**May 2024 Klamath Family Early Head Start Menu**

**Lakeview**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **1** | **B:**  Breakfast Burritos on WG Tortillas, Grapes ¼ Milk**L:** Chicken Patty Sandwich on WW Bun, Corn (Frozen)Diced Pears in juiceMilk | **2** | **B:** WG Bran MuffinsDiced Peaches in juiceMilk**L:**  Cheese Enchiladas w/WG Tortillas, Diced Cucumbers, Diced ApplesMilk | **3** | **B:** WGOatmealDiced Pears in juiceMilk**L:** English Muffin Cheese & Olive Pizza, Mixed VeggiesThin Sliced OrangesMilk |
| **6** | **B:** Malt o MealStrawberriesMilk**L:** Bean & Cheese Burrito on WG Tortilla, Steamed Baby Carrots, Pineapple Rings in juice, Milk | **7** | **B:** WG CheeriosBananaMilk**L:** Chef Salad W/Ham, Cheese, HB Egg, Saltine Crackers, Grapes ¼ Milk | **8** |  **B:** WG Cinnamon ToastThin Sliced OrangesMilk**L:** Meatloaf, Steamed Cauliflower, WG Dinner Roll, Diced Peaches in juice Milk | **9** | **B:** WG Blueberry PancakesApplesauceMilk**L:** Pozole (Chicken & veggies in soup) Saltine Crackers, Pineapple Tidbits in juice, Milk  | **10** | **B:** Scrambled EggsDiced Pears in juiceMilk**L:**  Chicken Tacos on WG Tortilla, Lettuce, TomatoThin Sliced ApplesMilk  |
| **13** | **B:**  Berry Blast Off ParfaitWG CheeriosMilk**L:** Noodles w/Butter Sauce w/Broccoli & Chicken, Mandarins in juiceMilk | **14** | **B:**  Scrambled Egg, Cheese, WG English Muffin SandwichMilk**L:** Beef Goulash w/WG Pasta Veggies in GoulashApplesauceMilk | **15** | **B:** WG Overnight Oats and Berries Milk**L:** Bean & Cheese make your own WG BurritoLettuce, Tomato, OlivesGrapes ¼, Milk | **16** | **B:**  WG Life CerealBanana Milk**L:** Great Garden Soup(Beef, Squash, Corn, Beans)WG BreadstickDiced Pears in juice, Milk | **17** | **B:** WG Rice KrispiesDiced Peaches in juiceMilk**L:** Asian Chicken Wraps(Lettuce, Cabbage. Carrots) on WG Tortilla, Pineapple Tidbits in juice, Milk |
| **20** | **B:** WG Life CerealBananaMilk**L:** BBQ Riblet Sandwich on WW Bun, Green BeansTropical Fruit in juiceMilk | **21** | **B:** WG Cinnamon Toast Thin Sliced OrangesMilk**L:** Hawaiian Chicken WrapsOn WG Tortilla, Broccoli Slaw & Spinach in Wrap, Thin Sliced Apples, Milk | **22** | **B:** Scrambled EggsHash BrownsMilk**L:**  WG English Muffin Cheese Pizza, Peas (Frozen), Mandarins in juice, Milk | **23** | **B:** Banana WG MuffinPineapple Tidbits in juiceMilk**L:** Beef Spaghetti w/WG Pasta, Green Salad w/Ranch, Diced Pears in juice, Milk | **24** | **B:** WG CheeriosStrawberriesMilk**L:** Tuna Salad w/Saltine Crackers, Steamed Baby Carrots, Thin Sliced OrangesMilk |
| **27** |  **No School** | **28** | **B:** WG Life CerealStrawberriesMilk**L:** WG Chicken NuggetsMixed Veggies (Frozen)Diced Pears in juiceMilk | **29** | **B:** WG French Toast ApplesauceMilk**L:** Fish Tacos on WG Tortilla, Cabbage, Cilantro, Lime, Thin Sliced OrangesMilk | **30** | **B:** Scrambled EggsWW ToastMilk**L:** Bean & Cheese Burrito on WG Tortilla, Steamed Baby Carrots, Pineapple Rings in juice, Milk | **31** | **B:** WG PancakesBlueberry SauceMilk**L:** WG Chicken Parmesan, Steamed Broccoli, Diced Peaches in juice Milk |

**\*This Institution is an Equal Opportunity Provider. Menu is subject to change.**

**\*1% Unflavored Milk served to children Age 2 or older \*Unflavored Whole Milk served to children Age 12 months-23 months**

**Snack**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **1** | Diced Peaches in juiceCottage CheeseWater | **2** | Ritz CrackersStrawberry YogurtWater | **3** |   |
| **6** | WG Graham CrackersMilk | **7** | WG Pita BreadThin Sliced ApplesWater | **8** | Deviled EggsWG Goldfish CrackersWater  | **9** | Dill PicklesString CheeseWater | **10** |  |
| **13** | WG Graham CrackersMilk | **14** | Ritz CrackersStrawberry YogurtWater | **15** | WG Banana Bread100% Apple JuiceWater | **16** | Hard Boiled EggString CheeseWater  | **17** |  |
| **20** | WG Graham CrackersMilk | **21** | Deviled EggsWG Goldfish CrackersWater | **22** | Dill PicklesString CheeseWater | **23** | WG Pita BreadCottage CheeseWater | **24** |  |
| **27** |  **No School** | **28** | WG Graham CrackersMilk | **29** | Dill PicklesString CheeseWater | **30** | 100% Apple JuiceWG Goldfish CrackersWater | **31** |  |

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