**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 juice  Milk | **2** | **B:** WG Bran Muffins  Diced Peaches in juice  Milk  **L:**  Cheese Enchiladas w/WG Tortillas, Diced Cucumbers, Diced Apples  Milk | **3** | **B:** WGOatmeal  Diced Pears in juice  Milk  **L:** English Muffin Cheese & Olive Pizza, Mixed Veggies  Thin Sliced Oranges  Milk |
| **6** | **B:** Malt o Meal  Strawberries  Milk  **L:** Bean & Cheese Burrito on WG Tortilla, Steamed Baby Carrots, Pineapple Rings in juice, Milk | **7** | **B:** WG Cheerios  Banana  Milk  **L:** Chef Salad W/Ham, Cheese, HB Egg, Saltine Crackers, Grapes ¼  Milk | **8** | **B:** WG Cinnamon Toast  Thin Sliced Oranges  Milk  **L:** Meatloaf, Steamed Cauliflower, WG Dinner Roll, Diced Peaches in juice  Milk | **9** | **B:** WG Blueberry Pancakes  Applesauce  Milk  **L:** Pozole (Chicken & veggies in soup) Saltine Crackers, Pineapple Tidbits in juice, Milk | **10** | **B:** Scrambled Eggs  Diced Pears in juice  Milk  **L:**  Chicken Tacos on WG Tortilla, Lettuce, Tomato  Thin Sliced Apples  Milk |
| **13** | **B:**  Berry Blast Off Parfait  WG Cheerios  Milk  **L:** Noodles w/Butter Sauce w/Broccoli & Chicken, Mandarins in juice  Milk | **14** | **B:**  Scrambled Egg, Cheese,  WG English Muffin Sandwich  Milk  **L:** Beef Goulash w/WG Pasta  Veggies in Goulash  Applesauce  Milk | **15** | **B:** WG Overnight Oats and Berries  Milk  **L:** Bean & Cheese make your own WG Burrito  Lettuce, Tomato, Olives  Grapes ¼, Milk | **16** | **B:**  WG Life Cereal  Banana  Milk  **L:** Great Garden Soup(Beef, Squash, Corn, Beans)  WG Breadstick  Diced Pears in juice, Milk | **17** | **B:** WG Rice Krispies  Diced Peaches in juice  Milk  **L:** Asian Chicken Wraps  (Lettuce, Cabbage. Carrots) on WG Tortilla, Pineapple Tidbits in juice, Milk |
| **20** | **B:** WG Life Cereal  Banana  Milk  **L:** BBQ Riblet Sandwich on WW Bun, Green Beans  Tropical Fruit in juice  Milk | **21** | **B:** WG Cinnamon Toast  Thin Sliced Oranges  Milk  **L:** Hawaiian Chicken Wraps  On WG Tortilla, Broccoli Slaw & Spinach in Wrap, Thin Sliced Apples, Milk | **22** | **B:** Scrambled Eggs  Hash Browns  Milk  **L:**  WG English Muffin Cheese Pizza, Peas (Frozen), Mandarins in juice, Milk | **23** | **B:** Banana WG Muffin  Pineapple Tidbits in juice  Milk  **L:** Beef Spaghetti w/WG Pasta, Green Salad w/Ranch, Diced Pears in juice, Milk | **24** | **B:** WG Cheerios  Strawberries  Milk  **L:** Tuna Salad w/Saltine Crackers, Steamed Baby Carrots, Thin Sliced Oranges  Milk |
| **27** | **No School** | **28** | **B:** WG Life Cereal  Strawberries  Milk  **L:** WG Chicken Nuggets  Mixed Veggies (Frozen)  Diced Pears in juice  Milk | **29** | **B:** WG French Toast Applesauce  Milk  **L:** Fish Tacos on WG Tortilla, Cabbage, Cilantro, Lime, Thin Sliced Oranges  Milk | **30** | **B:** Scrambled Eggs  WW Toast  Milk  **L:** Bean & Cheese Burrito on WG Tortilla, Steamed Baby Carrots, Pineapple Rings in juice, Milk | **31** | **B:** WG Pancakes  Blueberry Sauce  Milk  **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**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **1** | Diced Peaches in juice  Cottage Cheese  Water | **2** | Ritz Crackers  Strawberry Yogurt  Water | **3** |  |
| **6** | WG Graham Crackers  Milk | **7** | WG Pita Bread  Thin Sliced Apples  Water | **8** | Deviled Eggs  WG Goldfish Crackers  Water | **9** | Dill Pickles  String Cheese  Water | **10** |  |
| **13** | WG Graham Crackers  Milk | **14** | Ritz Crackers  Strawberry Yogurt  Water | **15** | WG Banana Bread  100% Apple Juice  Water | **16** | Hard Boiled Egg  String Cheese  Water | **17** |  |
| **20** | WG Graham Crackers  Milk | **21** | Deviled Eggs  WG Goldfish Crackers  Water | **22** | Dill Pickles  String Cheese  Water | **23** | WG Pita Bread  Cottage Cheese  Water | **24** |  |
| **27** | **No School** | **28** | WG Graham Crackers  Milk | **29** | Dill Pickles  String Cheese  Water | **30** | 100% Apple Juice  WG Goldfish Crackers  Water | **31** |  |

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