


# November 2024 | Early Head Start Lunch Menu



## Announcements:

Thanksgiving break is Monday the 25<sup>th</sup> through Friday the 29<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Carrots</b> 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				
<b>4</b> 4 oz Milk 1/2 Grilled Ham & Cheese 1/8 c Tomato Soup 1/8 c Mixed Fruit	<b>5</b> 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	<b>6</b> 4 oz Milk 3/4 c Beef Spaghetti 1/8 c Green Beans 1/2 Dinner Roll 1/8 c Mixed Berries	<b>7</b> 4 oz Milk 1/2 Chicken Enchilada 1/8 c Refried Beans 1/8 c Tossed Salad 1/8 c Mangos	<b>1</b> 4 oz Milk 1/2 Bean & Cheese Burrito 1/8 c Lettuce & Tomato 1/8 c Sliced Apples
<b>11</b> 4 oz Milk 1/2 Chicken Quesadilla 1/8 c Spanish Rice 1/8 c Shredded Lettuce 1/8 c Berry Blend	<b>12</b> 4 oz Milk 1/2 Sloppy Joe 1/8 c Baked Beans 1/8 c Fresh Shredded Carrots 1/8 c Diced Pineapples	<b>13</b> 4 oz Milk 4 Beef Ravioli Pies 1/8 c Corn 1/8 c Mangos 1/2 slc Garlic Bread	<b>14</b> 4 oz Milk 3/4 c Potato & Ham Soup 1/8 c Apricots 1/2 slc Bread	<b>8</b> 4 oz Milk 2 Steak Fingers 1/8 c Mashed Potatoes 2 Tbsp Gravy 1/8 c Apricots 1/4 slc Texas Toast
<b>18</b> 4 oz Milk 1/2 c Chicken Spaghetti 1/8 c Roasted Broccoli 1/8 c Mixed Berries 1/2 slc Garlic Bread	<b>19</b> 4 oz Milk 1 oz Hamburger 1 Leaf Lettuce & Tomato 1/8 c Tater Tots 1/8 c Mandarin Oranges	<b>20</b> 4 oz Milk 1/8 c Mashed Potatoes 1/8 c Green Beans 2 oz Sliced Turkey 1/8 c Stuffing 1/2 Dinner Roll 1/8 c Fruit Salad	<b>21</b> 4 oz Milk 3/4 c Lasagna 1/8 c Peas & Carrots 1/8 c Raspberries 1/2 Dinner Roll	<b>15</b> 6 oz Milk 1/2 Flat Bread .50 oz Shredded Cheese 1 oz Ground Beef 1/8 c Tomato Sauce 1/4 c Pineapples 1/8 Spinach Salad
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>22</b> 4 oz Milk 1/2 Bean & Cheese Burrito 1 Tbsp Lettuce & Tomato 1/8 c Sliced Apples



Food and Nutrition Division  
[www.SquareMeals.org](http://www.SquareMeals.org)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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 National School Lunch Program