


# February 2025 | Head Start Snack 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> 1/2 Soft Pretzel Rod 1 Wild Watermelon Applesauce	<b>4</b> <b>Activity: Yogurt Parfait</b> 1/4 c Vanilla Yogurt 1/2 c Chex Cereal 1/4 c Diced Strawberry	<b>5</b> 1 oz String Cheese 1/2 c Pears	<b>6</b> <b>Activity: Pinwheels</b> 1 Tbsp Cream Cheese 1 WW Tortilla 1 Slc Ham	<b>7</b> 4 oz Milk 1/2 c Gold Fish
<b>10</b> 4 Wheat Cracker 1/2 oz Sliced Cheese	<b>11</b> <b>Activity: PB Crackers</b> 1 Tbsp Peanut Butter 2 (.50 oz) Graham Crackers	<b>12</b> 1/2 c Carrot Sticks 1/2 oz Sliced Ham	<b>13</b> <b>Activity: Banana Split</b> 1/2 c Bananas 1/4 c Vanilla Yogurt 1 Tbsp Chocolate Chips	<b>14</b> 4 oz Milk 8 Animal Crackers
<b>17</b> <b>No School</b> 	<b>18</b> <b>Activity: Cracker Stacker</b> 4 Wheat Crackers 1 Slc Ham 1 Tbsp Cream Cheese	<b>19</b> 2 Graham Crackers 1/2 c Tropical Fruit	<b>20</b> <b>Activity: Ants on a Boat</b> 1 Tbsp Peanut Butter 1/2 c Sliced Apples 1/8 c Raisins	<b>21</b> 4 oz Milk 1/2 WG Muffin
<b>24</b> 1/2 c Applesauce 1/4 c Gold Fish	<b>25</b> <b>Activity: Fruit Pizza</b> 1/2 Bagel 1 Tbsp Cream Cheese 1/2 c Strawberries	<b>26</b> 1 pk Teddy Grahams 1/2 c Pears	<b>27</b> <b>Activity: Banana Pudding</b> 1/4 c Vanilla Pudding 1/2 c Bananas .25 oz Graham Crackers	<b>28</b> 4 oz Milk .50 oz Strawberry Yogurt Chex



## 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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This product was funded by USDA. This institution is an equal opportunity provider.



Updated 6/6/2024  
 National School Lunch Program