





# December 2024 | Early Head Start Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 4 oz Milk ¼ c Spiced Oatmeal ¼ c Blueberries	<b>3</b> 4 oz Milk ½ WG Waffle 1 Tbsp Grape Jam ¼ c Mixed Fruit	<b>4</b> 4 oz Milk 1 oz Turkey Sausage Patty ½ slc WW Toast ¼ c Bananas	<b>5</b> 4 oz Milk 1 Breakfast Taco ¼ c Pineapples	<b>6</b> 4 oz Milk 1 oz Apple Muffin ¼ c Oranges
<b>9</b> 4 oz Milk ½ Egg, Ham & Cheese Square ½ slc WW Toast ¼ c Peaches	<b>10</b> 4 oz Milk 1-4" Pancake ¼ c Mango Applesauce	<b>11</b> 4 oz Milk ½ Cheerios ¼ c Bananas	<b>12</b> 4 oz Milk 1 Turkey & Biscuit Sandwich ¼ Mandarin Oranges	<b>13</b> 4 oz Milk ½ slc Cinnamon Toast ¼ c Pears
<b>16</b> 4 oz Milk 1 Biscuit & Gravy ¼ c Mixed Fruit	<b>17</b> 4 oz Milk ½ Egg & Cheese Burrito ¼ c Bananas	<b>18</b> 4 oz Milk 1 slc Breakfast Pizza ¼ c Pineapples	<b>19</b> 4 oz Milk 1 French Toast Stick ¼ c Applesauce	<b>20</b> 4 oz Milk ½ Sausage Breakfast Sandwich ¼ c Peaches
<b>23</b> 	<b>Happy Holidays</b>			<b>27</b>
<b>30</b> 	<b>31</b> 	 <p><b>Pomegranates</b> Season in Texas: October - December Did you know? Pomegranate trees can live for over 200 years</p>		

## Announcements:

Winter Break will be December 23<sup>rd</sup>, 2024 through Jan 6<sup>th</sup>, 2025

Have a safe holiday!



Food and Nutrition Division  
www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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