



November 2024 | 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 6 oz Milk 1 oz Turkey Patty 1/2 Mango Applesauce	5 6 oz Milk 1/2 c Corn Flakes 1/2 c Bananas	6 6 oz Milk 1/4 c Scrambled Eggs 1/2 slc Toast 1/2 c Oranges	7 6 oz Milk 1/2 Bagel 1 Tbsp Cream Cheese 1/2 c Pineapples	1 6 oz Milk 1/2 Sausage Breakfast Sandwich 1/2 c Peaches
11 6 oz Milk 1 Egg, Ham & Cheese Square 1/2 slc Toast 1/2 c Peaches	12 6 oz Milk 1-4" Pancake 1/2 c Mango Applesauce	13 6 oz Milk 1/2 c Cheerios 1/2 c Bananas	14 6 oz Milk 1 Turkey & Biscuit 1/2 Mandarin Oranges	8 6 oz Milk 1/2 slc Cheese Toast 1/2 Pears
18 6 oz Milk 1 Biscuit & Gravy 1/2 c Mixed Fruit	19 6 oz Milk 1/2 Egg & Cheese Burrito 1/2 c Bananas	20 6 oz Milk 1 slc Breakfast Pizza 1/2 c Pineapples	21 6 oz Milk 1 French Toast Stick 1/2 c Applesauce	15 6 oz Milk 1/2 slc Cinnamon Bread 1/2 c Pears
25	26	27	28	22 6 oz Milk 1/2 Sausage Breakfast Sandwich 1/2 c Peaches
				



Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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 National School Lunch Program