

December 2024 | Head Start Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 6 oz Milk 1/2 c Beef & Bean Chili 1 Corn Muffin 1/4 c Roasted Squash 1/4 c Pears	3 6 oz Milk 1/2 Chicken Fajita 1/8 c Refried Beans 1/4 c Shredded Lettuce 1/4 c Apricots	4 6 oz Milk 1.5 oz Meatloaf 1/8 c Mashed Potatoes 2 Tbsp Gravy 1/8 c Broccoli 1/4 c Mixed Fruit 1/2 slc WW Bread	5 6 oz Milk 3/4 c Beef Goulash 1/4 c Carrots 1/4 c Strawberries 1/2 WW Dinner Roll	6 6 oz Milk 4 Fish Sticks 1/4 c Sweet Potatoes 1/4 c Berry Blend 1/2 slc WW Bread
9 6 oz Milk 1 Chicken Quesadilla 1/4 c Spanish Rice 1/4 c Shredded Lettuce Salad 1/4 c Berry Blend	10 6 oz Milk 1/2 Sloppy Joe Sandwich 1/8 c Baked Beans 1/4 c Carrot Sticks 1/4 c Pineapples	11 6 oz Milk 6 Beef Ravioli Pies 1/4 c Corn 1/4 c Mango 1/2 sl Garlic Toast	12 6 oz Milk 1 c Potato Soup 1/4 c Apricots 1/2 slc WW Bread	13 6 oz Milk 1/2 Flat Bread 1 oz Ground Beef Crumbles .50 oz Shredded Cheese 1/8 c Tomato Sauce 1/8 c Shredded Spinach Salad 1/4 c Pineapples
16 6 oz Milk 3/4 c Chicken Spaghetti 1/4 c Roasted Broccoli 1/4 c Mixed Berries 1/2 slc Garlic Bread	17 6 oz Milk 1 1/2 oz Hamburger 1 Lettuce/Tomato 1/4 c Tater Tots 1/4 c Mandarin Oranges	18 6 oz Milk 5 Chicken Nuggets 1/8 Sweet Potatoes 1/8 c Tossed Salad 1/4 c Mangos 1/2 WW Dinner Roll	19 6 oz Milk 3/4 c Lasagna 1/4 c Peas & Carrots 1/4 c Raspberries 1/2 WW Dinner Roll	20 6 oz Milk 1 Bean & Cheese Burrito 1/8 c Lettuce & Tomato 1/4 c Sliced Apples
23 	<h1>Happy Holidays</h1>			27
30 	31			Pomegranates Season in Texas: October - December Did you know? Pomegranate trees can live for over 200 years

Announcements:

Winter Break will be December 23rd, 2024 through Jan 6th, 2025

Have a safe holiday!

Enjoy Winter Break!



Food and Nutrition Division
 www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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 National School Lunch Program