

# Center Menu

## Head Start/Early Head Start

August 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CAPK Central Kitchen does not serve Pork or Pork Products</p> <p>This institution is an equal opportunity provider and employer.</p> <p>All Bread and Grains are WW or WG</p>	<p>Wishing you a sunny day!</p>		<p>1. Pancakes, Syrup Fresh Fruit, Milk</p> <p>Orange Chicken Fried Rice, Zucchini Sticks Fruit Milk</p> <p>Yogurt Fruit</p>	<p>2. Toast, Jelly, Fruit Milk</p> <p>Cheesy Pull-A-Part Marinara Cup Green Salad, Dressing Fresh Fruit, Milk</p> <p>Muffin Fresh Fruit</p>
<p>5. Cereal Bowl, Fresh Fruit Milk</p> <p>PB&amp;J Sandwich Sliced Cheese Zucchini Sticks, Tajin Fruit, Milk</p> <p>Chex Snacks Juice</p>	<p>6. Biscuit, Butter, Fruit Milk</p> <p>Chicken Fajitas w/Bell Peppers Refried Beans, Cheese Tortilla, Fresh Fruit Milk</p> <p>Crackers Sliced Cheese</p>	<p>7. Waffle Sticks, Fresh Fruit Milk</p> <p>Chicken Tender Wrap Shredded Lettuce, Sliced Tomato Dressing, Tortilla Fruit, Milk</p> <p>Muffin Milk</p>	<p>8. Breakfast Burrito, Fruit Milk</p> <p>Chili Beans Shredded Cheese Tortilla Chips, Fruit Milk</p> <p>Yogurt Fruit</p>	<p>9. Toast, Jelly, Fresh Fruit Milk</p> <p>Chicken Salad Sandwich Croissant, Fresh Carrots Fresh Fruit, Chips Milk</p> <p>Crackers Peanut Butter</p>
<p>12. Mini Bagel, Cream Cheese Fresh Fruit, Milk</p> <p>Sliced Turkey, Cheese Sliced Bread, Cucumber Slices Dressing Fruit, Milk</p> <p>Crackers Fruit Juice</p>	<p>13. Yogurt, Fruit, Granola Milk</p> <p>Fish Sticks Taco Cabbage, Corn Tortilla Tartar Sauce Cinnamon Fruit, Milk</p> <p>Crackers Strawberries</p>	<p>14. English Muffin, Jelly Fruit, Milk</p> <p>Beefy Macaroni, Shredded Cheese Bread Sticks, Corn Fresh Fruit Milk</p> <p>Crackers Milk</p>	<p>15. French Toast, Syrup, Fresh Fruit Milk</p> <p>Chicken Nuggets BBQ Sauce, Potato Salad Fruit Milk</p> <p>Yogurt Fruit</p>	<p>16. Cereal Bowl, Fresh Fruit Milk</p> <p>Seasoned Pinto Beans Parmesan Cheese Muffin, Esquite, Tajin Fruit, Milk</p> <p>Chex Snacks Fresh Fruit</p>
<p>19. Breakfast Burrito, Fruit Cup Milk</p> <p>(Turkey) Ham and Sliced Cheese Sliced Bread Cucumber Coins, Tajin Fruit, Milk</p> <p>Yogurt Cup Crackers</p>	<p>20. Cereal Bowl, Mandarin Oranges Milk</p> <p>Sloppy Joe Hamburger Bun Peas &amp; Carrots Fruit, Milk</p> <p>Slushy Cup Crackers</p>	<p>21. English Muffin, Jelly Diced Peaches, Milk</p> <p>Bean &amp; Cheese Burrito Zucchini Sticks, Dressing Fresh Fruit, Tajin Milk</p> <p>Crackers Milk</p>	<p>22. Oatmeal, Frozen Fruit Cup Milk</p> <p>Diced Chicken and Gravy Mashed Potatoes Dinner Roll, Fresh Fruit Milk</p> <p>Crackers Juice</p>	<p>23. Waffle Sticks, Fruit Milk</p> <p>Tuna Salad Sandwich Croissant, Chips, Carrots Dressing, Fresh Fruit Milk</p> <p>Quesadilla Tortilla, Cheese</p>
<p>26. Muffin, Fresh Fruit Milk</p> <p>Turkey &amp; Swiss Cheese Sandwich Hoagie Roll, Sliced Tomatoes Chips Fruit, Milk</p> <p>Yogurt, Granola Fruit</p>	<p>27. Toasted English Muffin w/Butter Fresh Fruit, Milk</p> <p>Spaghetti w/ Meat Sauce Green Salad, Dressing Bread Stick, Parmesan Cheese Fruit, Milk</p> <p>Crackers Fruit</p>	<p>28. Mini Bagel, Cream Cheese Fresh Fruit, Milk</p> <p>Fish Patty Hamburger Bun Coleslaw Fresh Fruit, Milk</p> <p>Turkey and Cheese Sandwich Milk</p>	<p>29. Mini Waffles, Fruit Milk</p> <p>Chicken Alfredo Green Salad, Dressing Bread Sticks, Fresh Fruit Milk</p> <p>Sliced Cheese Crackers</p>	<p>30. Cereal Bowl, Frozen Fruit Cup Milk</p> <p>Beef Patty Hamburger Bun, Cheese Chips, Tomato Slices, Lettuce Slushy Cup, Milk</p> <p>Chex Mix Juice</p>

Water is offered throughout the day

12 to 23 Months Unflavored Whole Milk

24 Months and Over 1% Unflavored Milk

Menu Subject to Change



# Head Start/Early Head Start Centro Menu

## August 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>La cocina central de la Asociación no sirve carne de puerco o productos que contienen puerco</p> <p>Esta institución provee igualdad de oportunidad de empleo y servicios</p> <p>Todo el pan que se sirve es de Trigo</p>			<p>1. Panqueques, Miel, Fruta Fresca Leche</p> <p>Pollo a La Naranja Arroz Frito, Palitos de Calabacitas Fruta Leche</p> <p>Yogur Fruta</p>	<p>2. Pan Tostado, Jalea, Fruta Leche</p> <p>Pull-A-Part de Queso Salsa Marinera, Ensalada Verde, Aderezo, Fruta Fresca Leche</p> <p>Panecillo Fruta Fresca</p>
<p>5. Cereal, Fruta Fresca Leche</p> <p>Sándwich de Crema de Cacahuete y Jalea, Queso Palitos de Calabacitas Tajin, Fruta, Leche</p> <p>Galletas Hugo</p>	<p>6. Bisquete, Mantequilla, Fruta Leche</p> <p>Fajitas de Pollo con Chiles de Campana, Frijoles Refritos Queso, Tortilla, Fruta Fresca Leche</p> <p>Galletas Queso</p>	<p>7. Palitos de Waffles, Fruta Fresca Leche</p> <p>Tiras de Pollo Aderezo, Lechuga, Rodajas de Tomate, Tortilla, Fruta con Canela Leche</p> <p>Panecillo Leche</p>	<p>8. Burrito de Desayuno, Fruta Leche</p> <p>Chili Beans, Queso Chips Fruta Leche</p> <p>Yogur Fruta Fresca</p>	<p>9. Pan Tostado, Jalea, Fruta Fresca Leche</p> <p>Ensalada de Pollo Pan de Cuernitos, Sanahorias Frescas, Fruta Fresca, Chips Leche</p> <p>Galletas Crema de Cacahuete</p>
<p>12. Pan de Rosca, Queso Crema Fruta Fresca, Leche</p> <p>Pavo, Queso, Pan Pepino, Aderezo Fruta Leche</p> <p>Galletas Hugo</p>	<p>13. Yogur, Fruta, Granola Leche</p> <p>Palitos de Pescado, Repollo Tortilla, Salsa, Tartar, Fruta con Canela Leche</p> <p>Galletas Fruta Fresca</p>	<p>14. Pan Ingles, Jalea, Fruta Leche</p> <p>Macarroni con Carne, Queso Pan de Palitos, Elote, Fruta Fresca Leche</p> <p>Galletas Leche</p>	<p>15. Pan Frances, fruta Fresca Leche</p> <p>Nuggets e Pollo, Salsa BBQ Ensalada de Pollo Fruta Leche</p> <p>Yogur Fruta</p>	<p>16. Cereal, Fruta Fresca Leche</p> <p>Frijoles Pintos Sazonados Queso, Panecillo, Esquite Tajin, Fruta Leche</p> <p>Galletas Fruta Fresca</p>
<p>19. Burrito de Desayuno, Fruta Leche</p> <p>Hamon de Pavo, Queso Pan, Pepino Tajin, Fruta Leche</p> <p>Yogur Galletas</p>	<p>20. Cereal, Fruta Leche</p> <p>Sloppy Joe, Pan de Hamburguesa Chicharos y Sanahorias Fruta Leche</p> <p>Raspado Galletas</p>	<p>21. Pan Ingles, Jalea, Fruta Leche</p> <p>Burrito de Frijoles y Queso Palitos de Calabacitas, Aderezo Fruta Fresca, Tajin Leche</p> <p>Galletas Leche</p>	<p>22. Avena, Futa Leche</p> <p>Pollo con Gravy Pure De Papa Panecillo, Fruta Fresca Leche</p> <p>Galletas Hugo</p>	<p>23. Palitos de Waffles, Fruta Leche</p> <p>Ensalada de Atun Pan de Cuernitos Chips, Sanahorias, Aderezo Fruta Fresca, Leche</p> <p>Quesadilla Tortilla, Queso</p>
<p>26. Panecillo, Fruta Leche</p> <p>Pavo, Queso, Bolillo Rodajas de Tomate Chips, Fruta Fresca Leche</p> <p>Yogur, Granola Fruta</p>	<p>27. Pan Ingles Tostado con Mantequilla, Fruta Fresca, Leche</p> <p>Spaghetti con Carne Ensalada Verde Aderezo, Queso Fruta Leche</p> <p>Galletas Fruta</p>	<p>28. Pan de Rosca, Queso Crema Fruta Fresca, Leche</p> <p>Pattie de Pescado Pan de Hamburguesa Ensalada de Repollo Fruta Fresca</p> <p>Sandwich de Pavo Leche</p>	<p>29. Waffles Pequeños, Fruta Leche</p> <p>Pollo con salsa Alfredo Ejotes, Pan de Palitos Fruta Fresca Leche</p> <p>Queso Galletas</p>	<p>30. Cereal, Fruta congelada Leche</p> <p>Pattie de Carne Pan de Hamburguesa Chips, Tomate, Lechuga Raspado, Leche</p> <p>Galletas Hugo</p>
<p><b>Water</b> is offered throughout the day</p>				
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