

May 2025 | Head Start Breakfast



Announcements:

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

Get a clear jar (like a Mason jar) and fill it almost all the way with water.

Add a big spoonful of glitter glue or glue and dry glitter to the jar.

Put the lid back on the jar and shake it to make the glitter swirl.

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they swirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).

Now put the jar down in front of them.

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you are calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions.

Monday

Blueberries

Season in Texas: May - July

Did you know?

One blueberry bush can grow up to 6,000 berries every year



Wednesday



Thursday

Friday

5 6 oz Milk
1/2 Ham & Cheese
Croissant
1/4 c Raisins

6 6 oz Milk
1/2 WG Waffle
1 Tbsp Grape Jam
1/2 c Mixed Fruit

7 6 oz Milk
1 oz Turkey Patty
1/2 slc WW Toast
1/2 c Bananas

8 6 oz Milk
1 Breakfast Taco
1/2 c Pineapples

9 6 oz Milk
1 Apple Muffin
1/2 c Oranges



12 6 oz Milk
1 oz Turkey Patty
1/2 Biscuit
1/2 c Mango
Applesauce

13 6 oz Milk
1/2 c Cornflakes
1/2 c Bananas

14 6 oz Milk
1/4 c Scrambled Eggs
1/2 slc Toast
1/2 c Oranges

15 6 oz Milk
1/2 Bagel
1 Tbsp Cream Cheese
1/2 c Pineapples

16 6 oz Milk
1/2 slc Cheese Toast
1/2 c Pears

19 6 oz Milk
1 Egg, Ham & Cheese
Square
1/2 slc Toast
1/2 c Peaches

20 6 oz Milk
1-4" Pancake
1/2 c Mango
Applesauce

21 6 oz Milk
1 Turkey & Biscuit
1/2 c Mandarin
Oranges

22 6 oz Milk
1/2 c Cheerios
1/2 c Bananas

23

26 Memorial Day


27

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HS LAST DAY OF SCHOOL



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
www.SquareMeals.org

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National School Lunch Program