





July 2018 San Angelo Independent School District Head Start/Early Head Start Breakfast, Lunch & Snack Menus

Menu Subject to Change

Visit www.saisd.org for monthly menus

Mon	Tue	Wed	Thu	Fri
2 Summer Break	3		5 Summer Break	6
9 Muffin Fruit Juice, Milk Hamburger, Oven Fries Peaches, Milk Snack: Yogurt, Bananas	10 Scrambled Eggs Hash Browns, Milk Chicken Nuggets, Pears Mashed Potatoes, Milk Snack: Snack Crackers, Milk	11 Sausage on a Bun Fruit Juice, Milk Deli Sandwich, Carrots Applesauce, Milk Snack: Cereal, Milk	12 Yogurt Fresh Fruit, Milk Fish Sticks, Green Peas Mixed Fruit, Milk Snack: Snack Crackers, Milk	13 Waffles Fruit Juice, Milk Pasta w/ Meat Sauce, Pineapple Mixed Vegetables, Milk Snack: Fresh Fruit, Cheese Snack
16 Pancakes Strawberries Milk Chicken & Pasta Alfredo, Broccoli Peaches, Milk Snack: Yogurt, Bananas	17 Biscuit Fruit Juice, Milk Steak Fingers, Green Beans Apricots, Milk Snack: Snack Crackers, Milk	18 French Toast Sticks Fruit Juice, Milk Beef Nachos, Zucchini Ranch Style Beans, Milk Snack: Cereal, Milk	19 Yogurt Fresh Fruit, Milk Grilled Chicken, Mandarin Oranges Corn, Roll, Milk Snack: Snack Crackers, Milk	20 Oatmeal Fruit Juice, Milk Salisbury Steak, Peas & Carrots Mixed Fruit, Mac & Cheese, Milk Snack: Fresh Fruit, Cheese Snack
23 Muffin Fruit Juice, Milk Hamburger, Oven Fries Peaches, Milk Snack: Yogurt, Bananas	24 Scrambled Eggs Hash Browns, Milk Chicken Nuggets, Pears Mashed Potatoes, Milk Snack: Snack Crackers, Milk	25 Sausage on a Bun Fruit Juice, Milk Deli Sandwich, Carrots Applesauce, Milk Snack: Cereal, Milk	26 Yogurt Fresh Fruit, Milk Fish Sticks, Green Peas Mixed Fruit, Milk Snack: Snack Crackers, Milk	27 Waffles Fruit Juice, Milk Pasta w/ Meat Sauce, Pineapple Mixed Vegetables, Milk Snack: Fresh Fruit, Cheese Snack
20 Pancakes Strawberries Milk Chicken & Pasta Alfredo, Broccoli Peaches, Milk Snack: Yogurt, Bananas	31 Biscuit Fruit Juice, Milk Steak Fingers, Green Beans Apricots, Milk Snack: Snack Crackers, Milk			

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