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

**Lakeview**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  | **1** | **B:** WG Rice Krispies  Fresh Thin Sliced Apple  Milk  **L:** Tomato Soup/Grilled Cheese on WG Bread  String Cheese, Diced Peaches in juice, Milk |
| **4** | **B:** WG French Toast Sticks, Applesauce  Milk  **L:** Tuna Salad w/Saltine Crackers, Steamed Baby Carrots, Thin Sliced Oranges, Milk | **5** | **B:** WG Cheerios  Banana  Milk  **L:** Pozole Soup w/Chicken  WG Chips, Cabbage, Cilantro, Tropical Fruit in juice, Milk | **6** | **B:** Chilaquiles w/WG Tortillas, Pineapple Tidbits in juice, Milk  **L:** Tofu Stir Fry w/WG Yakisoba Noodles, Mixed Stir Fry Veggies, Diced Pears in juice, Milk | **7** | **B:** WG Blueberry Muffins  Thin Sliced Oranges  Milk  **L:** Meatloaf, Green Beans  WG Dinner Roll  Diced Peaches in juice  Milk | **8** | **B:** Malt o Meal  Blueberries  Milk  **L:** Pork Riblet Sandwich on WW Bun, Sweet Potato Fries, Thin Sliced Apples Milk |
| **11** | **B:**  Berry Blast Off Parfait  WG Cheerios  Milk  **L:** BBQ Chicken Sandwich on WG Bun  Corn (Frozen)  Mandarins in juice, Milk | **12** | **B:**  Breakfast Burritos on WG Tortillas, Grapes ¼  Milk  **L:** Chickpea Curry over WG Rice  Diced Peaches in juice  Milk | **13** | **B:** WG French Toast  Blueberry Sauce  Milk  **L:** Hamburger on WW Bun  Sweet Potato Fries  Thin Sliced Oranges  Milk | **14** | **B:**  WG Life Cereal  Banana  Milk  **L:** Corned Beef & Cabbage, Baby Carrots, Potatoes  WG Dinner Roll, Diced Pears in juice, Milk | **15** | **B:** WG Oatmeal  Strawberries  Milk  **L:**  Egg Salad w/Saltine Crackers, Diced Cucumbers  Thin Sliced Apples  Milk |
| **18** | **B:** WG Cheerios  Banana  Milk  **L:** WG Fish Sticks  Mixed Veggies (Frozen)  Tropical Fruit in juice  Milk | **19** | **B:** WG Pancakes  Applesauce  Milk  **L:**  WG English Muffin Cheese Pizza, Diced Cucumber, Mandarins in juice, Milk | **20** | **B:** Banana Bobs w/Strawberry Yogurt & WG Rice Krispies, Milk  **L:** Taco Salad w/Beef, WG Chips, Lettuce, Tomato, Ranch Dressing, Grapes ¼  Milk | **21** | **B:** Banana WG Muffin  Pineapple Tidbits in juice  Milk  **L:** Chicken Alfredo w/ WG Pasta, Steamed Broccoli Diced Peaches in juice  Milk | **22** | **B:** WG Cheerios  Strawberries  Milk  **L:** Ham & Cheese Sandwiches on WW Bread  Steamed Baby Carrots, Thin Sliced Oranges, Milk |
| **25** | **No School** | **26** | **No School** | **27** | **No School** | **28** | **No School** | **29** | **No School** |

**\*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** |  |
| **4** | WG Graham Crackers  Milk | **5** | WG Goldfish Crackers  Cottage Cheese  Water | **6** | Ritz Crackers  Sliced Banana  Water | **7** | Dill Pickles  String Cheese  Water | **8** |  |
| **11** | WG Graham Crackers  Milk | **12** | Sliced Apple (Canned)  Ritz Crackers  Water | **13** | WG Animal Crackers  Strawberry Yogurt  Water | **14** | Thin Sliced Apples  String Cheese  Water | **15** |  |
| **18** | WG Graham Crackers  Milk | **19** | Roasted Chickpeas  Thin Sliced Apples  Water | **20** | Dill Pickles  String Cheese  Water | **21** | WG Goldfish Crackers  Cottage Cheese  Water | **22** |  |
| **25** | **No School** | **26** | **No School** | **27** | **No School** | **28** | **No School** | **29** |  |

**\*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**