

# December 2024 | Early Head Start Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 4 oz Milk 1/2 c Beef & Bean Chili 1 Corn Muffin 1/8 c Roasted Squash 1/8 c Pears	<b>3</b> 4 oz Milk 1/2 Chicken Fajita 1 Tbsp Refried Beans 1/8 c Shredded Lettuce 1/8 c Apricots	<b>4</b> 4 oz Milk 1.5 oz Meatloaf 1 Tbsp c Mashed Potatoes 2 Tbsp Gravy 1 Tbsp Broccoli 1/8 c Mixed Fruit 1/2 slc WW Bread	<b>5</b> 4 oz Milk 3/4 c Beef Goulash 1/8 c Carrots 1/8 c Strawberries 1/2 WW Dinner Roll	<b>6</b> 4 oz Milk 2 Fish Sticks 1/8 c Sweet Potatoes 1/8 c Berry Blend 1/2 slc WW Bread
<b>9</b> 4 oz Milk 1/2 Chicken Quesadilla 1 Tbsp Spanish Rice 1/8 c Shredded Lettuce Salad 1/8 c Berry Blend	<b>10</b> 4 oz Milk 1/2 Sloppy Joe Sandwich 1 Tbsp Baked Beans 1/8 c Carrot Sticks 1/8 c Pineapples	<b>11</b> 4 oz Milk 4 Beef Ravioli Pies 1/8 c Corn 1/8 c Mango 1/2 sl Garlic Toast	<b>12</b> 4 oz Milk 3/4 c Potato Soup 1/8 c Apricots 1/2 slc WW Bread	<b>13</b> 4 oz Milk 1/2 Flat Bread .75 oz Ground Beef Crumbles .25 oz Shredded Cheese 1 Tbsp Tomato Sauce 1 Tbsp Shredded Spinach Salad 1/8 c Pineapples
<b>16</b> 4 oz Milk 1/2 c Chicken Spaghetti 1/8 c Roasted Broccoli 1/8 c Mixed Berries 1/2 slc Garlic Bread	<b>17</b> 4 oz Milk 1 oz Hamburger 1 Lettuce/Tomato 1/8 c Tater Tots 1/8 c Mandarin Oranges	<b>18</b> 4 oz Milk 3 Chicken Nuggets 1 Tbsp Sweet Potatoes 1 Tbsp Tossed Salad 1/8 c Mangos 1/2 WW Dinner Roll	<b>19</b> 4 oz Milk 3/4 c Lasagna 1/8 c Peas & Carrots 1/8 c Raspberries 1/2 WW Dinner Roll	<b>20</b> 4 oz Milk 1/2 Bean & Cheese Burrito 1 Tbsp Lettuce & Tomato 1/8 c Sliced Apples
<b>23</b> 	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>30</b> 	<b>31</b>	<h1>Happy Holidays</h1>		

## Announcements:

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

Have a safe holiday!



**Pomegranates**  
 Season in Texas:  
 October - December  
 Did you know?  
 Pomegranate trees can live for over 200 years



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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 National School Lunch Program