

April 2025 | Early Head Start Snack 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 Activity: Fruit Pizza 1/2 Bagel 1/2 c Strawberries	2 1 pk Teddy Grahams 1/2 c Pears	3 Activity: Banana Pudding 1/4 Vanilla Yogurt 1/2 c Bananas .25 oz Graham Crackers	4 4 oz Milk .50 oz Strawberry-Yogurt Chex Cereal
7 1/2 Soft Pretzel Rod 1 Wild Watermelon Applesauce	8 Activity: Yogurt Parfait 1/4 c Vanilla Yogurt 1/2 c Chex Cereal 1/4 c Diced Strawberries	9 1 Sliced Cheese 1/2 c Pears	10 Activity: Pinwheels 1 WW Tortilla 1 slc Ham	11 4 oz Milk 1/4 c Gold Fish Crackers
14 5 (.50 oz) Wheat Crackers 1/2 oz Sliced Cheese	15 Activity: PB Crackers 1/2 c Applesauce 2 (.50 oz) Graham Crackers	16 1/2 c Shredded Carrot 1/2 oz Sliced Ham	17 Activity: Banana Split 1/2 c Bananas 1/4 c Vanilla Yogurt	18 No School 
21 No School 	22 Activity: Cracker Stackers 4 Wheat Crackers 1 Slice Ham	23 2 Graham Crackers 1/2 c Tropical Fruit	24 Activity: Ants on a Boat 1 Slice Cheese 1/2 c Apples, Diced	25 4 oz Milk 1/2 WG Muffin
28 1/2 Applesauce 1/4 c Gold Fish Crackers	29 Activity: Fruit Pizza 1/2 Bagel 1/2 c Strawberries	30 1 pk Teddy Grahams 1/2 c Pears		



TEXAS DEPARTMENT OF AGRICULTURE
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Food and Nutrition Division
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