

# EARLY HEAD START

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

March/Marzo 18– March/Marzo 22, 2019

Monday/Lunes 18	Tuesday/Martes 19	Wednesday/Miércoles 20	Thursday/Jueves 21	Friday/Viernes 22
<b>Breakfast/Desayuno</b> Mini Maple Pancakes Mini Hot Cakes Orange Juice Jugo de Naranja Milk Choice Leche	<b>Breakfast/Desayuno</b> Rice Krispies Cereal Cereal de Rice Krispies Applesauce Puré de Manzana Milk Choice Leche	<b>Breakfast/Desayuno</b> Scrambled Eggs w/Toast Huevos Revueltos c/Pan Tostado Orange Juice Jugo de Naranja Milk Choice Leche	<b>Breakfast/Desayuno</b> Cheerios Cereal Cereal Cheerios Banana Plátano Milk Choice Leche	<b>Breakfast/Desayuno</b> Breakfast Pizza Pizza de Desayuno Orange Juice Jugo de Naranja Milk Choice Leche
<b>Lunch/Almuerzo</b> Turkey & Cheese Panini Pavo y Queso Panini French Fries W/Ketchup Papas Fritas C/Ketchup Applesauce Puré de Manzana Milk Choice Leche	<b>Lunch/Almuerzo</b> Chicken on Bun Pollo en Panecillo Baked Beans Frijoles al Horno Pears Peras Milk Choice Leche	<b>Lunch/Almuerzo</b> Steak Fingers Barritas de Bistec Empanizadas Bread Stick Barritas de Pan Mashed Potatoes Puré de Papa Tropical Fruit Fruta Tropical Milk Choice/Leche	<b>Lunch/Almuerzo</b> Salisbury Steak Bistec en Aderezo Salisbury Roll Panecillo Steamed Carrots Zanahorias al Vapor Applesauce Puré de Manzana Milk Choice/Leche	<b>Lunch/Almuerzo</b> Fish Sticks & Ketchup Palitos de Pescado y Ketchup Mac & Cheese Mac y Queso Green Beans Ejotes Pineapple Tidbits Trocitos de Piña Milk Choice/Leche
<b>Snack/Merienda</b> Sliced Peaches Rebanadas Duraznos Milk Choice Leche	<b>Snack/Merienda</b> Bread Sticks Barritas de Pan Orange Juice Jugo de Naranja	<b>Snack/Merienda</b> Applesauce Puré de Manzana Milk Choice Leche	<b>Snack/Merienda</b> Turkey Tortilla Tortilla con Pavo Apple Juice Jugo de Manzana	<b>Snack/Merienda</b> Gold Fish Galletitas Gold Fish Milk Choice Leche

Menu Subject to Change/EI Menú Podría Cambiar

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