

EARLY HEAD START

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

October/Octubre 21 – October/Octubre 25, 2019

Monday/Lunes 21	Tuesday/Martes 22	Wednesday/Miércoles 23	Thursday/Jueves 24	Friday/Viernes 25
Breakfast/Desayuno Mini Pancakes Mini Hot Cakes Orange Juice Jugo de Naranja Milk Choice Leche	Breakfast/Desayuno Rice Krispies Cereal Cereal de Rice Krispies Applesauce Pure de Manzana Milk Choice Leche	Breakfast/Desayuno Scrambled Eggs w/Toast Huevos Revueltos c/Pan Tostado Orange Juice Jugo de Naranja Milk Choice Leche	Breakfast/Desayuno Cheerios Cereal Cereal de Cheerios Banana Plátano Milk Choice Leche	Breakfast/Desayuno Biscuit & Eggstavaganza Panecillo y Huevos Revueltos Orange Juice Jugo de Naranja Milk Choice Leche
Lunch/Almuerzo Turkey & Cheese Panini Panini de Pavo y Queso French Fries w/Ketchup Papas Fritas c/Ketchup Applesauce Pure de Manzana Milk Choice Leche	Lunch/Almuerzo Chicken on Bun Panecillo con Pollo Baked Beans Frijoles al Horno Pears Peras Milk Choice Leche	Lunch/Almuerzo Steak Fingers Barritas de Bistec Empanizado Bread Sticks Barritas de Pan Mashed Potatoes Pure de Papa Tropical Fruit Fruta Tropical Milk Choice/Leche	Lunch/Almuerzo Salisbury Steak Bistec en Aderezo Salisbury Roll Panecillo Steamed Carrots Zanahorias al Vapor Peaches Durazno Milk Choice/Leche	Lunch/Almuerzo BBQ Pork on Bun Barbacoa de Cerdo en Pan Green Beans Ejotes Orange Wedges Rebanadas de Naranjas Milk Choice Leche
Snack/Merienda Sliced Peaches Rebanadas de Durazno Milk Choice Leche	Snack/Merienda Bread Stick 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 Mandarin Orange Mandarinas Milk Choice Leche

Menu Subject to Change/EI Menú Podría Cambiar

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