

EARLY HEAD START

Breakfast, Lunch & Snack Menus/Desayuno, Almuerzo y Merienda August/Agosto 26 – August/Agosto 30, 2019

Monday/Lunes 26	Tuesday/Martes 27	Wednesday/Miércoles 28	Thursday/Jueves 29	Friday/Viernes 30
Breakfast/Desayuno Scramble Egg Huevos Revueltos Toast Pan Tostado Orange Juice Jugo de Naranja Milk Choice/Leche	Breakfast/Desayuno Corn Chex Cereal Cereal de Corn Chex Banana Plátano Milk Choice Leche	Breakfast/Desayuno Mini Maple Pancakes Mini Hot Cakes de Maple Apple Juice Jugo de Manzana Milk Choice Leche	Breakfast/Desayuno Strawberry Yogurt Yogur de Fresa Sliced Pears Rebanadas de Peras Milk Choice Leche	Breakfast/Desayuno Blueberry Muffin Muffin de Arándano Azul Orange Juice Jugo de Naranja Milk Choice Leche
Lunch/Almuerzo Grilled Cheese Sandwich Sándwich Tostado de Queso Potato Smiles Sonrisas de Papas Ketchup Salsa de Tomate Orange Wedges Rebanadas de Naranja Milk Choice Leche	Lunch/Almuerzo Chicken Fajitas Fajitas de Pollo Pinto Beans Frijoles Applesauce Puré de Manzana Milk Choice Leche	Lunch/Almuerzo Pot Roast Carne Rostizada Roll Panecillo Mashed Potatoes Pure de Papa Pears Peras Milk Choice Leche	Lunch/Almuerzo Spaghetti & Meat Sauce Espagueti y Salsa de Carne Bread Stick Barritas de Pan Steamed Broccoli Brocoli al Vapor Pineapple Tidbits Trocitos de Piña Milk Choice Leche	Lunch/Almuerzo Sloppy Joe on Bun/Sandwich de Carne Molida en Salsa Roja Baked Beans Frijoles al Horno Fruit Cocktail Coctel de Fruta Milk Choice Leche
Snack/Merienda Peaches Durazno Milk Choice Leche	Snack/Merienda Bread Sticks Barritas de Pan Orange Juice Jugo de Naranja	Snack/Merienda Applesauce Pure de Manzana Milk Choice Leche	Snack/Merienda Turkey Tortilla Pavo Tortilla Apple Juice Jugo de Manzana	Snack/Merienda Gold Fish Galletitas de Gold Fish Milk Choice Leche

Menu Subject to Change/EI Menú Podría Cambiar

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(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.

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