

### HCS HEAD START

#### December 2021 Breakfast and Snack

WG = Whole Grain

1% or Skim milk served to children two years and older every meal and snack

Whole milk served to one year old's every meal and snack

		1. Yogurt, tropical fruit	2. WG banana muffin, blueberries	3. No School
		Yogurt, fruta tropical	Mollete de banana GI, arandanos	
6. WG Kix cereal, mandarin oranges	7. WG apple muffin, blueberries	8. WG bagel, cream cheese, strawberries	9. Waffles, syrup, tropical fruit	10. Croissant, egg patty, pears
Cereal Kix GI, mandarina naranja	Molletes de manzana GI, arandanos	Bagel GI, Crema queso, fresas	Gofres, jarabe, fruta tropical	Croissant, empanada de huevo, pera
13. WG cheerios, pears	14. WG French toast sticks, syrup, oranges Infant and Toddler Classes: mandarin oranges	15. Rice Krispies, strawberries	16. Blueberry muffin, tropical fruit	17. Cinnamon toast, butter, mandarin oranges
Cereal Cheerios GI, peras	Palitos de tostada francesa, jarabe, naranjas, Bebés y niños pequeños : mandarina naranja	Cereal rice Krispies, fresa	Mollete de arandanos, fruta tropical	Empanada de canela, mantequilla, mandarina naranja
20. WG Mini wheats, pineapples	21. Ham, egg patty, croissant, peaches	22. WG bagel, cream cheese, banana	23. WG Pancakes, syrup, apples Infant and Toddler Classes: applesauce	24. No School
Mini trigos GI, piña	Jamón, empanada de huevo, croissant, melocoton	Bagel GI, crema queso, banana	Panqueques GI, jarabe, manzana Bebés y niños pequeños: pure de papa	
27. No School	28. No School	29. No School	30. No School	31. No School

#### Snack

		1. WG cheddar gold fish	2. Crackers and cheese	3. No School
		Cheddar gold fish GI	Galletas y queso	
6. Cheez it crackers	7. Cucumbers, dip, crackers	8. Soft pretzel, cheese sauce	9. Yogurt, pineapples	10. WG Scooby snacks
Galletas Cheez-it	Pepino, salsa, galletas	Pretzel suave, queso salsa	Yogurt, pina	Meriendas Scooby GI
13. Graham crackers	14. Ritz crackers, cream cheese	15. Vanilla bears	16. Ham and Cheese rollups	17. WG cheddar gold fish
Galletas Graham	Galletas Ritz, crema queso	Osos de Vainilla	Rollitos de jamon y queso	WG cheddar gold fish
20. Strawberry bears	21. Biscuit, strawberries	22. Saltines, jelly	23. Early Release	24. No School
Osos de fresa	Biscuit, fresa	Galletas Saltines, jalea		
27. No School	28. No School	29. No School	30. No School	31. No School