




November 2024 | Head Start Lunch Menu



Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <h3>Carrots</h3> <p>Season in Texas: August - May</p> <p>Did you know?</p> <p>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</p> 				
4 6 oz Milk 1 Grilled Ham & Cheese 1/4 c Tomato Soup 1/4 c Mixed Fruit	5 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	6 6 oz Milk 3/4 c Beef Spaghetti 1/4 c Green Beans 1/2 Dinner Roll 1/4 c Mixed Berries	7 6 oz Milk 1/2 Chicken Enchilada 1/4 c Refried Beans 1/4 c Tossed Salad 1/4 c Mangos	1 6 oz Milk 1 Bean & Cheese Burrito 1/8 c Lettuce & Tomato 1/4 c Sliced Apples
11 6 oz Milk 1 Chicken Quesadilla 1/4 c Spanish Rice 1/4 c Shredded Lettuce 1/4 c Berry Blend	12 6 oz Milk 1/2 Sloppy Joe 1/8 c Baked Beans 1/4 c Fresh Carrot Sticks 1/4 c Diced Pineapples	13 6 oz Milk 6 Beef Ravioli Pies 1/4 c Corn 1/4 c Mangos 1/2 slc Garlic Bread	14 6 oz Milk 1 c Potato & Ham Soup 1/4 c Apricots 1/2 slc Bread	8 6 oz Milk 4 Steak Fingers 1/4 c Mashed Potatoes 2 Tbsp Gravy 1/4 c Apricots 1/4 slc Texas Toast
18 6 oz Milk 3/4 c Chicken Spaghetti 1/4 c Roasted Broccoli 1/4 c Mixed Berries 1/2 slc Garlic Bread	19 6 oz Milk 1 1/2 oz Hamburger 1 Leaf Lettuce & Tomato 1/4 c Tater Tots 1/4 c Mandarin Oranges	20 6 oz Milk 1/4 c Mashed Potatoes 1/4 c Green Beans 2 oz Sliced Turkey 1/4 c Stuffing & Gravy 1/4 c Fruit Salad 1 Dinner Roll	21 6 oz Milk 3/4 c Lasagna 1/4 c Peas & Carrots 1/4 c Raspberries 1/2 Dinner Roll	15 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
25	26	27	28	22 6 oz Milk 1 Bean & Cheese Burrito 1/8 c Lettuce & Tomato 1/4 c Sliced Apples
				



Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
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 National School Lunch Program