patty</p> <p>★</p> <p>Pesto Ravioli with White Beans, Zucchini Coins, Mixed Green Salad</p> <p>★</p> <p>Pretzel Sticks, Berry Yogurt</p>	<p>4</p> <p>Cinnamon Raisin Bread, Banana</p> <p>★</p> <p>BBQ Beef Sandwich, Cut Corn, Watermelon</p> <p>★</p> <p>Cheesy Crackers, Pears</p>	<p>5</p> <p>Breakfast Bar, Orange Wedges</p> <p>★</p> <p>Fish Ole, Sautéed Garlic Spinach, Dinner Roll, Pineapple Chunks</p> <p>★</p> <p>Pita Bread, Cucumber Coins, Feta Crumbles</p>
<p>8</p> <p>Golden Grahams, Fruit Cup</p> <p>★</p> <p>Chicken & Wild Rice Casserole with Broccoli and Wild Rice, Spinach & Berry Salad</p> <p>★</p> <p>Rtíz Crackers, Celery Sticks, Raisins</p>	<p>9</p> <p>Bagel, Orange Wedges</p> <p>★</p> <p>Teriyaki Chicken, Brown Rice, Steamed Vegetables, Mandarin Oranges</p> <p>★</p> <p>Pita Bread, Salsa</p>	<p>10</p> <p>Spiced Oatmeal, Banana</p> <p>★</p> <p>Turkey & Swiss Sandwich with Wheat Bread, Cucumber Coins, Apple Slices</p> <p>★</p> <p>Teddy Grahams, Watermelon</p>	<p>11</p> <p>Zucchini Bread, Peaches</p> <p>★</p> <p>Breaded Chicken Fingers, Baked Beans, Dinner Roll, Cantaloupe</p> <p>★</p> <p>Vanilla Wafers, Berry Yogurt</p>	<p>12</p> <p>Toasted Oat Cereal, Strawberries</p> <p>★</p> <p>Minestrone Pasta Salad with Kidney Beans, Tomatoes, Zucchini & Carrots, Pears</p> <p>★</p> <p>Animal Crackers, Grapes</p>
<p>15</p> <p>Waffle, Orange Wedges</p> <p>★</p> <p>Tuna Salad with Wheat Pita Bread, Watermelon</p> <p>★</p> <p>Fish Crackers, Cucumber Coins</p>	<p>16</p> <p>Breakfast Bar, Fruit Cup</p> <p>★</p> <p>Chicken & Cheese Quesadillas with Wheat Tortilla, Corn & Bean Salad, Mango Cubes</p> <p>★</p> <p>Pretzel Sticks, Apple Slices</p>	<p>17</p> <p>Granola, Strawberries</p> <p>★</p> <p>Curry Chicken, Brown Rice, Steamed Vegetables, Pineapple Chunks</p> <p>★</p> <p>Wheat Crackers, Cheese Slices</p>	<p>18</p> <p>Krispy Rice Cereal, Banana</p> <p>★</p> <p>Hamburger, Cucumber Coins, Fruit Salad</p> <p>★</p> <p>Oatmeal Raisin Cookie, Pears</p>	<p>19</p> <p>Buttermilk Biscuit, Peaches</p> <p>★</p> <p>Fish Nuggets, Honey Glazed Carrots, Mixed Green Salad, Bread</p> <p>★</p> <p>Chewy Granola Bar, Applesauce</p>
<p>22</p> <p>Corn Flakes, Fruit Cup</p> <p>★</p> <p>Chicken & Cheese Enchiladas with Wheat Tortilla, Black Beans, Orange Wedges</p> <p>★</p> <p>String Cheese, Apple Slices</p>	<p>23</p> <p>Cinnamon Raisin Bagel, Pears</p> <p>★</p> <p>Beef Soft Taco with Lettuce & Tomato, Wheat Tortilla, Pineapple Chunks</p> <p>★</p> <p>Pita Bread, Hummus</p>	<p>24</p> <p>Wheat Bread, Soy Butter, Banana</p> <p>★</p> <p>Spaghetti with Meat Sauce, Sweet Potatoes, Watermelon Slices</p> <p>★</p> <p>Cereal Snack Mix, Mandarin Oranges</p>	<p>25</p> <p>Crepe, Spiced Baked Apples</p> <p>★</p> <p>Breaded Pork Patty, Mashed Potatoes, Strawberry & Cabbage Salad, Dinner Roll</p> <p>★</p> <p>Animal Crackers, Peaches</p>	<p>26</p> <p>Banana Bread, Applesauce</p> <p>★</p> <p>Grilled Cheese Sandwich, Bean Soup, Melon Cubes</p> <p>★</p> <p>Yogurt Parfait, Peaches</p>
<p>29</p> <p>Mixed Whole Grain Cereal, Mandarin Oranges</p> <p>★</p> <p>Roasted Chickpeas with Wild Rice, Carrots, Orange Wedges</p> <p>★</p> <p>Cucumber Coins, Hummus</p>	<p>30</p> <p>Granola, Strawberries</p> <p>★</p> <p>Chicken Pot Stickers, Shelled Edamame, Asian Cabbage Salad</p> <p>★</p> <p>Rice Cakes, Fresh Pineapple</p>	<p>31</p> <p>Fruit Muffin, Applesauce</p> <p>★</p> <p>Turkey Hot Dog, Cut Corn, Fruit Salad</p> <p>★</p> <p>Graham Crackers, Homemade Banana</p>	<p>Fruit of the Month: Strawberries & Watermelon</p> <p>Vegetable of the Month: Zucchini & Corn</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.