

October 2026

Head Start & Early Head Start Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			01 Milk Chicken Quesadilla Pinto Beans Salad Mix Mixed Fruit	02 Milk Cheese Pizza Spinach Salad Mandarin Oranges
05 Milk Chicken Fajitas Pinto Beans Lettuce/Tomato Pears	06 Milk Steak Fingers/Gravy Mashed Potatoes Enriched Bread Diced Peaches	07 Milk Turkey/Cheese Sandwich Tomato Soup Orange Wedges	08 Milk Chicken Stir Fry Fried Rice Broccoli Blend Pineapples	09 Milk Fish Filet Green Beans WW Bread Mixed Fruit
12 Milk Chicken Spaghetti Vegetable Blend Garlic Toast Apricots	13 Milk Salisbury Steak Brown Gravy Mashed Potatoes Corn Mandarin Oranges	14 Milk Fish Sticks Brown Rice Mixed Vegetables Pears	15 Milk Beef Ravioli Garlic Toast Peas & Carrots Mixed Fruit	16 Milk Chicken Nuggets Roll Sweet Potato Fries Tossed Salad Diced Peaches
19 Milk Chicken Alfredo Garlic Bread Sweet Peas Tossed Salad Mixed Berries	20 Milk Beef Enchilada Spanish Rice Corn Diced Peaches	21 Milk BBQ Chicken Roll Mashed Potatoes Carrots Strawberries	22 Milk Hamburger Tater Tots Lettuce/Tomato Watermelon	23 Milk Pork Chop Scalloped Potatoes Green Beans Roll Mixed Fruit
26 Milk Chicken Noodle Soup Crackers Carrots Applesauce	27 Milk Beef Taco Tortilla Chips Black Beans Lettuce/Tomato Pears	28 Milk Beef Spaghetti Mixed Vegetables WW Roll Cantaloupe	29 Milk Chicken Quesadilla Pinto Beans Salad Mix Mixed Fruit	30 Milk Cheese Pizza Spinach Salad Mandarin Oranges



Announcements

Trunk or Treat

6:30 pm to 8:00 pm
900 S Grant Ave
Hollingsworth Head Start



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



www.SquareMeals.org

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 06/20/25