

# November 2024 | Head Start Snack 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 Wheat Crackers ½ oz Sliced Cheese	<b>5</b> Activity: PB Cracker 1 Tbsp Peanut Butter 2 Graham Crackers	<b>6</b> ½ c Carrot Sticks 1 Slice Ham	<b>7</b> Activity: Banana Split ½ c Bananas ¼ c Vanilla Yogurt 1 Tbsp Chocolate Chips	<b>1</b> .50 oz Strawberry-Yogurt Check Cereal 4 oz Milk
<b>11</b> 6 oz Milk ½ Soft Pretzel Rod	<b>12</b> Activity: Cracker Stackers 4 Wheat Crackers 1 Slice Ham 1 Tbsp Cream Cheese	<b>13</b> 2 Graham Crackers ½ c Tropical Fruit	<b>14</b> Activity: Ants on a Boat 1 Tbsp Peanut Butter ½ c Fresh Sliced Apples ½ c Raisins	<b>8</b> 6 oz Milk 8 Animal Crackers
<b>18</b> ½ c Applesauce ¼ c Gold Fish	<b>19</b> Activity Fruit Pizza ½ Bagel 1 Tbsp Cream Cheese ½ c. Strawberries	<b>20</b> 1 Pk Teddy Grahams ½ c Pears	<b>21</b> Activity: Banana Pudding ¼ c Vanilla Yogurt ½ Bananas 2 Graham Crackers	<b>15</b> 6 oz Milk ½ Whole Grain Muffin
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>22</b> 50 oz Strawberry-Yogurt Check Cereal 4 oz Milk
				



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



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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