



**NORWALK - LA MIRADA UNIFIED SCHOOL DISTRICT
EARLY HEAD START CENTER BASE PROGRAM
RAMONA & COLUMBIA
May Menu 2024**



Monday		Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE All Grain Products are Whole-Grain Rich. Whole Milk (1 yr old) & 1% milk (2yr old +) offered at breakfast and lunch.					
BREAKFAST (AM and FD classes)					
5/6, 5/20	Assorted Cereal Bowl Applesauce	Mini Muffin ½ Banana	4oz Danimal Yogurt ½ Banana	¼ Bagel & Cream Cheese Tangerine	½ Whole Grain Waffle Diced Peaches
5/13, 5/28	Assorted Cereal Bowl Applesauce	¼ Bagel & Cream Cheese ½ Banana	½ French Toast Sticks ½ Banana	Mini Muffin Tangerine	½ Bean & Cheese Burrito Diced Peaches
Columbia Only	Assorted Cereal Bowl Applesauce	Mini Muffin ½ Banana	¼ Bagel & Cream Cheese ½ Banana	Mini Muffin Tangerine	4oz Danimal Yogurt Diced Peaches
LUNCH (All classes)					
			1 ½ Cheese Pull Aparts w/Marinara Sauce	2 ½ Chicken Tamale ½ String Cheese	3 ½ Grilled Cheese Sandwich
6 ¼c Chicken Teriyaki & ¼c Rice	7 2 Chicken Tenders w/Ketchup	8 ½ Cheese Pull Apart w/Marinara Sauce	9 Small Bean & Cheese Burrito *Veggie= Peas	10 ½ Turkey Taco Nada	
13 ¼c Orange Chicken & ¼c Rice	14 1 Breaded Drumstick	15 ½ Cheese Pull Aparts w/Marinara Sauce	16 ½ Chicken Tamale ½ String Cheese	17 ¼c Beef Meatballs & ¼c Pasta	
20 ¼c Chicken Teriyaki & ¼c Rice	21 5 Chicken Smackers w/Ketchup	22 ½ Cheese Pull Aparts w/Marinara Sauce	23 Beef & Cheese Street Taco	24 1 Mini Cheeseburger	
27 Memorial Day No Class	28 Small Bean & Cheese Burrito	29 ½ Cheese Pull Aparts w/Marinara Sauce	30 ½ Chicken Tamale ½ String Cheese	31 ½ Grilled Cheese Sandwich	
Fruit & Veggie with Lunch → ¼c for each					
Canned Peaches Cooked Carrots	Honey Citrus Fruit Salad Mashed Potatoes	Fresh Strawberries Corn	Canned Pineapple Refried Beans	Orange Wedges Cucumber Coins	
SNACK					
5/6, 5/20	Scooby Doo Grahams & 100% Veggie Juice	½ Turkey & Cheese Sandwich	Cheez-It Crackers Applesauce	Wheat Crackers String Cheese	Educational Snacks Milk
5/13, 5/28	Freshly Made Fruit Yogurt Smoothie	Wheat Crackers String Cheese	Cheddar Goldfish Crackers Applesauce	Educational Snacks Fresh Strawberries	Cereal Bowl Milk

Updated 4/10/2024

This institution is an equal opportunity provider.