

November 2024 | Early Head Start Snack 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 Wheat Crackers 1/2 oz Sliced Cheese	5 Activity: Cracker Dripper 1/2 c Applesauce 2 Graham Crackers	6 1/2 c Shredded Carrot 1 Slice Ham	7 Activity: Banana Split 1/2 c Bananas 1/4 c Vanilla Yogurt	1 .50 oz Strawberry-Yogurt Check Cereal 4 oz Milk
11 4 oz Milk 1/2 Soft Pretzel Rod	12 Activity: Cracker Stackers 4 Wheat Crackers 1 Slice Ham	13 2 Graham Crackers 1/2 c Tropical Fruit	14 Activity: Ants on a Boat 1 Slice Cheese 1/2 c Fresh Diced Apples	8 4 oz Milk 8 Animal Crackers
18 1/2 c Applesauce 1/4 c Gold Fish	19 Activity: Fruit Pizza 1/2 Bagel 1/2 c. Strawberries	20 1 Pk Teddy Grahams 1/2 c Pears	21 Activity: Banana Pudding 1/4 c Vanilla Yogurt 1/2 Sliced Bananas 2 Graham Crackers	15 4 oz Milk 1/2 Whole Grain Muffin
25	26	27	28	22 .50 oz Strawberry-Yogurt Check Cereal 4 oz Milk
				



Food and Nutrition Division
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TEXAS DEPARTMENT OF AGRICULTURE
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