

May 2025 | Early Head Start Lunch



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 4 oz Milk
1 Soft Beef Taco
1/8 c Diced Tomatoes
1/8 c Shredded Lettuce
1/8 c Black Beans
1/8 c Diced Peaches

6 4 oz Milk
1/2 Chicken Fajitas
1/8 c Refried Beans
1/8 c Shredded Lettuce
1/8 c Apricots

7 4 oz Milk
1 oz Salisbury Steak
2 Tbsp Gravy
1/8 c Mashed Potatoes
1/8 c Roasted Broccoli
1/4 slc WW Bread
1/8 c Mixed Fruit

8 4 oz Milk
1/2 Beef Goulash
1/8 c Carrots
1/8 c Strawberries
1/2 Dinner Rolls

9 4 oz Milk
2 Fish Sticks
1/8 c Sweet Potatoes
1/8 c Berry Blend
1/2 slc Bread

12 4 oz Milk
1/2 Grilled Ham & Cheese
1/8 c Tomato Soup
1/8 c Mixed fruit

13 4 oz Milk
1 oz Grilled Chicken
1/8 c Broccoli Normandy
1/4 c Fried Rice
1/8 c Oranges
1/2 slc Bread

14 4 oz Milk
3/4 c Beef Spaghetti
1/8 c Green Beans
1/2 Dinner Roll
1/8 Mixed Berries

15 4 oz Milk
1/2 Chicken Enchiladas
1/8 c Refried Beans
1/8 c Tossed Salad
1/8 Mangos

16 4 oz Milk
2 Steak Fingers
2 Tbsp Gravy
1/8 c Mashed Potatoes
1/8 c Apricots
1/4 slc Texas Toast

19 4 oz Milk
1/2 Chicken Quesadilla
1/8 c Spanish Rice
1/8 c Shredded Lettuce
1/8 c Berry Blend

20 4 oz Milk
1/2 Sloppy Joe
1/8 c Baked Beans
1/8 c Carrot Sticks
1/8 c Diced Pineapples

21 4 oz Milk
4 Beef Ravioli Pies
1/8 c Corn
1/8 c Mangos
1/2 Garlic Toast

22 4 oz Milk
1/2 Turkey Waffle Which
1/8 c Roasted Broccoli
1/8 c Strawberries

23 4 oz Milk
1/2 slc Cheese Pizza
1/2 c Shredded Spinach Salad
1/8 c Raspberries

26 Memorial Day


27 4 oz Milk
1 oz Diced Chicken
1/8 c Green Beans
1/4 c Brown Rice
1/8 c Strawberries
Start of Summer

28 4 oz Milk
1/2 c Beef Spaghetti
1/8 c Snap Peas
1/2 Dinner Roll
1/8 Raspberries

29 4 oz Milk
1/2 Chicken Enchiladas
1/8 c Black Bean & Corn Salsa
1/8 c Mangos

30 4 oz Milk
1/2 Turkey & Cheese Sandwich
1/8 c Shredded Carrots
1/8 c Mixed Fruit



TEXAS DEPARTMENT OF AGRICULTURE
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Food and Nutrition Division
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