
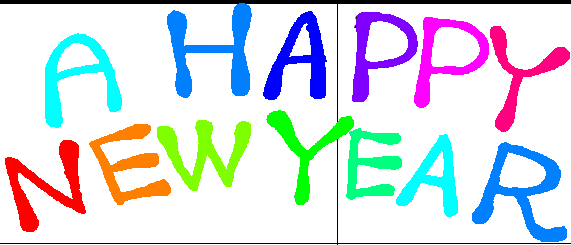
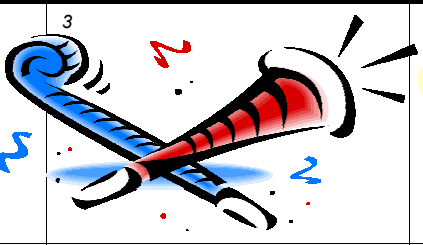
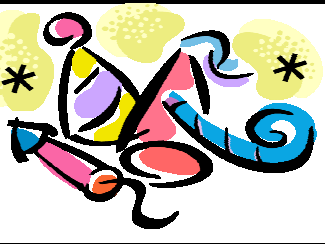
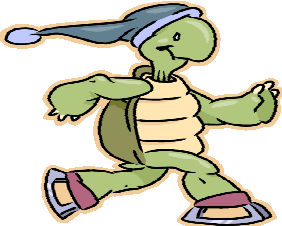


# January 2019 San Angelo Independent School District Head Start/Early Head Start Breakfast, Lunch & Snack Menus

Menu Subject to Change

Visit [www.saisd.org](http://www.saisd.org) for monthly menus

Mon	Tue	Wed	Thu	Fri
				
7 <b>Student Holiday</b>	8 Pancakes Fresh Fruit, Milk  Chicken & Pasta Alfredo, Mixed Fruit Italian Blend, Milk  Snack: Snack Crackers, Milk	9 Biscuit w/ Jelly Fruit Juice, Milk  Chile Con Carne, Peaches Carrots, Corn Muffins, Milk  Snack: Cereal, Milk	10 French Toast Sticks Applesauce, Milk  Grilled Chicken, Peas & Carrots Pineapple, Roll, Milk  Snack: Snack Crackers, Milk	11 Oatmeal Fruit Juice, Milk  Hamburger on Bun, Oven Fries Pears, Milk  Snack: Fresh Fruit, Cheese Stick
14 Biscuit Fruit Juice, Milk  Steak Fingers, Green Beans Mashed Potatoes, Milk  Snack: Yogurt, Bananas	15 Chicken Biscuit Applesauce, Milk  Beef Stroganoff w/ noodles, Carrots Broccoli, Milk  Snack: Snack Crackers, Milk	16 Cream of Wheat Fruit Juice, Milk  Chicken Fajitas, Tortilla, Peaches Refried Beans, Milk  Snack: Cereal, Milk	17 Toast w/ Jelly Fruit Juice, Milk  Pork Ribbette, Green Beans Pears, Roll, Milk  Snack: Snack Crackers, Milk	18 Oatmeal Peaches, Milk  Grilled Cheese Sandwich, Apples Oven Fries, Milk  Snack: Fresh Fruit, Cheese Stick
21 <b>Student Holiday</b>	22 Waffles Fresh Fruit Milk  Pasta w/ Meat Sauce, Pears Italian Blend, Milk  Snack: Snack Crackers, Milk	23 Scrambled Eggs Fresh Fruit, Milk  Beef Nachos, Peaches Pinto Beans, Milk  Snack: Cereal, Milk	24 Biscuit w/ gravy Fruit Juice, Milk  Hamburger on Bun, Oven Fries Oranges, Milk  Snack: Snack Crackers, Milk	25 Oatmeal Apple Sauce, Milk  Baked Ham, Pasta Green Peas, Pineapple, Milk  Snack: Fresh Fruit, Cheese Stick
28 English Muffin w/ Cheese Fruit Juice, Milk  Pizza, Peas & Carrots Apricots, Milk  Snack: Yogurt, Bananas	29 Sausage on a Bun Applesauce Milk  Beef & Cheese Macaroni, Mixed Fruit California Blend, Milk  Snack: Snack Crackers, Milk	30 Cream of Wheat Fruit Juice, Milk  Chicken BBQ Sandwich, Zucchini Pinto Beans, Milk  Snack: Cereal, Milk	31 Cinnamon Toast Fresh Fruit, Milk  Salisbury Steak, Mashed Potatoes Green Peas, Roll, Milk  Snack: Snack Crackers, Milk	

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