

EARLY HEAD START

Breakfast, Lunch & Snack Menus/Desayuno, Almuerzo y Merienda

February/Febrero 18 – February/Febrero 22, 2019

Monday/Lunes 18	Tuesday/Martes 19	Wednesday/Miércoles 20	Thursday/Jueves 21	Friday/Viernes 22
Breakfast/Desayuno	Breakfast/Desayuno	Breakfast/Desayuno	Breakfast/Desayuno	Breakfast/Desayuno
	Rice Krispies Cereal Cereal de Rice Krispies	Scrambled Eggs Huevos Revueltos	Cheerios Cereal Cereal de Cheerios	Breakfast Pizza Desayuno de Pizza
No School! ¡No Hay Escuela!	Applesauce Puré de Manzana	Toast Pan Tostado	Banana Plátano	Orange Juice Jugo de Naranja
	Milk Choice Leche	Orange Juice Jugo de Naranja	Milk Choice Leche	Milk Choice Leche
Lunch/Almuerzo	Lunch/Almuerzo	Lunch/Almuerzo	Lunch/Almuerzo	Lunch/Almuerzo
	Chicken on Bun Pollo en Pan	Steak Fingers Barritas de Bistec Empanizado	Salisbury Steak Bistec en Aderezo Salisbury	Tacos Tacos
Staff Development Day! ¡Talleres de Maestros!	Baked Beans Frijoles al Horno	Bread Sticks Barritas de Pan	Roll Panecillo	Refried Beans Frijoles Refritos
	Pears Peras	Mashed Potatoes Puré de Papa	Steamed Carrots Zanahorias al Vapor	Pineapple Tidbits Trocitos de Piña
	Milk Choice Leche	Topical Fruit Fruta Tropical	Applesauce Puré de Manzana	Milk Choice Leche
		Milk Choice/Leche	Milk Choice/Leche	
Snack/Merienda	Snack/Merienda	Snack/Merienda	Snack/Merienda	Snack/Merienda
	Bread Stick Barritas de Pan	Applesauce Puré de Manzana	Turkey Tortilla Tortilla con Pavo	Gold Fish Crackers Galletitas Gold Fish
Have Fun! ¡Diviértete!	Orange Juice Jugo de Naranja	Tropical Fruit Fruta Tropical	Apple Juice Jugo de Manzana	Milk Choice Leche

Menu Subject to Change/El Menú Podría Cambiar

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race,

color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.