

October 2024 | Early Head Start Snack Menu



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Activity: Fruit Pizza 1/2 Bagel 1/2 c Strawberries	2 1 pk Teddy Grahams 1/2 c Pears	3 Activity: Banana Pudding 1/4 c Vanilla Yogurt 1/2 c Sliced Bananas 1 pk Graham Crackers	4 NO SCHOOL
7 1/2 Soft Pretzel 1 Wild Watermelon Applesauce	8 Activity: Yogurt Parfait 1/4 c Vanilla Yogurt 1/2 c Chex Cereal 1/4 c Strawberries	9 1 Sliced Cheese 1/2 c Pears	10 Activity: Pinwheels 1 WW Tortilla 1 slc Ham	11 1/2 c Goldfish 4 oz Milk
14 4 Wheat Crackers 1 Slice Cheese	15 Activity: Crackers Dipper 1/2 c Applesauce 2 Graham Crackers	16 1/2 c Shredded Carrots 1 Slice Ham	17 Activity: Banana Split 1/2 c Sliced Bananas 1/4 c Vanilla Yogurt	18 4 oz Milk 8 Animal Crackers
21 4 oz Milk 1/2 Soft Pretzel Rod	22 Activity: Cracker Stacker 4 Wheat Crackers 1 Slice Ham	23 2 Graham Crackers 1/2 c Tropical Fruit	24 Activity: Ants on a Boat 1 Sliced Cheese 1/2 c Fresh Diced Apples	25 4 oz Milk 1/2 WG Muffin
28 1/2 c Applesauce 1/4 c Goldfish	29 Activity: Fruit Pizza 1/2 Bagel 1 Tbsp Cream Cheese 1/2 c Strawberries	30 1 pk Teddy Grahams 1/2 c Pears	31 Activity: Banana Pudding 1/4 c Vanilla Yogurt 1/2 c Sliced Bananas 1 pk Graham crackers	  <p>Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States</p>



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
www.SquareMeals.org

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



Updated 6/6/2024
National School Lunch Program