

October 2024 | Early Head Start Lunch Menu



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
	1 4 oz Milk 3 Chicken Nuggets 1/8 c Sweet Potatoes 1/8 c Salad 1/8 Mangos 1/4 WW Roll	2 4 oz Milk 1 oz Hamburger 1 Lettuce Leaf & Tomato 1/8 c Tater Tots 1/8 c Mandarin Oranges	3 4 oz Milk 3/4 c Lasagna 1/8 c Peas & Carrots 1/8 c Raspberries 1/4 WW Roll	4 NO SCHOOL
7 4 oz Milk 1 Beef Taco 1/8 c Diced Tomatoes 1/8 c Shredded Lettuce 1/8 c Black Beans 1/8 c Peaches	8 4 oz Milk 1/2 Chicken Fajitas 1/8 c Refried Beans 1/8 c Shredded Lettuce 1/8 Apricots	9 4 oz Milk 1 oz Salisbury Steak 1/8 c Mashed Potatoes 2 Tbsp Brown Gravy 1/8 c Broccoli 1/2 slc Bread 1/8 c Mixed Fruit	10 4 oz Milk 1/2 Beef Goulash 1/8 c Carrots 1/8 c Strawberries 1/2 WW Roll	11 4 oz Milk 2 Fish Sticks 1/8 c Sweet Potato Wedges 1/8 c Berry Blend 1/2 slc Bread
14 4 oz Milk 1/2 Grilled Ham & Cheese 1/8 c Tomato Soup 1/8 c Mixed Fruit	15 4 oz Milk 1 oz Grilled Chicken 1/8 c Broccoli Normandy 1/4 c Fried Rice 1/8 c Oranges 1/2 slc Bread	16 4 oz Milk 3/4 c Beef Spaghetti 1/8 c Green Beans 1/2 WW Roll 1/8 c Mixed Berries	17 4 oz Milk 1/2 Chicken Enchilada 1/8 c Refried Beans 1/8 c Tossed Salad 1/8 c Mangos	18 4 oz Milk 2 Steak Fingers 1/8 c Mashed Potatoes 2 Tbsp Gravy 1/8 c Apricots 1/4 slc Texas Toast
21 4 oz Milk 1/2 Chicken Quesadilla 1/8 c Spanish Rice 1/8 c Salad 1/8 c Berry Blend	22 4 oz Milk 1/2 Sloppy Joe 1/8 c Baked Beans 1/8 c Shredded Carrots 1/8 c Pineapples	23 4 oz Milk 2 Beef Raviolis 1/8 c Corn 1/8 c Mangos 1/2 slc Garlic Toast	24 4 oz Milk 1/2 Turkey Waffle Which 1/8 c Roasted Broccoli 1/8 c Strawberries	25 4 oz Milk 1/2 slc Cheese Pizza 1/8 c Spinach Salad 1/8 c Raspberries
28 4 oz Milk 1 oz Sliced Ham 1/4 c Mac & Cheese 1/8 c Broccoli 1/8 c Fresh Sliced Apples 1/2 WW Roll	29 4 oz Milk 3 Chicken Nuggets 1/8 c Sweet Potatoes 1/8 c Salad 1/8 Mangos 1/4 WW Roll	30 4 oz Milk 1 oz Hamburger 1 Lettuce Leaf & Tomato 1/8 c Tater Tots 1/8 c Mandarin Oranges	31 4 oz Milk 3/4 c Lasagna 1/8 c Peas & Carrots 1/8 c Raspberries 1/4 WW Roll	 Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States 



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
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 National School Lunch Program