

Early Head Start
Breakfast, Lunch & Snack Menus
Desayuno, Almuerzo y Merienda
March 10, - March 14, 2025
Marzo 10, - Marzo 14, 2025

Monday/Lunes 10	Tuesday/Martes 11	Wednesday/Miercoles 12	Thursday/Jueves 13	Friday/Jueves 14
Breakfast/Desayuno Rice Krispies Cereal Cereal Rice Krispies Toast Pan Tostado Fruit Juice Jugo de Fruta Milk Choice Leche	Breakfast/Desayuno ½ Ham & Cheese Croissant ½ Croissant de Jamon y Queso Pear Cups Vasito de Peras Milk Choice Leche	Breakfast/Desayuno Eggstravaganza & n Toast Huevo Revueltos y Pan Tostado Fruit Juice Jugo de Fruta Milk Choice Leche	Breakfast/Desayuno Yogurt & Toast Yogur y Pan Tostado Mandarin Oranges Naranjas Milk Choice Leche	Breakfast/Desayuno Blueberry Muffin Muffin de Arándanos Fruit Juice Jugo de Fruta Milk Choice Leche
Lunch/Almuerzo Hamburger on Bun Hamburguesa Pickles Pepinillos French Fries Papas Fritas Ketchup Ketchup Diced Pear or Applesauce Rebanadas de Peras o Manzana Milk Choice Leche	Lunch/Almuerzo Orange Chicken Pollo a la Naranja WG Rice Arroz WG Broccoli Florets Brócoli Diced Peaches or Banana Rebanadas de Durazno Milk Choice Leche	Lunch/Almuerzo Chicken Sandwich on Bun Sanwich de Pollo Condiments Condimentos Whole Kernel Corn Elote Applesauce Puré de Manzana Milk Choice Leche	Lunch/Almuerzo Burrito Burrito Refried Beans Frijoles Refritos Apple Wedges or Rebanadas de Manzana Applesauce Puré de Manzana Milk Choice Leche	Lunch/Almuerzo Turkey & Cheese on Bun Pavo y Queso en Pan Condiments Condimentos Tater Tots Papitas Fritas Mandarin Oranges Naranja Milk Chice Leche
Snack/Merienda Applesauce Puré de Manzana Milk Choice Leche	Snack/Merienda Veggie Cracker & Galletas de Vegetables Peas & Carrots Chicharos y Zanahorias Fruit Juice Jugo de Fruta	Snack/Merienda Kix Cereal Cereal Kix Milk Choice Leche	Snack/Merienda String Cheese or Queso en Tiritas Sliced Cheese Queso en Tiritas Fruit Juice Fruta de Fruta	Snack/Merienda Banana Platano Milk Choice Leche

Menu Subject to Change

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