

October 2024 | Head Start Breakfast Menu



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
	1 6 oz Milk 1/2 Egg & Cheese Burrito 1/2 c Bananas	2 6 oz Milk 1 slc Breakfast Pizza 1/2 c Pineapples	3 6 oz Milk 1 French Toast Stick 1/2 c Applesauce	4 NO SCHOOL
7 6 oz Milk 1/2 Ham & Cheese Croissant 1/4 c Raisins	8 6 oz Milk 1/2 Waffle 1 Tbsp Grape Jam 1/2 c Mixed Fruit	9 6 oz Milk 1 oz Turkey Sausage 1/2 slc Toast 1/2 c Bananas	10 6 oz Milk 1 Breakfast Taco 1/2 c Pineapples	11 6 oz Milk 1 Apple Muffin 1/2 c Oranges
14 6 oz Milk 1 oz Turkey Sausage 1/2 Biscuit 1/2 c Mango Applesauce	15 6 oz Milk 1/2 c Cornflakes 1/2 c Bananas	16 6 oz Milk 1/4 c Scrambled Eggs 1/2 slc Toast 1/2 c Oranges	17 6 oz Milk 1/2 Bagel 1 Tbsp Cream Cheese 1/2 c Pineapples	18 6 oz Milk 1/2 slc Cheese Toast 1/2 c Pears
21 6 oz Milk 1 Egg, Ham & Cheese Square 1/2 slc Toast 1/2 c Peaches	22 6 oz Milk 1-4" Pancake 1/2 c Mango Applesauce	23 6 oz Milk 1 Turkey & Biscuit Sandwich 1/2 c Mandarin Oranges	24 6 oz Milk 1/2 Cheerios 1/2 c Bananas	25 6 oz Milk 1/2 slc Cinnamon Bread 1/2 c Pears
28 6 oz Milk 1 Biscuit & Gravy 1/2 c Mixed Fruit	29 6 oz Milk 1/2 Egg & Cheese Burrito 1/2 c Bananas	30 6 oz Milk 1 slc Breakfast Pizza 1/2 c Pineapples	31 6 oz Milk 1 French Toast Stick 1/2 c Applesauce	 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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This product was funded by USDA. This institution is an equal opportunity provider.



Updated 6/6/2024
National School Lunch Program