

# Early Head Start Breakfast Menu

# JUN

MENU 2024

## MONDAY

3<sup>RD</sup>  
 ¼ c. Egg, Ham & Cheese Square  
 ½ slc. WW Toast  
 ¼ c. Berry Blend  
 4 oz. Milk

## TUESDAY

4<sup>TH</sup>  
 1 French Toast Strip  
 ¼ c. Raspberries  
 4 oz. Milk

## WEDNESDAY

5<sup>TH</sup>  
 ½ c. Cheerios  
 ¼ c. Tropical Fruit  
 4 oz. Milk

## THURSDAY

6<sup>TH</sup>  
 ¼ Sausage Breakfast  
 ¼ c. Apricots  
 4 oz. Milk

## FRIDAY

7<sup>TH</sup>  
 ½ c. Chex Cereal  
 ¼ c. Strawberries  
 4 oz. Milk

10<sup>TH</sup>  
 ½ oz. Turkey Patty  
 ¼ c. Applesauce  
 ½ slc. WW Toast  
 4 oz. Milk

11<sup>TH</sup>  
 ½ c. Cereal  
 ¼ c. Peaches  
 4 oz. Milk

12<sup>TH</sup>  
 1/8 c. Scrambled Eggs  
 ½ slc WW Toast  
 ¼ c. Oranges  
 4 oz. Milk

13<sup>TH</sup>  
 ½ c. Corn Flakes  
 ¼ c. Tropical Fruit  
 4 oz. Milk

14<sup>TH</sup>  
 1 Breakfast Taco  
 ¼ c. Diced Pineapples  
 4 oz. Milk

17<sup>TH</sup>  
 ¼ c. Egg, Ham & Cheese Square  
 ½ slc. WW Toast  
 ¼ c. Berry Blend  
 4 oz. Milk

18<sup>TH</sup>  
 1 French Toast Strip  
 ¼ c. Raspberries  
 4 oz. Milk



20<sup>TH</sup>  
 ¼ Sausage Breakfast Sandwich  
 ¼ c. Apricots  
 4 oz. Milk

21<sup>ST</sup>  
 ½ c. Chex Cereal  
 ¼ c. Strawberries  
 4 oz. Milk

24<sup>TH</sup>  
 ½ oz. Turkey Patty  
 ¼ c. Applesauce  
 ½ slc. WW Toast  
 4 oz. Milk

25<sup>TH</sup>  
 ½ c. Cereal  
 ¼ c. Peaches  
 4 oz. Milk

26<sup>TH</sup>  
 1/8 c. Scrambled Eggs  
 ½ slc WW Toast  
 ¼ c. Oranges  
 4 oz. Milk

27<sup>TH</sup>  
 ½ c. Corn Flakes  
 ¼ c. Tropical Fruit  
 4 oz. Milk



## HAMILTON POOL WATERFALL



ANNOUNCEMENTS:  
 • TBD



Food and Nutrition Division  
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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 www.SquareMeals.org