




# May 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
		<p>1</p> <p><i>Cream of Wheat Fruit Juice, Milk</i></p> <p><i>Chicken BBQ Sandwich, Zucchini Pinto Beans, Milk</i></p> <p><i>Snack: Cereal, Milk</i></p>	<p>2</p> <p><i>Cinnamon Toast Fresh Fruit, Milk</i></p> <p><i>Salisbury Steak, Mashed Potatoes Green Peas, Roll, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>3</p> <p style="font-size: 2em; color: red; font-weight: bold; text-decoration: underline;">Student Holiday</p>
<p>6</p> <p><i>Muffin Fruit Juice, Milk</i></p> <p><i>Fish Sticks, Broccoli Corn, Milk</i></p> <p><i>Snack: Yogurt, Bananas</i></p>	<p>7</p> <p><i>Pancakes Fresh Fruit, Milk</i></p> <p><i>Chicken &amp; Pasta Alfredo, Mixed Fruit Italian Blend, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>8</p> <p><i>Biscuit w/ Jelly Fruit Juice, Milk</i></p> <p><i>Chile Con Carne, Peaches Carrots, Corn Muffins, Milk</i></p> <p><i>Snack: Cereal, Milk</i></p>	<p>9</p> <p><i>French Toast Sticks Applesauce, Milk</i></p> <p><i>Grilled Chicken, Peas &amp; Carrots Pineapple, Roll, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>10</p> <p><i>Oatmeal Fruit Juice, Milk</i></p> <p><i>Hamburger on Bun, Oven Fries Pears, Milk</i></p> <p><i>Snack: Fresh Fruit, Cheese Stick</i></p>
<p>13</p> <p><i>Biscuit Fruit Juice, Milk</i></p> <p><i>Steak Fingers, Green Beans Mashed Potatoes, Milk</i></p> <p><i>Snack: Yogurt, Bananas</i></p>	<p>14</p> <p><i>Chicken Biscuit Applesauce, Milk</i></p> <p><i>Beef Stroganoff w/ noodles, Carrots Broccoli, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>15</p> <p><i>Cream of Wheat Fruit Juice, Milk</i></p> <p><i>Chicken Fajitas, Tortilla, Peaches Refried Beans, Milk</i></p> <p><i>Snack: Cereal, Milk</i></p>	<p>16</p> <p><i>Toast w/ Jelly Fruit Juice, Milk</i></p> <p><i>Pork Ribbette, Green Beans Pears, Roll, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>17</p> <p><i>Oatmeal Peaches, Milk</i></p> <p><i>Grilled Cheese Sandwich, Apples Oven Fries, Milk</i></p> <p><i>Snack: Fresh Fruit, Cheese Stick</i></p>
<p>20</p> <p><i>Muffin Fruit Juice, Milk</i></p> <p><i>Chicken Nuggets, Zucchini Mashed Potatoes, Milk</i></p> <p><i>Snack: Yogurt, Bananas</i></p>	<p>21</p> <p><i>Waffles Fresh Fruit Milk</i></p> <p><i>Pasta w/ Meat Sauce, Pears Italian Blend, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>22</p> <p><i>Scrambled Eggs Fresh Fruit, Milk</i></p> <p><i>Beef Nachos, Peaches Pinto Beans, Milk</i></p> <p><i>Snack: Cereal, Milk</i></p>	<p>23</p> <p><i>Biscuit w/ gravy Fruit Juice, Milk</i></p> <p><i>Hamburger on Bun, Oven Fries Oranges, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>24</p> <p><i>Oatmeal Apple Sauce, Milk</i></p> <p><i>Baked Ham, Pasta Green Peas, Pineapple, Milk</i></p> <p><i>Snack: Fresh Fruit, Cheese Stick</i></p>
<p>27 <b>Memorial Day</b></p> 	<p>28</p> <p><i>Sausage on a Bun Applesauce Milk</i></p> <p><i>Beef &amp; Cheese Macaroni, Mixed Fruit California Blend, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>29</p> <p><i>Cream of Wheat Fruit Juice, Milk</i></p> <p><i>Chicken BBQ Sandwich, Zucchini Pinto Beans, Milk</i></p> <p><i>Snack: Cereal, Milk</i></p>	<p>30</p> <p><i>Cinnamon Toast Fresh Fruit, Milk</i></p> <p><i>Salisbury Steak, Mashed Potatoes Green Peas, Roll, Milk</i></p> <p><i>Snack: Snack Crackers, Milk</i></p>	<p>31</p> <p><i>Oatmeal Banana, Milk</i></p> <p><i>Deli Sandwich, Tator Tots Applesauce, Milk</i></p> <p><i>Snack: Fresh Fruit, Cheese Stick</i></p>

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