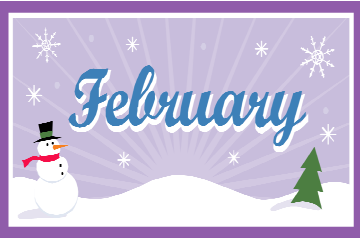






February 2019 San Angelo Independent School District Head Start/Early Head Start Breakfast, Lunch & Snack Menus

Menu Subject to Change

Visit www.saisd.org for monthly menus

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|--|
|  |  |  |  | <p>1</p> <p>Oatmeal Banana, Milk</p> <p>Deli Sandwich, Tator Tots Applesauce, Milk</p> <p>Snack: Fresh Fruit, Cheese Stick</p> |
| <p>4</p> <p>Muffin Fruit Juice, Milk</p> <p>Fish Sticks, Broccoli Corn, Milk</p> <p>Snack: Yogurt, Bananas</p> | <p>5</p> <p>Pancakes Fresh Fruit, Milk</p> <p>Chicken & Pasta Alfredo, Mixed Fruit Italian Blend, Milk</p> <p>Snack: Snack Crackers, Milk</p> | <p>6</p> <p>Biscuit w/ Jelly Fruit Juice, Milk</p> <p>Chile Con Carne, Peaches Carrots, Corn Muffins, Milk</p> <p>Snack: Cereal, Milk</p> | <p>7</p> <p>French Toast Sticks Applesauce, Milk</p> <p>Grilled Chicken, Peas & Carrots Pineapple, Roll, Milk</p> <p>Snack: Snack Crackers, Milk</p> | <p>8</p> <p>Oatmeal Fruit Juice, Milk</p> <p>Hamburger on Bun, Oven Fries Pears, Milk</p> <p>Snack: Fresh Fruit, Cheese Stick</p> |
| <p>11</p> <p>Biscuit Fruit Juice, Milk</p> <p>Steak Fingers, Green Beans Mashed Potatoes, Milk</p> <p>Snack: Yogurt, Bananas</p> | <p>12</p> <p>Chicken Biscuit Applesauce, Milk</p> <p>Beef Stroganoff w/ noodles, Carrots Broccoli, Milk</p> <p>Snack: Snack Crackers, Milk</p> | <p>13</p> <p>Cream of Wheat Fruit Juice, Milk</p> <p>Chicken Fajitas, Tortilla, Peaches Refried Beans, Milk</p> <p>Snack: Cereal, Milk</p> | <p>14</p> <p>Toast w/ Jelly Fruit Juice, Milk</p> <p>Pork Ribbette, Green Beans Pears, Roll, Milk</p> <p>Snack: Snack Crackers, Milk</p> | <p>15</p> <p>Student Holiday</p> |
| <p>18</p> <p>President's Day</p> | <p>19</p> <p>Waffles Fresh Fruit Milk</p> <p>Pasta w/ Meat Sauce, Pears Italian Blend, Milk</p> <p>Snack: Snack Crackers, Milk</p> | <p>20</p> <p>Scrambled Eggs Fresh Fruit, Milk</p> <p>Beef Nachos, Peaches Pinto Beans, Milk</p> <p>Snack: Cereal, Milk</p> | <p>21</p> <p>Biscuit w/ gravy Fruit Juice, Milk</p> <p>Hamburger on Bun, Oven Fries Oranges, Milk</p> <p>Snack: Snack Crackers, Milk</p> | <p>22</p> <p>Oatmeal Apple Sauce, Milk</p> <p>Baked Ham, Pasta Green Peas, Pineapple, Milk</p> <p>Snack: Fresh Fruit, Cheese Stick</p> |
| <p>25</p> <p>English Muffin w/ Cheese Fruit Juice, Milk</p> <p>Pizza, Peas & Carrots Apricots, Milk</p> <p>Snack: Yogurt, Bananas</p> | <p>26</p> <p>Sausage on a Bun Applesauce Milk</p> <p>Beef & Cheese Macaroni, Mixed Fruit California Blend, Milk</p> <p>Snack: Snack Crackers, Milk</p> | <p>27</p> <p>Cream of Wheat Fruit Juice, Milk</p> <p>Chicken BBQ Sandwich, Zucchini Pinto Beans, Milk</p> <p>Snack: Cereal, Milk</p> | <p>28</p> <p>Cinnamon Toast Fresh Fruit, Milk</p> <p>Salisbury Steak, Mashed Potatoes Green Peas, Roll, Milk</p> <p>Snack: Snack Crackers, Milk</p> |  |

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