



Pacific Clinics Head Start / Early Head Start

May 1-31, 2017

Early Headstart

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

<p>1</p> <p>Breakfast Bar, Mango Cubes</p> <p>★</p> <p>Pesto Ravioli, White Beans, Roasted Green Beans and Carrots, Peaches</p> <p>★</p> <p>Cucumber, Hummus</p>	<p>2</p> <p>Cinnamon Raisin Bread, Mandarin Oranges</p> <p>★</p> <p>Chicken & Cheese Quesadillas on Wheat Tortilla, Avocado Salad, Watermelon</p> <p>★</p> <p>Graham Crackers, Grapes</p>	<p>3</p> <p>Mini Bagel, Clementine, Cream Cheese</p> <p>★</p> <p>Orange Chicken, Brown Rice, Steamed Vegetables, Plum</p> <p>★</p> <p>Cereal Snack Mix, Cantaloupe</p>	<p>4</p> <p>French Toast Sandwich, Strawberries</p> <p>★</p> <p>Sliced Turkey Hot Dog on a Bun, Baked Beans, Pineapple Chunks</p> <p>★</p> <p>Wheat Crackers, Sunflower Butter</p>	<p>5</p> <p>Granola, Banana</p> <p>★</p> <p>Crunchy Hawaiian Chicken Wrap with Broccoli and Pineapple, Orange Wedges</p> <p>★</p> <p>Fish Crackers, Fruit Salad</p>
<p>8</p> <p>Whole Grain Bread, Peaches, Sunflower Butter</p> <p>★</p> <p>Chicken Fingers, Dinner Roll, Corn, Mandarin Oranges</p> <p>★</p> <p>Animal Crackers, Applesauce</p>	<p>9</p> <p>Waffle, Strawberry Compote</p> <p>★</p> <p>Bean & Cheese Burrito in a Wheat Tortilla, Clementine, Steamed Green Beans</p> <p>★</p> <p>Lavash Bread, Tuna Salad</p>	<p>10</p> <p>Krispy Rice Cereal, Banana</p> <p>★</p> <p>Chicken Pita Picket with Tzatziki Sauce, Green Salad, Pineapple</p> <p>★</p> <p>Cheesy Crackers, Grapes</p>	<p>11</p> <p>Mini Blueberry Muffins, Pears</p> <p>★</p> <p>Chicken Salad, Hawaiian Roll, Sliced Tomatoes, Mango Cubes</p> <p>★</p> <p>Teddy Grahams, Watermelon Cubes</p>	<p>12</p> <p>Buttermilk Biscuit, Cantaloupe</p> <p>★</p> <p>Fish Nuggets, Wild Rice, Cooked Carrots, Fruit Salad</p> <p>★</p> <p>Apple Slices, Cheese Cubes</p>
<p>15</p> <p>Golden Grahams, Peaches</p> <p>★</p> <p>Hamburger on a Bun, Baked Beans, Watermelon</p> <p>★</p> <p>Pita Bread, White Bean Hummus</p>	<p>16</p> <p>Pancake, Banana</p> <p>★</p> <p>Spaghetti with Meatballs, Roasted Green Beans, Spinach & Strawberry Salad</p> <p>★</p> <p>Clementine, Deli Turkey</p>	<p>17</p> <p>Crepe, Strawberries, Spiced Yogurt</p> <p>★</p> <p>Beef Taco in Soft Tortilla, Lettuce and Tomato, Orange Wedges</p> <p>★</p> <p>Zucchini Bread, Grapes</p>	<p>18</p> <p>Whole Grain Bread, Fresh Avocado Spread</p> <p>★</p> <p>Chickpea Curry, Brown Rice, Steamed Vegetables, Pineapple Chunks</p> <p>★</p> <p>Granola, Mango Yogurt</p>	<p>19</p> <p>Banana Muffin, Cantaloupe</p> <p>★</p> <p>Breaded Pork Patty, Sweet Potato Puffs, Fruit Salad, Bread Stick</p> <p>★</p> <p>Pretzel Sticks, Applesauce</p>
<p>22</p> <p>Cinnamon Raisin Bagel, Fruit Cup, Cream Cheese</p> <p>★</p> <p>Chicken & Cheese Enchilada, Black Beans, Peaches</p> <p>★</p> <p>Mango, Cottage Cheese</p>	<p>23</p> <p>Spiced Oatmeal, Mixed Fruit Salad</p> <p>★</p> <p>Chicken Drumstick, Orange, Israeli Couscous Salad with Peas</p> <p>★</p> <p>Animal Crackers, Watermelon</p>	<p>24</p> <p>Toasted Oat Cereal, Strawberries</p> <p>★</p> <p>Teriyaki Chicken, Brown Rice, Steamed Vegetables, Pineapple</p> <p>★</p> <p>Rice Cake, Grapes</p>	<p>25</p> <p>Corn Muffin, Hash Brown Patty</p> <p>★</p> <p>Mac & Cheese with White Beans, Pears, Green Beans</p> <p>★</p> <p>Lavash Bread, Cucumber, Taziki</p>	<p>26</p> <p>Mango Muffin, Banana</p> <p>★</p> <p>Fish Ole, Dinner Roll, Clementine, Green Salad with Avocado Salad Dressing</p> <p>★</p> <p>Apple and Sunflower Butter Sandwiches</p>
<p>29</p> <p>No Class - Memorial Day</p>	<p>30</p> <p>Honey Lemon Loaf, Mandarin Oranges</p> <p>★</p> <p>Chicken & Rice Casserole with Green Beans, Pineapple</p> <p>★</p> <p>Fish Crackers, Pears</p>	<p>31</p> <p>Rice Chex Cereal, Banana</p> <p>★</p> <p>Chicken Potstickers, Shelled Edamame, Orange Wedges</p> <p>★</p> <p>Oatmeal Cookie, Vanilla Yogurt</p>	<p>Fruit of the month: Mango & Strawberry</p>  <p>Vegetable of the month: Green Beans & Avocado</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.