


DISFAGIA				
Desayuno y almuerzo				
ENERO 2019				
				
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	VACACIONES	VACACIONES	VACACIONES	VACACIONES
	7	8	9	10
2 Yogures Compota de manzana Jugo Leche	Avena con compota de fruta Compota de manzana Jugo Leche	Bollo de canela con salchicha Compota de manzana Jugo Leche	Crema de trigo con compota de fruta Compota de manzana Jugo Leche	Panqueques y salchicha Compota de manzana Jugo Leche
Nachos con carne y queso Frijoles negros sazonados Coliflor Postre cliente de durazno "Cobbler"	Cerdo desmenuzado (Pulled Pork) al BBQ Camote Crema de maíz Duraznos enlatados	Puré de papas con queso y pollo Guisantes verdes Calabacines Comporta de manzana sazonada	Chili Camote Calabacines Ensalada de frutas	Filete de pescado con salsa tártara Sopa de tomate Crema de maíz Postre caliente de frutas "Cobbler"
#16	#17	#18	#19	#20
	14	15	16	17
Sausage Biscuit w/ Gravy Applesauce Juice Milk	Fruit & Yogurt Parfait Applesauce Juice Milk	French Toast w/ Fruit Compote Applesauce Juice Milk	Chicken Biscuit w/ Gravy Applesauce Juice Milk	Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk
Chicken Enchiladas Seasoned Pinto Beans Creamed Corn Canned Peaches	Salisbury Steak Green Peas Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice	Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce	Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears	Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler
#1	#2	#3	#4	#5
	21	22	23	24
DÍA FERIADO	2 Yogurts Applesauce Juice Milk	Cinnamon Roll w/ Sausage Applesauce Juice Milk	Crema de trigo con compota de fruta Compota de manzana Jugo Leche	Panqueques y salchicha Compota de manzana Jugo Leche
Precios de las comidas para el 2018-2019: Desayuno de primaria: \$1.00 Almuerzo de primaria: \$2.25 Desayuno de secundaria: \$1.25 Almuerzo de secundaria: \$2.50 Desayuno precio reducido: \$0.20	Turkey Alfredo Green Peas Glazed Carrots Pineapple Tidbits	Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler Fruit Cobbler	Chili Camotes Calabacines Ensalada de frutas	Burrito con chili verde y queso Verduras mixtas Crema de maíz Naranjas Mandarinas
#6	#7	#8	#9	#10

28	29	30	31
Sausage Biscuit w/ Gravy	Fruit & Yogurt Parfait	French Toast w/ Fruit Compote	Chicken Biscuit w/ Gravy
Applesauce	Applesauce	Applesauce	Applesauce
Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk
Chicken Enchiladas	Salisbury Steak	Chicken Teriyaki	Spaghetti
Seasoned Pinto Beans	Green Peas	Fried Rice	Glazed Carrots
Creamed Corn	Mashed Potatoes	Edamame	Seasoned Green Beans
Canned Peaches	Fresh Banana w/ Pineapple or Orange	Squash/Zucchini	Canned Pears
	Juice	Spiced Applesauce	
#11	#12	#13	#14

All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.

****All meals come with a choice of 1% white milk or fat free chocolate milk****

*****Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk*****

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410 Fax: (202) 690-7442; or Email: program.intake@usda.gov. This institution is an equal opportunity provider.