



Pacific Clinics Head Start / Early Head Start

July 1-31, 2017

Early Head start

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

3		4	5	6	7
<p>Zucchini Muffin, Applesauce</p> <p style="text-align: center;">★</p> <p>Tuna Salad with Wheat Pita Pocket, Mixed Greens, Oranges</p> <p style="text-align: center;">★</p> <p>Graham Crackers, Pears</p>	<p>No Class</p>	<p>Krispy Rice Cereal, Peaches</p> <p style="text-align: center;">★</p> <p>Cheese Quesadillas on Wheat Tortilla, Tomato Soup, Watermelon</p> <p style="text-align: center;">★</p> <p>Whole Grain Snack, Berry Yogurt</p>	<p>French Toast Sticks, Banana</p> <p style="text-align: center;">★</p> <p>Orange Chicken, Brown Rice, Steamed Vegetables, Mandarin Oranges</p> <p style="text-align: center;">★</p> <p>Rice Cakes, Pineapple</p>	<p>Bagel, Mixed Fruit Salad, Cream Cheese</p> <p style="text-align: center;">★</p> <p>Minestrone Pasta Salad with Beans, Zucchini & Tomatoes, Berries</p> <p style="text-align: center;">★</p> <p>Teddy Grahams, Cucumber Coins</p>	
10	11	12	13	14	
<p>Breakfast Bar, Fruit Cup</p> <p style="text-align: center;">★</p> <p>Chicken Soft Taco with Cheese, Lettuce & Tomato, Tropical Mixed Fruit</p> <p style="text-align: center;">★</p> <p>Pita Bread, Avocado Spread</p>	<p>Mini Blueberry Muffin, Pears</p> <p style="text-align: center;">★</p> <p>Pesto Cheese Ravioli with White Beans, Sautéed Garlic Spinach, Peaches</p> <p style="text-align: center;">★</p> <p>Cereal Snack Mix, Applesauce</p>	<p>Whole Grain Cereal, Banana</p> <p style="text-align: center;">★</p> <p>Hamburger on a Wheat Bun, Potato Salad, Grapes</p> <p style="text-align: center;">★</p> <p>Oatmeal Cookie, Vanilla Yogurt</p>	<p>Corn Muffin, Hash Brown Patty</p> <p style="text-align: center;">★</p> <p>Chicken Drumstick, Couscous Salad with Green Peas, Cantaloupe</p> <p style="text-align: center;">★</p> <p>Lavash Bread, Cucumber Coins, Feta Cheese</p>	<p>Granola, Berries</p> <p style="text-align: center;">★</p> <p>Breaded Pork Patty, Bread Stick, Sweet Potato Puffs, Green Peas</p> <p style="text-align: center;">★</p> <p>Animal Crackers, Fruit Salad</p>	
17	18	19	20	21	
<p>Rice Chex Cereal, Fruit Cup</p> <p style="text-align: center;">★</p> <p>Baked Chicken & Cheese Enchilada, Black Beans, Peaches</p> <p style="text-align: center;">★</p> <p>Fish Crackers, Mandarin Oranges</p>	<p>Cinnamon Raisin Bread, Pears</p> <p style="text-align: center;">★</p> <p>Spaghetti with Meatballs, Roasted Cauliflower & Broccoli, Green Salad</p> <p style="text-align: center;">★</p> <p>Wheat Crackers, Sunflower Butter</p>	<p>Banana Muffin, Fresh Fruit Salad</p> <p style="text-align: center;">★</p> <p>Sliced Turkey Hot Dog on a Bun, Baked Beans, Watermelon Slices</p> <p style="text-align: center;">★</p> <p>Granola, Berry Yogurt</p>	<p>Cheesy Grits, Peaches</p> <p style="text-align: center;">★</p> <p>Teriyaki Chicken, Brown Rice, Steamed Vegetables, Pineapple Chunks</p> <p style="text-align: center;">★</p> <p>Apple Sticks, Cheese Cubes</p>	<p>Mini Bagel, Banana, Cream Cheese</p> <p style="text-align: center;">★</p> <p>Sweet Three-Bean Chili, Bread Stick, Melon Cubes</p> <p style="text-align: center;">★</p> <p>Cheesy Crackers, Grapes</p>	
24	25	26	27	28	
<p>Muffin Bread, Pears</p> <p style="text-align: center;">★</p> <p>Chicken Pot Stickers, Shelled Edamame, Mandarin Oranges</p> <p style="text-align: center;">★</p> <p>Pretzel Sticks, Applesauce</p>	<p>Buttermilk Biscuit with Jam, Peaches</p> <p style="text-align: center;">★</p> <p>Macaroni & Cheese with Diced Ham, Green Peas, Pineapple</p> <p style="text-align: center;">★</p> <p>Apple Slices, Deli Turkey</p>	<p>Crepe, Strawberries, Spice Yogurt</p> <p style="text-align: center;">★</p> <p>Hawaiian Chicken Wrap with Carrot, Broccoli & Pineapple in a Whole Wheat Tortilla, Watermelon</p> <p style="text-align: center;">★</p> <p>Cinnamon Grahams, Mango Cubes</p>	<p>Pancake, Cantaloupe Cubes</p> <p style="text-align: center;">★</p> <p>Breaded Chicken Fingers, Dinner Roll, Corn, Oranges</p> <p style="text-align: center;">★</p> <p>Whole Grain Snacks, Grapes</p>	<p>Corn Flakes, Banana</p> <p style="text-align: center;">★</p> <p>Chana Masala with Onions & Tomato, Brown Rice, Mandarin Oranges</p> <p style="text-align: center;">★</p> <p>Cucumber Coins, Hummus</p>	
31					
<p>Breakfast Bar, Fruit Cup</p> <p style="text-align: center;">★</p> <p>Breaded Fish Nuggets, Wild Rice, Carrots, Plum</p> <p style="text-align: center;">★</p> <p>Animal Crackers, Fruit</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.