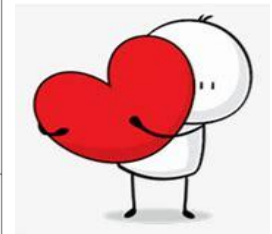


# February 2025 | Head Start Lunch Menu



## Announcements:

**Happy Valentine's Day**  
 "In my life, you are the sun that never fades and the moon that never wanes. Shine on my child"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 6 oz Milk 1/2 c Beef & Bean Chili 1 Corn Muffin 1/4 c Roasted Squash 1/4 Diced Pears	<b>4</b> 6 oz Milk 1/2 Chicken Fajitas 1/8 c Refried Beans 1/2 c Shredded Lettuce 1/4 c Apricots	<b>5</b> 6 oz Milk 1.5 oz Meatloaf 1/8 C Mashed Potatoes 1/8 c Roasted Broccoli 2 Tbsp Brown Gravy 1/4 Mixed Fruit 1/2 slc WW Bread	<b>6</b> 6 oz Milk 3/4 c Beef Goulash 1/4 c Carrots 1/4 c Strawberries 1/2 WW Dinner Roll	<b>7</b> <b>Staff Development</b> <b>No School</b>
<b>10</b> 6 oz Milk 1 Grilled Ham & Cheese 1/4 c Tomato Soup 1/4 c Mixed Fruit	<b>11</b> 6 oz Milk 1 1/2 oz Grilled Chicken 1/4 c Broccoli Normandy 1/4 c Fried Rice 1/4 c Oranges 1/2 slc WW Bread	<b>12</b> 6 oz Milk 3/4 Beef Spaghetti 1/4 Green Beans 1/2 WW Dinner Roll 1/4 c Mixed Berries	<b>13</b> 6 oz Milk 1/2 Chicken Enchilada 1/4 c Refried Beans 1/4 Tossed Salad 1/4 c Mangos	<b>14</b> 6 oz Milk 4 Steak Fingers  1/4 Mashed Potatoes 2 Tbsp Gravy 1/4 c Apricots 1/4 slc Texas Toast
<b>17</b> No School 	<b>18</b> 6 oz Milk 1/2 Sloppy Joe 1/8 c Baked Beans 1/4 c Carrots 1/4 Diced Pineapple	<b>19</b> 6 oz Milk 6 Beef Ravioli Pies 1/4 Corn 1/4 Mangos 1/2 slc WW Garlic Toast	<b>20</b> 6 oz Milk 1 c Potato & Ham Soup 1/4 c Apricots 1/2 slc WW Bread	<b>21</b> 6 oz Milk 1/2 Flat Bread Pizza 1 oz Ground Beef Crumbled .50 oz Shredded Cheese 1/8 c Tomato Sauce 1/4 c Pineapples 1/8 c Spinach Salad
<b>24</b> 6 oz Milk 3/4 c Chicken Spaghetti 1/4 c Roasted Broccoli 1/4 c Mixed Berries 1/2 slc Garlic Toast	<b>25</b> 6 oz Milk 1 1/2 oz Hamburger 1 WW Bun 1 Lettuce Leaf & Sliced Tomato 1/4 c Tater Tots 1/4 c Mandarin Oranges	<b>26</b> 6 oz Milk 5 Chicken Nuggets 1/8 c Sweet Potatoes 1/8 c Tossed Salad 1/4 c Mangos 1/2 WW Dinner Roll	<b>27</b> 6 oz Milk 3/4 c Lasagna 1/4 c Peas & Carrots 1/4 c Raspberries 1/2 WW Dinner Roll	<b>28</b> 6 oz Milk 1 Bean & Cheese Burrito 1/8 c Lettuce/Tomato Salad 1/4 c Apple Slices



### Beets

Season in Texas: January - March;  
 September - November

#### Did you know?

The main part of the beet that is eaten is the root; you can also eat the greens



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



Food and Nutrition Division  
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