

HCS HEAD START

December 2021 Lunch Menu (WG=Whole Grain/Grano Integral)

1% or Skim Milk served to children two years and older every meal and snack
Whole Milk served to 1 year old's every meal and snack

		<p>1. Sliced ham, mashed potato's, corn bread, strawberries</p> <p>Renanada de jamon, pure de papa, pan de miz y fresas</p>	<p>2. Meatballs and Gravy, buttered noodles, green beans, pears</p> <p>Albpdniga y salsa, fideos con mantequilla, frijoles verdes, pera</p>	<p>3. No School</p>
<p>6. Pasta primavera with chicken, California blend vegetables, applesauce</p> <p>Pasta primavera con pollo, mezcla de verduras California, pure de manzana</p>	<p>7. Ham, rice, beans, apples</p> <p>Infant and Toddler Classes: pears instead of apples</p> <p>Jamon, arroz, frijoles, manzana</p> <p>Bebes y ninos pequenos: Peras en ves de manzanas</p>	<p>8. Italian chicken, potato wedges, bread and butter, peaches</p> <p>Pollo Italiano, rodajas de patata, pan y mantequilla, melocotones</p>	<p>9. Meatloaf, mashed potatoes, gravy, WG roll, oranges</p> <p>Pastel de carne, pure de patata, salsa gravy, rollo GI, naranjas</p>	<p>10. Tuna salad sandwich on bread, lettuce, tomatoes, banana</p> <p>Infant and toddler classes: ham instead of tuna, no lettuce</p> <p>Sandwich de ensalada de atun, lechuga, tomate, banana.</p> <p>Bebes Y ninios pequenos: Jamon en ves de atun</p>
<p>13. Fish sticks, tartar sauce, tater tots, ketchup, roll, pineapples</p> <p>Infant and Toddler Classes: Chicken instead of fish</p> <p>Palitos de pescado, salsa tartara, tater tots, ketchup, pan, pinias</p>	<p>14. Bosco stick, marinara sauce, steamed broccoli, blueberries</p> <p>Palo Bosco, salsa marinera, brocoli al vapor, arandanos</p>	<p>15. Chicken stir fry, WG brown rice, sweet and sour sauce, onions and peppers, peaches</p> <p>Salteado de pollo, arroz integral GI, salsa agridulce, cebolla y pientos, melocoton</p>	<p>16. Tortellini and meat sauce, sliced carrots, WG roll, apples</p> <p>Infant and Toddler Classes: applesauce instead of apples</p> <p>Tortellini salsa de carne, trosos de zanahoria, roolo GI. Manzana</p> <p>Bebes y ninios pequenos : pure de manzana en ves de manzana</p>	<p>17. Pork loin, mashed potatoes, bread and butter, banana</p> <p>Lomo de cerdo, pure de papa, pan con mantequilla, banana</p>
<p>20. Fish, egg noodles, peas, applesauce</p> <p>Infant and Toddler Classes: chicken instead of fish</p> <p>Pescado, fideos de huevo, guisantes, pure de manzana</p> <p>Bebes y ninios pequenos: Pollo en ves de pscado</p>	<p>21. Breaded chicken strips, lettuce, tomato, sour cream, WG wrap, pears</p> <p>Tiras de pollo enpanisadas, lechuga, tomate, wrap GI, pera</p>	<p>22. American chop suey, green beans, blueberries</p> <p>Chop suey Americano, frijoles verdes, Arandanos</p>	<p>23. Ham and cheese sandwich on bread, lettuce, tomato, tropical fruit</p> <p>Infant and Toddler Classes: no lettuce</p> <p>Sandwich de jamon y queso, lechuga, tomate y fruta tropical</p> <p>Bebes y ninios pequenos: sin lechuga</p>	<p>24. No School</p>
<p>27. No School</p>	<p>28. No School</p>	<p>29. No School</p>	<p>30. No School</p>	<p>31. No School</p>

This institution is an equal opportunity provider.