




December 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>3</p> <p align="center"><i>Biscuit</i> Fruit Juice, Milk</p> <p>Steak Fingers, Green Beans Mashed Potatoes, Milk</p> <p>Snack: Yogurt, Bananas</p>	<p>4</p> <p align="center"><i>Chicken Biscuit</i> Applesauce, Milk</p> <p>Beef Stroganoff w/ noodles, Carrots Broccoli, Milk</p> <p>Snack: Snack Crackers, Milk</p>	<p>5</p> <p align="center"><i>Cream of Wheat</i> Fruit Juice, Milk</p> <p>Chicken Fajitas, Tortilla, Peaches Refried Beans, Milk</p> <p>Snack: Cereal, Milk</p>	<p>6</p> <p align="center"><i>Toast w/ Jelly</i> Fruit Juice, Milk</p> <p>Pork Ribbette, Green Beans Pears, Roll, Milk</p> <p>Snack: Snack Crackers, Milk</p>	<p>7</p> <p align="center"><i>Oatmeal</i> Peaches, Milk</p> <p>Grilled Cheese Sandwich, Apples Oven Fries, Milk</p> <p>Snack: Fresh Fruit, Cheese Stick</p>
<p>10</p> <p align="center"><i>Muffin</i> Fruit Juice, Milk</p> <p>Chicken Nuggets, Zucchini Mashed Potatoes, Milk</p> <p>Snack: Yogurt, Bananas</p>	<p>11</p> <p align="center"><i>Waffles</i> Fresh Fruit Milk</p> <p>Pasta w/ Meat Sauce, Pears Italian Blend, Milk</p> <p>Snack: Snack Crackers, Milk</p>	<p>12</p> <p align="center"><i>Scrambled Eggs</i> Fresh Fruit, Milk</p> <p>Beef Nachos, Peaches Pinto Beans, Milk</p> <p>Snack: Cereal, Milk</p>	<p>13</p> <p align="center"><i>Biscuit w/ gravy</i> Fruit Juice, Milk</p> <p>Hamburger on Bun, Oven Fries Oranges, Milk</p> <p>Snack: Snack Crackers, Milk</p>	<p>14</p> <p align="center"><i>Oatmeal</i> Apple Sauce, Milk</p> <p>Baked Ham, Pasta Green Peas, Pineapple, Milk</p> <p>Snack: Fresh Fruit, Cheese Stick</p>
<p>17</p> <p align="center"><i>English Muffin w/ Cheese</i> Fruit Juice, Milk</p> <p>Pizza, Peas & Carrots Apricots, Milk</p> <p>Snack: Yogurt, Bananas</p>	<p>18</p> <p align="center"><i>Sausage on a Bun</i> Applesauce Milk</p> <p>Beef & Cheese Macaroni, Mixed Fruit California Blend, Milk</p> <p>Snack: Snack Crackers, Milk</p>	<p>19</p> <p align="center"><i>Cream of Wheat</i> Fruit Juice, Milk</p> <p>Chicken BBQ Sandwich, Zucchini Pinto Beans, Milk</p> <p>Snack: Cereal, Milk</p>	<p>20</p> <p align="center"><i>Cinnamon Toast</i> Fresh Fruit, Milk</p> <p>Salisbury Steak, Mashed Potatoes Green Peas, Roll, Milk</p> <p>Snack: Snack Crackers, Milk</p>	
<p>24</p> <p align="center">  </p>	<p>Happy Holidays</p> <p align="center">  </p>			<p>28</p> <p align="center">  </p>
<p>31</p>				

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