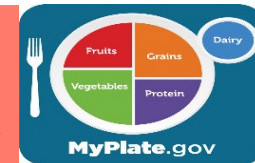


May 2023

Childcare / Head Start Program Meals

This institution is an equal opportunity provider. Menu items are subject to availability, substitutions may occur with little to no notice. Thank you for understanding!



Monday

1
Breakfast: Waffle with blueberry topping, seasonal fruit, & milk.
Lunch: Spaghetti & Meat Sauce, Italian Breadstick, Mixed vegetables, Applesauce & Milk.
Snack: Goldfish crackers, & applesauce.

Tuesday

2
Breakfast: Blueberry Muffin, banana, & milk.
Lunch: Country Beef fingers with gravy, dinner roll, mashed potatoes, Sliced pears, & milk
Snack: Graham Scooby sticks, & milk.

Wednesday

3
Breakfast: Breakfast Plate-Eggs, hash-browns, waffle, orange wedges, & milk.
Lunch: Triangle turkey & cheese sandwich, Cucumber slices, Strawberry/blueberry fruit mix, milk.
Snack: Yogurt Trix, & Graham Cracker.

Thursday

4
Breakfast: Pan Dulce Concha, chilled pear & milk.
Lunch: Chicken sandwich, shredded lettuce & pickles, potato smiles, diced peaches, milk.
Snack: Cocoa-puffs cereal & milk.

Friday

5
Breakfast: Sweet n' creamy Oatmeal, Triangle Toast, applesauce & milk.
Lunch: Grilled cheese sandwich, roasted carrots, fresh strawberries, milk.
Snack: Cookies, & berry juice.



8

Breakfast: Biscuit Egg & turkey ham sandwich, orange wedges, & milk.
Lunch: Chicken Nugget, Mashed Potatoes, Gravy, Apple Slices, Milk.
Snack: Strawberry yogurt Chex, juice.

9

Breakfast: French Toast Sticks, Syrup, chilled/sliced pears, & milk.
Lunch: Bean & cheese burritos, cooked corn, Strawberries, milk.
Snack: Cucumber slices, ranch dressing, string cheese.

10

Breakfast: Breakfast Plate- Eggs, hash-brown, toast, canned peaches & milk.
Lunch: Beef Macaroni, cucumber slices, ranch dressing, strawberry/blueberry, & milk.
Snack: Chocolate Carmel Chex, & milk.

11

Breakfast: Breakfast: Honey Bun, Pear & milk.
Lunch: Fajita Chicken with rice, mini tortillas, peas and carrots, tropical juice, milk.
Snack: Graham crackers, juice.

12

Breakfast: Breakfast: Mini-Cinni Rolls, Applesauce, & milk.
Lunch: Cheese pizza, roasted carrot, cinnamon applesauce, milk
Snack: Sun Butter Cup, Celery Sticks

15

Breakfast: Waffle with blueberry topping, Strawberries & milk.
Lunch: Orange chicken, rice, broccoli, mixed fruit, & milk.
Snack: Goldfish crackers, & applesauce.

16

Breakfast: Blueberry muffin, banana, & milk.
Lunch: Chili Beans w/ beef, Cracker Goldfish, Green Beans, Apple, Slices & milk.
Snack: Graham stick, & milk.

17

Breakfast: Breakfast Plate-Eggs, hash-browns, waffle, orange wedges, & milk.
Lunch: Hamburger, smile fries, diced peaches, milk.
Snack: Yogurt Trix, & Graham Cracker.

18

Breakfast: Pan Dulce Concha, chilled pear & milk.
Lunch: Pop-corn chicken, dinner roll, mashed potatoes with chicken gravy, Sliced pear, milk..
Snack: Cocoa-puffs cereal & milk.

19

Breakfast: Sweet n' creamy Oatmeal, Triangle Toast, applesauce & milk.
Lunch: Beef & cheese taco stick, Seasoned pinto beans, cinnamon applesauce, milk.
Snack: Cookies, & berry juice.

22

Breakfast: Biscuit Egg & turkey ham sandwich, orange wedges, & milk.
Lunch: Spaghetti & Meat Sauce, Italian Breadstick, Mixed vegetables, Applesauce & Milk.
Snack: Strawberry yogurt Chex, juice.

23

Breakfast: French Toast Sticks, Syrup, Banana, & milk.
Lunch: Country Beef fingers with gravy, dinner roll, mashed potatoes, Sliced pears, & milk,
Snack: Cucumber slices, ranch dressing, string cheese.

24

Breakfast: Breakfast Plate- Eggs, hash-brown, toast, canned peaches & milk.
Lunch: Triangle turkey & cheese sandwich, Cucumber slices, Strawberry/blueberry fruit mix, milk.
Snack: Chocolate Carmel Chex, & milk..

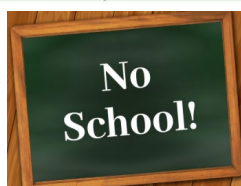
25

Breakfast: Honey Bun, Pear & milk.
Lunch: Chicken sandwich, shredded lettuce & pickles, potato smiles, diced peaches, milk.
Snack: Graham crackers, juice.

26

Breakfast: Mini-Cinni Rolls, Applesauce, & milk.
Lunch: Grilled cheese sandwich, roasted carrots, fresh strawberries, milk.
Snack: Sun Butter Cup, Celery Sticks

29



30

Breakfast: Blueberry muffin, banana, & milk.
Lunch: Bean & cheese burritos, cooked corn, Strawberries, milk.
Snack: Graham stick, & milk.

31

Breakfast: Breakfast Plate-Eggs, hash-browns, waffle, orange wedges, & milk.
Lunch: Beef Macaroni, cucumber slices, ranch dressing, strawberry/blueberry, & milk.
Snack: Yogurt Trix, & Graham Cracker.



berries



Reasons to Eat Peas: A 1/2 cup of most berries is: A good source of vitamin C, fiber, and manganese. Rich in phytochemicals.
Produce Tips: Choose fresh blueberries that are plump and have a solid, dark blue color. Refrigerate for up to two weeks. Choose fresh raspberries that are bright and evenly colored. Refrigerate for up to three days. Select fresh blackberries that are dry and shiny, without any green or red colors. Refrigerate for up to three days. Wash berries just before serving. Shop for fresh berries in season to get the best value. **Health and Learning Success Go Hand-in-Hand:** Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use Harvest of the Month tips and recipes to encourage trying new foods and to find new family favorites.

For nutrition information:
www.cvusd.us>>>Parent center
harvestofthemonth.cdph.ca.gov
www.Myplate.gov