

# May 2025 | Early 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

- 1 4 oz Milk  
1 French Toast Stick  
1/4 Applesauce

## Friday

- 2 NO SCHOOL



- 5 4 oz Milk  
1/2 Ham & Cheese  
Croissant  
1/4 c Oranges

- 6 4 oz Milk  
1/2 WG Waffle  
1 Tbsp Grape Jam  
1/4 c Mixed Fruit

- 7 4 oz Milk  
1 oz Turkey Patty  
1/2 slc WW Toast  
1/2 c Bananas

- 8 4 oz Milk  
1 Breakfast Taco  
1/4 c Pineapples

- 9 4 oz Milk  
1 Apple Muffin  
1/4 c Oranges

- 12 4 oz Milk  
1 oz Turkey Patty  
1/2 Biscuit  
1/4 c Mango  
Applesauce

- 13 4 oz Milk  
1/2 c Cornflakes  
1/4 c Bananas

- 14 4 oz Milk  
1/8 c Scrambled Eggs  
1/2 slc Toast  
1/4 c Oranges

- 15 4 oz Milk  
1/2 Bagel  
1 Tbsp Cream Cheese  
1/4 c Pineapples

- 16 4 oz Milk  
1/2 slc Cheese Toast  
1/4 c Pears

- 19 4 oz Milk  
1/2 Egg, Ham & Cheese  
Square  
1/2 slc Toast  
1/4 c Peaches

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

- 21 4 oz Milk  
1 Turkey & Biscuit  
1/4 c Mandarin  
Oranges

- 22 4 oz Milk  
1/2 c Cheerios  
1/4 c Bananas

- 23 4 oz Milk  
1/2 slc Cinnamon  
Bread  
1/4 c Pears

- 26 Memorial Day  


- 27 4 oz Milk  
1/2 c Rice Krispies  
1/4 c Peaches

**Start of Summer**

- 28 4 oz Milk  
1/8 c Scrambled Eggs  
1/2 slc Toast  
1/4 c Oranges



- 29 4 oz Milk  
1/2 c Corn Flakes  
1/4 c Tropical Fruit

- 30 4 oz Milk  
1 Breakfast Taco  
1/4 c Pineapples



Food and Nutrition Division  
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**COMMISSIONER SID MILLER**

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