
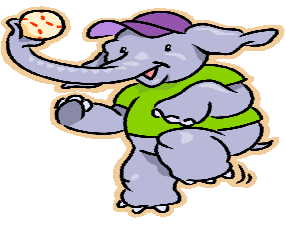




March 2019 San Angelo Independent School District Head Start/Early Head Start Breakfast, Lunch & Snack Menus

Menu Subject to Change

Visit www.saisd.org for monthly menus

Mon	Tue	Wed	Thu	Fri
				1 Oatmeal Banana, Milk Deli Sandwich, Tator Tots Applesauce, Milk Snack: Fresh Fruit, Cheese Stick
4 Muffin Fruit Juice, Milk Fish Sticks, Broccoli Corn, Milk Snack: Yogurt, Bananas	5 Pancakes Fresh Fruit, Milk Chicken & Pasta Alfredo, Mixed Fruit Italian Blend, Milk Snack: Snack Crackers, Milk	6 Biscuit w/ Jelly Fruit Juice, Milk Chile Con Carne, Peaches Carrots, Corn Muffins, Milk Snack: Cereal, Milk	7 French Toast Sticks Applesauce, Milk Grilled Chicken, Peas & Carrots Pineapple, Roll, Milk Snack: Snack Crackers, Milk	8 Oatmeal Fruit Juice, Milk Hamburger on Bun, Oven Fries Pears, Milk Snack: Fresh Fruit, Cheese Stick
<h1 style="color: blue; text-decoration: underline;">Spring Break</h1>				
11	12	13	14	15
18 Biscuit Fruit Juice, Milk Steak Fingers, Green Beans Mashed Potatoes, Milk Snack: Yogurt, Bananas	19 Chicken Biscuit Applesauce, Milk Beef Stroganoff w/ noodles, Carrots Broccoli, Milk Snack: Snack Crackers, Milk	20 Cream of Wheat Fruit Juice, Milk Chicken Fajitas, Tortilla, Peaches Refried Beans, Milk Snack: Cereal, Milk	21 Toast w/ Jelly Fruit Juice, Milk Pork Ribbette, Green Beans Pears, Roll, Milk Snack: Snack Crackers, Milk	22 Oatmeal Peaches, Milk Grilled Cheese Sandwich, Apples Oven Fries, Milk Snack: Fresh Fruit, Cheese Stick
25 Muffin Fruit Juice, Milk Chicken Nuggets, Zucchini Mashed Potatoes, Milk Snack: Yogurt, Bananas	26 Waffles Fresh Fruit Milk Pasta w/ Meat Sauce, Pears Italian Blend, Milk Snack: Snack Crackers, Milk	27 Scrambled Eggs Fresh Fruit, Milk Beef Nachos, Peaches Pinto Beans, Milk Snack: Cereal, Milk	28 Biscuit w/ gravy Fruit Juice, Milk Hamburger on Bun, Oven Fries Oranges, Milk Snack: Snack Crackers, Milk	29 Oatmeal Apple Sauce, Milk Baked Ham, Pasta Green Peas, Pineapple, Milk Snack: Fresh Fruit, Cheese Stick

“In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.”