

April 2025 | Early Head Start Breakfast Menu



Announcements:

Easy Carrot Shaped Snacks



Let's say your child walks through the door and announces you've been signed up for making festive Easter snacks, and you aren't the least bit crafty. I've got you. Head to the local Dollar Store and you'll find the hook-up.

You fill little cone-shaped bags with store-bought snack crackers, tie them with a ribbon, and wala they look like carrots.

Broccoli

Season in Texas: October - May

Did you know?

Because there are no machines capable of picking broccoli, it must be harvested by hand, with a knife



Monday	Tuesday	Wednesday	Thursday	Friday
	1 4 oz Milk 1/2 Egg & Cheese Burrito 1/4 c Bananas	2 4 oz Milk 1 slc Breakfast Pizza 1/4 c Pineapples	3 4 oz Milk 1 French Toast Stick 1/4 c Applesauce	4 4 oz Milk 1/2 Sausage Breakfast Sandwich 1/4 c Peaches
7 4 oz Milk 1/2 Ham & Cheese Croissant 1/4 c Oranges	8 4 oz Milk 1/2 Waffle 1 Tbsp Grape Jam 1/4 c Mixed Fruit	9 4 oz Milk 1 oz Turkey Patty 1/2 slc Toast 1/4 c Bananas	10 4 oz Milk 1 Breakfast Taco 1/4 Pineapples	11 4 oz Milk 1 oz Apple Muffin 1/4 c Oranges
14 4 oz Milk 1 oz Turkey Patty 1/2 Biscuit 1/4 c Mango Applesauce	15 4 oz Milk 1/2 c Corn Flakes 1/4 c Bananas	16 4 oz Milk 1/4 c Scrambled Eggs 1/2 Slice Toast 1/4 c Oranges	17 4 oz Milk 1/2 Bagel 1 Tbsp Cream Cheese 1/4 c Pineapples	18 No School 
21 No School 	22 4 oz Milk 1-4" Pancake 1/4 Mango Applesauce	23 4 oz Milk 1 Turkey & Biscuit Sandwich 1/4 Mandarin Oranges	24 4 oz Milk 1/2 c Cheerios 1/4 c Bananas	25 4 oz Milk 1/2 slc Cinnamon Bread 1/4 c Pears
28 4 oz Milk 1 Biscuit & Gravy 1/4 c Mixed Fruit	29 4 oz Milk 1/2 Egg & Cheese Burrito 1/4 c Bananas	30 4 oz Milk 1 slc Breakfast Pizza 1/4 c Pineapples		



TEXAS DEPARTMENT OF AGRICULTURE
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Food and Nutrition Division
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National School Lunch Program