




November 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
			<p style="text-align: center;">1</p> <p style="text-align: center;">French Toast Sticks Applesauce, Milk</p> <p style="text-align: center;">Grilled Chicken, Peas & Carrots Pineapple, Roll, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Oatmeal Fruit Juice, Milk</p> <p style="text-align: center;">Hamburger on Bun, Oven Fries Pears, Milk</p> <p style="text-align: center;">Snack: Fresh Fruit, Cheese Stick</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">Biscuit Fruit Juice, Milk</p> <p style="text-align: center;">Steak Fingers, Green Beans Mashed Potatoes, Milk</p> <p style="text-align: center;">Snack: Yogurt, Bananas</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Chicken Biscuit Applesauce, Milk</p> <p style="text-align: center;">Beef Stroganoff w/ noodles, Carrots Broccoli, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Cream of Wheat Fruit Juice, Milk</p> <p style="text-align: center;">Chicken Fajitas, Tortilla, Peaches Refried Beans, Milk</p> <p style="text-align: center;">Snack: Cereal, Milk</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Toast w/ Jelly Fruit Juice, Milk</p> <p style="text-align: center;">Pork Ribbette, Green Beans Pears, Roll, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Oatmeal Peaches, Milk</p> <p style="text-align: center;">Grilled Cheese Sandwich, Apples Oven Fries, Milk</p> <p style="text-align: center;">Snack: Fresh Fruit, Cheese Stick</p>
<p style="text-align: center;">12</p> <p style="text-align: center;">Muffin Fruit Juice, Milk</p> <p style="text-align: center;">Chicken Nuggets, Zucchini Mashed Potatoes, Milk</p> <p style="text-align: center;">Snack: Yogurt, Bananas</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Waffles Fresh Fruit Milk</p> <p style="text-align: center;">Pasta w/ Meat Sauce, Pears Italian Blend, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Scrambled Eggs Fresh Fruit, Milk</p> <p style="text-align: center;">Beef Nachos, Peaches Pinto Beans, Milk</p> <p style="text-align: center;">Snack: Cereal, Milk</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Biscuit w/ gravy Fruit Juice, Milk</p> <p style="text-align: center;">Hamburger on Bun, Oven Fries Oranges, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Oatmeal Apple Sauce, Milk</p> <p style="text-align: center;">Baked Ham, Pasta Green Peas, Pineapple, Milk</p> <p style="text-align: center;">Snack: Fresh Fruit, Cheese Stick</p>
<p style="text-align: center;">19</p> <p style="text-align: center;">English Muffin w/ Cheese Fruit Juice, Milk</p> <p style="text-align: center;">Pizza, Peas & Carrots Apricots, Milk</p> <p style="text-align: center;">Snack: Yogurt, Bananas</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Sausage on a Bun Applesauce Milk</p> <p style="text-align: center;">Beef & Cheese Macaroni, Mixed Fruit California Blend, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="font-size: 2em; color: red; text-shadow: 2px 2px 0px blue;">Student Holiday</p>	<p style="font-size: 3em; color: orange; text-shadow: 2px 2px 0px blue;">Happy Thanksgiving</p>	
<p style="text-align: center;">26</p> <p style="text-align: center;">Muffin Fruit Juice, Milk</p> <p style="text-align: center;">Fish Sticks, Broccoli Corn, Milk</p> <p style="text-align: center;">Snack: Yogurt, Bananas</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Pancakes Fresh Fruit, Milk</p> <p style="text-align: center;">Chicken & Pasta Alfredo, Mixed Fruit Italian Blend, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Biscuit w/ Jelly Fruit Juice, Milk</p> <p style="text-align: center;">Chile Con Carne, Peaches Carrots, Corn Muffins, Milk</p> <p style="text-align: center;">Snack: Cereal, Milk</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">French Toast Sticks Applesauce, Milk</p> <p style="text-align: center;">Grilled Chicken, Peas & Carrots Pineapple, Roll, Milk</p> <p style="text-align: center;">Snack: Snack Crackers, Milk</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Oatmeal Fruit Juice, Milk</p> <p style="text-align: center;">Hamburger on Bun, Oven Fries Pears, Milk</p> <p style="text-align: center;">Snack: Fresh Fruit, Cheese Stick</p>

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