

# October 2024 | Head Start Lunch Menu



## Announcements:



### Apples

Season in Texas: July-November

Did you know?

There are about 2,500 different kinds of apples grown in the United States

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 6 oz Milk 5 Chicken Nuggets 1/8 c Sweet Potatoes 1/8 c Salad 1/4 Mangos 1/2 WW Roll	<b>2</b> 6 oz Milk 1 1/2 oz Hamburger 1 Lettuce Leaf & Tomato 1/4 c Tater Tots 1/4 c Mandarin Oranges	<b>3</b> 6 oz Milk 3/4 c Lasagna 1/4 c Peas & Carrots 1/4 c Raspberries 1/2 WW Roll	<b>4</b> NO SCHOOL
<b>7</b> 6 oz Milk 1 Beef Taco 1/8 c Diced Tomatoes 1/8 c Shredded Lettuce 1/8 c Black Beans 1/4 c Peaches	<b>8</b> 6 oz Milk 1/2 Chicken Fajitas 1/8 c Refried Beans 1/4 c Shredded Lettuce 1/4 Apricots	<b>9</b> 6 oz Milk 2 oz Salisbury Steak 1/8 c Mashed Potatoes 2 Tbsp Brown Gravy 1/8 c Broccoli 1/2 slc Bread 1/4 c Mixed Fruit	<b>10</b> 6 oz Milk 1/2 Beef Goulash 1/4 c Carrots 1/4 c Strawberries 1/2 WW Roll	<b>11</b> 6 oz Milk 4 Fish Sticks 1/4 c Sweet Potato Wedges 1/4 c Berry Blend 1/2 slc Bread
<b>14</b> 6 oz Milk 1 Grilled Ham & Cheese 1/4 c Tomato Soup 1/4 c Mixed Fruit	<b>15</b> 6 oz Milk 1 1/2 oz Grilled Chicken 1/4 c Broccoli Normandy 1/4 c Fried Rice 1/4 c Oranges 1/2 slc Bread	<b>16</b> 6 oz Milk 3/4 c Beef Spaghetti 1/4 c Green Beans 1/2 WW Roll 1/4 c Mixed Berries	<b>17</b> 6 oz Milk 1/2 Chicken Enchilada 1/4 c Refried Beans 1/4 c Tossed Salad 1/4 c Mangos	<b>18</b> 6 oz Milk 4 Steak Fingers 1/4 c Mashed Potatoes 2 Tbsp Gravy 1/4 c Apricots 1/4 slc Texas Toast
<b>21</b> 6 oz Milk 1 Chicken Quesadilla 1/4 c Spanish Rice 1/4 c Salad 1/4 c Berry Blend	<b>22</b> 6 oz Milk 1/2 Sloppy Joe 1/8 c Baked Beans 1/4 c Carrot Sticks 1/4 c Pineapples	<b>23</b> 6 oz Milk 6 Beef Raviolis 1/4 c Corn 1/4 c Mangos 1/2 slc Garlic Toast	<b>24</b> 6 oz Milk 1/2 Turkey Waffle Which 1/4 c Roasted Broccoli 1/4 c Strawberries	<b>25</b> 6 oz Milk 1 slc Cheese Pizza 1/4 c Spinach Salad 1/4 c Raspberries
<b>28</b> 6 oz Milk 1.5 oz Sliced Ham 1/4 c Mac & Cheese 1/4 c Broccoli 1/4 c Fresh Sliced Apples 1/2 WW Roll	<b>29</b> 6 oz Milk 5 Chicken Nuggets 1/8 c Sweet Potatoes 1/8 c Salad 1/4 Mangos 1/2 WW Roll	<b>30</b> 6 oz Milk 1 1/2 oz Hamburger 1 Lettuce Leaf & Tomato 1/4 c Tater Tots 1/4 c Mandarin Oranges	<b>31</b> 6 oz Milk 3/4 c Lasagna 1/4 c Peas & Carrots 1/4 c Raspberries 1/2 WW Roll	



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



Food and Nutrition Division  
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