|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lunas-Monday** | **Go:k tas-Tuesday** | **Vaik-tas- Wednesday** | **Gi’ik Tas-Thursday** | **Vialas-Friday** |
| 1 | 2 | 3 | 4 | 5 |
| **Cereal****Haicu biadag (Fruit)****Vi:p (milk)** | **waffle****Haicu biadag (Fruit)****Vi:p (milk)** | **French toast sticks****Haicu biadag (Fruit)****Vi:p (milk)** | **Muffin****Cheese stick****Haicu biadag (Fruit)****Vi:p (milk)** | **Breakfast bar****Boiled egg****Haicu biadag (Fruit)****Vi:p (milk)** |
| **8** | **9** | **10** | **11** | **12** |
| **Cereal****Haicu biadag (Fruit)****Vi:p (milk)** | **Cinnamon roll****Haicu biadag (Fruit)****Vi:p (milk)** | **Pancake** **Sausage patty****Haicu biadag (Fruit)****Vi:p (milk)** | **Banana bread****Haicu biadag (Fruit)****Vi:p (milk)** | **Cream of wheat****Cheese stick** **Haicu biadag (Fruit)****Vi:p (milk)** |
| **15** | **16** | **17** | **18** | **19** |
| **Cereal****Haicu biadag (Fruit)****Vi:p (milk)** | **Pancakes****Haicu biadag (Fruit)****Vi:p (milk)** | **Breakfast Pizza****Haicu biadag (Fruit)****Vi:p (milk)** | **Bagel w/ Crème cheese****Haicu biadag (Fruit)****Vi:p (milk)** | **Muffin top** **Boiled egg****Haicu biadag (Fruit)****Vi:p (milk)** |
| **22** | **23** | **24** | **25** | **26** |
| **Cereal****Haicu biadag (Fruit)****Vi:p (milk)** | **waffle****Haicu biadag (Fruit)****Vi:p (milk)** | **Breakfast burrito** **Haicu biadag (Fruit)****Vi:p (milk)** | **Muffin****Cheese stick****Haicu biadag (Fruit)****Vi:p (milk)** | **Breakfast bar****Haicu biadag (Fruit)****Vi:p (milk)** |
| **29** | **30** |  |  |  |
| **Cereal****Haicu biadag (Fruit)****Vi:p (milk)** | **Pancakes****Haicu biadag (Fruit)****Vi:p (milk)** |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lunas-Monday** | **Go:k tas-Tuesday** | **Vaik-tas- Wednesday** | **Gi’ik Tas-Thursday** | **Vialas-Friday** |
| **1** | **2** | **3 Cooks Choice**  | **4** | **5** |
| **Fish nuggets****Tator tots** **Haicu biadag (Fruit)****Vi:p (milk)** | **Goulash****Dinner roll****Green beans****Haicu biadag (Fruit)****Vi:p (milk)** |  | **Char-cute-ery tray** **Haicu biadag (Fruit)****Vi:p (milk** | **Pizza****Veggie dippers****Haicu biadag (Fruit)****Vi:p (milk)** |
| **8** | **9** | **10 Cooks Choice**  | **11** | **12** |
| **Beef taquito** **Pima Squash****Haicu biadag (Fruit)** **Vi:p (milk)**  | **Grilled Cheese sandwich****Tomato soup** **Haicu biadag (Fruit)** **Vi:p (milk)**  |  | **Ham slice****Scalloped potatoes****Haicu biadag (Fruit)** **Vi:p (milk)**  |  **Chicken taco** **Mun (Pinto beans)****Haicu biadag (Fruit)** **Vi:p (milk)** |
| **15** | **16** | **17 Cooks Choice** | **18** | **19** |
| **Chicken tenders****Mashed potatoes****Dinner roll****Haicu biadag (Fruit)** **Vi:p (milk)**  |  **Shredded pork** **Gordita** **Black beans** **Haicu biadag (Fruit)** **Vi:p (milk)**  |  | **Diced chicken****rice****Haicu biadag (Fruit)** **Vi:p (milk)** | **Spaghetti****Breadstick** **Haicu biadag (Fruit)****Vi:p (milk)** |
| **22** | **23** | **24 Cooks Choice** | **25** | **26** |
| **BBQ pork** **Mac Cheese****Corn muffin****Haicu biadag (Fruit)****Vi:p (milk)** | **Chicken Fajita****Refried beans****Haicu biadag (Fruit)****Vi:p (milk)** |  | **Turkey and cheese****WG crackers****Steamed veggies** **Haicu biadag (Fruit)** **Vi:p (milk)** | **Chicken nuggets****Tator tots****Haicu biadag (Fruit)** **Vi:p (milk)** |
| **29** | **30** |  |  |  |
| **Sloppy Joe** **Glazed carrots****Haicu biadag (Fruit)** **Vi:p (milk)** | **Mun (pinto beans)****Corn bread****Haicu biadag (Fruit)** **Vi:p (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](https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf), (AD-3027) found online at: [How to File a Complaint](https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint), 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:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Lunas-Monday | Go:k tas-Tuesday | Vaik-tas- Wednesday | Gi’ik Tas-Thursday | Vialas-Friday |
| **1** | **2** | **3** | **4** | **5** |
| **Crackers** **Fresh fruit** | **Pretzel****Cheese sauce** | **Half turkey sandwich** | **Whole grain cookie****Vi:p (Milk)** | **Fruit cup** **Graham crackers**  |
| **8** | **9** | **10** | **11** | **12** |
| **Yogurt****Teddy grahams**  | **Muffin****Milk**  | **Bean dip** **Tortilla/ chips**  | **Fruit cup** **Graham cracker**  | **Crackers** **Cheese stick**  |
| **15** | **16** | **17** | **18** | **19** |
| **Crackers** **Fresh fruit** | **Pretzel** **Cheese sauce**  | **Turkey on a roll**  | **Whole grain cookie****Vi:p (Milk)** | **Fruit cup** **animal crackers**  |
| **22** | **23** | **24** | **25** | **26** |
| **Cereal bar** **Vi:p (Milk)** |  **Trail mix****Milk**  | **Vanilla yogurt****Diced peaches**  | **Cereal** **Milk** | **Graham crackers****Vi:p (Milk)** |
| **29** | **30** |  |  |  |
| **Waffle****Milk**  | **Broccoli** **Cheese sauce**  |  |  |  |