

November 2024 | Early Head Start Breakfast Menu



Announcements:

Thanksgiving break is Monday the 25th through Friday the 29th



Monday	Tuesday	Wednesday	Thursday	Friday
 Carrots Season in Texas: August - May Did you know? You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods				
4 4 oz Milk 1 oz Turkey Patty 1/4 Mango Applesauce	5 4 oz Milk 1/2 c Corn Flakes 1/4 c Sliced Bananas	6 4 oz Milk 1/8 c Scrambled Eggs 1/2 slc Toast 1/4 c Oranges	7 4 oz Milk 1/2 Bagel 1 Tbsp Cream Cheese 1/4 c Pineapples	1 4 oz Milk 1/2 Sausage Breakfast Sandwich 1/4 c Peaches
11 4 oz Milk 1/2 Egg, Ham & Cheese Square 1/2 slc Toast 1/4 c Peaches	12 4 oz Milk 1-4" Pancake 1/4 c Mango Applesauce	13 4 oz Milk 1/2 c Cheerios 1/4 c Sliced Bananas	14 4 oz Milk 1 Turkey & Biscuit 1/4 Mandarin Oranges	8 4 oz Milk 1/2 slc Cheese Toast 1/4 Pears
18 4 oz Milk 1 Biscuit & Gravy 1/4 c Mixed Fruit	19 6 oz Milk 1/2 Egg & Cheese Burrito 1/4 c Sliced Bananas	20 4 oz Milk 1 slc Breakfast Pizza 1/4 c Pineapples	21 4 oz Milk 1 French Toast Stick 1/4 c Applesauce	15 4 oz Milk 1/2 slc Cinnamon Bread 1/4 c Pears
25	26	27	28	22 4 oz Milk 1/2 Sausage Breakfast Sandwich 1/4 c Peaches
				



Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 6/6/2024
 National School Lunch Program