



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

Tuesday

Wednesday

Thursday

Friday

1

Snack: Goldfish crackers, & applesauce.

2

Snack: Graham Scooby sticks, & milk.

3

Snack: Yogurt Trix, & Graham Cracker.

4

Snack: Cocoa-puffs cereal & milk.

5

Snack: Cookies, & berry juice.

8

Snack: Strawberry yogurt Chex, juice.

9

Snack: Cucumber slices, ranch dressing, string cheese.

10

Snack: Chocolate Carmel Chex, & milk.

11

Snack: Graham crackers, juice.

12

Snack: Sun Butter Cup, Celery Sticks

15

Snack: Goldfish crackers, & applesauce.

16

Snack: Graham Scooby sticks, & milk.

17

Snack: Yogurt Trix, & Graham Cracker.

18

Snack: Cocoa-puffs cereal & milk.

19

Snack: Cookies, & berry juice.

22

Snack: Strawberry yogurt Chex, juice.

23

Snack: Cucumber slices, ranch dressing, string cheese.

24

Snack: Chocolate Carmel Chex, & milk.

25

Snack: Graham crackers, juice.

26

Snack: Sun Butter Cup, Celery Sticks

29



No School!

30

Snack: Graham Scooby sticks, & milk.

31

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.

Harvest of the Month
Network for a Monthly Celebration

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