





Pacific Clinics Head Start / Early Head Start

October 1-31

Early Head Start

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

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| <p>3 Breakfast Bar, Mandarin Oranges ★ Beef Casserole with Spanish Rice, Peppers, Onions, and Tomatoes, Mixed Green Salad ★ Graham Crackers, Fruit Salad</p> | <p>4 Mini Bagel with Cream Cheese, Orange Wedges, ★ Fajita Quesadillas with Grilled Peppers, and Onions on Wheat Tortilla, Corn & Bean Salad, Salsa ★ Pita Bread, Chunky Salsa</p> | <p>5 Golden Grahams Cereal, Banana ★ Macaroni & Cheese with Diced Ham, Green Peas, Cucumber Coins ★ Pretzels, Applesauce</p> | <p>6 Pancake, Syrup, Peaches ★ Sweet Three Bean Chili with Peppers, Onions, Tomatos, Corn Bread, Peach Slices ★ Crackers, Apple Slices</p> | <p>7 Orange Cranberry Muffin, Pears ★ Chicken Salad on Hawaiian Wheat Roll, Spring Greens, Mixed Fruit Salad ★ Granola, Berry Yogurt</p> |
| <p>10 Cinnamon Raisin Bagel, Fruit Cup, Cream Cheese ★ Chicken, Rice & Broccoli Casserole, Cranberry Spinach Salad ★ Teddy Grahams, Fruit Salad</p> | <p>11 Whole Grain Honey Lemon Loaf, Applesauce ★ Chicken Soft Taco with Cheese, Lettuce and Tomato on Wheat Tortilla, Melon Cubes ★ Apple Slices, Soy Butter</p> | <p>12 Toasted Oat Cereal, Banana ★ Hamburger on Bun, Cut Corn, Mixed Fruit Salad ★ Wheat Crackers, Cheese Slices</p> | <p>13 French Toast Sticks, Mixed Berries ★ Chicken Stew with Parsnips, Carrots, Potatoes & Peas, Mandarin Oranges, Buttermilk Biscuit ★ Pita Bread, White Bean Hummus</p> | <p>14 Pumpkin Cranberry Bread, Orange Wedges ★ Tuna Salad in Pita Pocket, Mixed Greens, Pears ★ Oatmeal Raisin Cookies, Mango</p> |
| <p>17 Krispy Rice Cereal, Fruit Cup ★ Chicken Enchilada Casserole with Corn & Black Beans, Pineapple Chunks ★ Cucumber Coins, Hummus</p> | <p>18 Cinnamon Raisin Bread, Applesauce ★ Spaghetti with Meatballs and Tomato Sauce, Roasted Vegetables, Peaches ★ Chewy Granola Bar, Pears</p> | <p>19 Granola, Banana ★ Breaded Chicken Fingers, Baked Beans, Orange Wedges, Dinner Roll, BBQ Sauce ★ Animal Crackers, Watermelon</p> | <p>20 Buttermilk Biscuit, Pears, Apple Butter ★ Breaded Fish Nuggets, Coleslaw, Mandarin Oranges, Wild Rice, Tartar Sauce ★ Mango, Cottage Cheese</p> | <p>21 Banana Muffin, Peaches ★ Tortellini Pasta Salad with Basil & Bell Peppers, Melon Cubes ★ Apple Sandwiches with Shredded Coconut</p> |
| <p>24 Rice Chex, Fruit Cup ★ Cheesy Tuna Casserole with Green Peas and Egg Noodles, Mixed Fruit Salad ★ Cereal Snack Mix, Sliced Grapes</p> | <p>25 Crepe, Strawberries, Spiced Yogurt ★ Teriyaki Chicken with Brown Rice, Steamed Vegetables, Pineapple Chunks ★ Cheezy Crackers, Watermelon Cubes</p> | <p>26 Corn Flakes, Banana ★ Rosemary Roasted Root Vegetables with Chickpeas, Wild Rice, Mandarin Oranges ★ Vanilla Wafers, Berry Yogurt</p> | <p>27 Spiced Oatmeal, Berries ★ Breaded Pork Patty, Mashed Potatoes, Pears, Dinner Roll ★ Rice Cake, Mango</p> | <p>28 Apple Spice Bread, Orange Wedges ★ Sweet Potato Quinoa Salad with Garbanzo Beans, Mixed Greens ★ Cinnamon Grahams, Applesauce</p> |
| <p>31 Corn Muffin, Fruit Cup ★ Baked Ziti with Cheese, Squash, Corn and Peppers, Pears ★ Fish Crackers, Mandarin Oranges</p> | | <p>Fruit of the Month: Dried Cranberries & Pears </p> | <p>Vegetable of the Month: Parsnips & Peppers </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.