

January 2025 | Early Head Start Lunch Menu



Announcements:

Winter Break will be December 23rd, 2024 through Jan 6th, 2025
Have a safe holiday!

Enjoy Winter Break!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oranges</p> <p>Season in Texas: September - April</p> <p>Did you know?</p> <p>Like cantaloupes, oranges won't ripen once they're picked</p>		<p>1 2 3</p>		
<p>6</p> <p>Staff Development</p>	<p>7 4 oz Milk 1/2 Chicken Fajita 1/8 c Refried Beans 1/4 c Shredded Lettuce 1/8 c Apricots</p>	<p>8 4 oz Milk 1.5 oz Meatloaf 1/8 c Mashed Potatoes 2 Tbsp Gravy 1/8 c Roasted Broccoli 1/8 c Mixed Fruit 1/2 slc WW Bread</p>	<p>9 4 oz Milk 3/4 c Beef Goulash 1/4 c Carrots 1/8 c Strawberries 1/2 WW Dinner Roll</p>	<p>10 4 oz Milk 4 Fish Sticks 1/4 c Sweet Potatoes 1/8 c Berry Blend 1/2 slc WW Bread</p>
<p>13 4 oz Milk 1 Grilled Ham & Cheese 1/4 c Tomato Soup 1/8 c Mixed Fruit</p>	<p>14 4 oz Milk 1 1/2 oz Grilled Chicken 1/4 c Broccoli Normandy 1/4 c Fried Rice 1/8 Oranges 1/2 slc WW Bread</p>	<p>15 4 oz Milk 3/4 c Beef Spaghetti 1/4 c Green Beans 1/8 c Mixed Berries 1/2 WW Dinner Roll</p>	<p>16 4 oz Milk 1/2 Chicken Enchilada 1/4 c Refried Beans 1/4 Tossed Salad 1/8 c Mangos</p>	<p>17 4 oz Milk 4 Steak Fingers 1/4 c Mashed Potatoes 2 Tbsp Gravy 1/8 c Apricots 1/4 slc Texas Toast</p>
<p>20 No School</p>	<p>21 4 oz Milk 1/2 Sloppy Joe Sandwich 1/8 Baked Beans 1/4 c Carrot Sticks 1/8 Diced Pineapple</p>	<p>22 4 oz Milk 6 Beef Ravioli Pies 1/4 Corn 1/8 Mangos 1/2 slc WW Garlic Toast</p>	<p>23 4 oz Milk 1 c Potato & Ham Soup 1/8 c Apricots 1/2 slc WW Bread</p>	<p>24 4 oz Milk 1/2 Flat Bread 1 oz Ground Beef Crumbles .50 oz Shredded Cheese 1/8 c Tomato Sauce 1/8 c Pineapple 1/8 c Shredded Spinach Salad</p>
<p>27 4 oz Milk 3/4 c Chicken Spaghetti 1/4 c Roasted Broccoli 1/8 c Mixed Berries 1/2 slc WW Garlic</p>	<p>28 4 oz Milk 1 1/2 oz Hamburger & Bun 1 Lettuce & Tomato 1/4 c Tater Tots 1/8 c Mandarin Oranges</p>	<p>29 4oz Milk 5 Chicken Nuggets 1/8 c Sweet Potatoes 1/8 c Tossed Salad 1/8 c Mangos 1/2 WW Dinner Roll</p>	<p>30 4 oz Milk 3/4 c Lasagna 1/4 c Peas & Carrots 1/8 c Raspberries 1/2 WW Dinner Roll</p>	<p>31 4 oz Milk 1 Bean & Cheese Burrito 1/8 c Lettuce/Tomato 1/8 c Apple Slices</p>



Food and Nutrition Division
www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE
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National School Lunch Program