

# October 2024 | Early Head Start Breakfast Menu



## Announcements:

| Monday                                                                                 | Tuesday                                                                    | Wednesday                                                                          | Thursday                                                                    | Friday                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                        | <b>1</b> 4 oz Milk<br>1/2 Egg & Cheese<br>Burrito<br>1/4 c Sliced Bananas  | <b>2</b> 4 oz Milk<br>1 slc Breakfast Pizza<br>1/4 c Pineapples                    | <b>3</b> 4 oz Milk<br>1 French Toast Stick<br>1/4 c Applesauce              | <b>4</b><br><br><b>NO SCHOOL</b>                                                                                                                                                                                                                                                                                              |
| <b>7</b> 4 oz Milk<br>1/2 Ham & Cheese<br>Croissant<br>1/4 c Oranges                   | <b>8</b> 4 oz Milk<br>1/2 Waffle<br>1 Tbsp Grape Jam<br>1/4 c Mixed Fruit  | <b>9</b> 4 oz Milk<br>1 oz Turkey Sausage<br>1/2 slc Toast<br>1/4 c Sliced Bananas | <b>10</b> 4 oz Milk<br>1 Breakfast Taco<br>1/4 c Pineapples                 | <b>11</b> 4 oz Milk<br>1 Apple Muffin<br>1/4 c Oranges                                                                                                                                                                                                                                                                        |
| <b>14</b> 4 oz Milk<br>1 oz Turkey Sausage<br>1/2 Biscuit<br>1/4 c Mango<br>Applesauce | <b>15</b> 4 oz Milk<br>1/2 c Cornflakes<br>1/4 c Sliced Bananas            | <b>16</b> 4 oz Milk<br>1/8 c Scrambled<br>Eggs<br>1/2 slc Toast<br>1/4 c Oranges   | <b>17</b> 4 oz Milk<br>1/2 Bagel<br>1 Tbsp Cream Cheese<br>1/4 c Pineapples | <b>18</b> 4 oz Milk<br>1/2 slc Cheese Toast<br>1/4 c Pears                                                                                                                                                                                                                                                                    |
| <b>21</b> 4 oz Milk<br>1 Egg, Ham & Cheese<br>Square<br>1/2 slc Toast<br>1/4 c Peaches | <b>22</b> 4 oz Milk<br>1-4" Pancake<br>1/4 c Mango<br>Applesauce           | <b>23</b> 4 oz Milk<br>1 Turkey & Biscuit<br>Sandwich<br>1/4 c Mandarin<br>Oranges | <b>24</b> 4 oz Milk<br>1/2 Cheerios<br>1/4 c Sliced Bananas                 | <b>25</b> 4 oz Milk<br>1/2 slc Cinnamon<br>Bread<br>1/4 c Pears                                                                                                                                                                                                                                                               |
| <b>28</b> 4 oz Milk<br>1 Biscuit & Gravy<br>1/4 c Mixed Fruit                          | <b>29</b> 4 oz Milk<br>1/2 Egg & Cheese<br>Burrito<br>1/4 c Sliced Bananas | <b>30</b> 4 oz Milk<br>1 slc Breakfast Pizza<br>1/4 c Pineapples                   | <b>31</b> 4 oz Milk<br>1 French Toast Stick<br>1/4 c Applesauce             |  <b>Apples</b><br>Season in Texas: July-November<br>Did you know?<br>There are about 2,500 different kinds of<br>apples grown in the United States  |



Food and Nutrition Division  
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TEXAS DEPARTMENT OF AGRICULTURE  
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