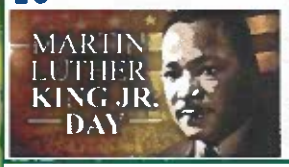
January 2026

Early Head Start Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **No School**	2 **No School**
5 **Staff Development Day**	6 Milk 1 oz. Salisbury Steak 1 T. Brown Gravy 1/8 c. Mashed Potatoes 1/8 c. Kernel Corn 1/8 c. Mandarin Oranges	7 Milk 2 Fish Sticks 1/4 c. Brown Rice 1/8 c. Mixed Vegetables 1/8 c. Pears	8 Milk ½ c. Beef Lasagna 1/2 slc Garlic Toast 1/8 c. Peas & Carrots 1/8 c. Mixed Fruit	9 Milk 3 Chicken Nuggets 1/2 Dinner Roll 1/8 c Sweet Potatoes 1/8 c Tossed Salad 1/8 c Peaches
12 Milk 1/2 c Chicken Alfredo 1/2 slc Garlic Bread 1/8 c Sweet Peas 1/8 c Tossed Salad 1/8 c Mixed Berries	13 Milk ½ c Beef Enchilada 1/8 Spanish Rice 1/8 Corn 1/8 Diced Peaches	14 Milk 1 oz BBQ Chicken 1/2 Dinner Roll 1/8 c Mashed Potatoes 1/8 Sliced Carrots 1/8 c Strawberries	15 Milk 1/2 c Beef Chili 2 Wheat Crackers 1/8 Salad w/Tomato 1/8 c Watermelon	16 Milk 1/2 Pork Chop 1/8 c Scalloped Potatoes 1/8 c Green Beans 1/2 Dinner Roll 1/8 c Mixed Fruit
19 **No School** 	20 Milk 1 Beef Taco ½ oz Tortilla Chips 1/8 c Black Beans 1/8 c Lettuce, Tomato, Shredded Cheese 1/8 c Pears	21 Milk ½ slc Cheese Pizza 1/8 c Spinach Salad 1/8 c Mandarin Oranges	22 Milk 1/2 oz Turkey/Gravy 1/8 c Mashed Potatoes 1/8 c Green Beans 1/2 slc White Bread 1/8 c Mixed Fruit	23 Milk 1 oz Beef Spaghetti 1/8 c Mixed Vegetables 1/2 Dinner Roll 1/8 c Cantaloupe
26 Milk 1 Chicken Fajita 1/8 c Pinto Beans 1/8 c Salad w/ Tomato 1/8 c Pears	27 Milk 2 Steak Fingers/Gravy 1/8 c Mashed Potatoes 1/2 slc White Bread 1/8 c Peaches	28 Milk 1/2 Turkey/Cheese Sandwich 1/8 c Tomato Soup 1/8 c Fresh Orange Wedges	29 Milk 1 oz Chicken Stir Fry 1/4 c Fried Rice 1/8 c Broccoli 1/8 c Pineapple	30 Milk 1/2 Fish Fillet 1/8 c Green Beans 1/2 c Wheat Bread 1/8 c Mixed Fruit

TEXAS FARM FRESH

Announcements

INGREDIENT LIST

- 1 pkg. (4-serving size) vanilla instant pudding
- 1½ cups milk
- 2 Tbsp. maple syrup
- ¼ tsp. ground cinnamon
- 1 cup thawed frozen whipped topping
- 2 cups TEDDY GRAHAMS Honey Graham Snacks, divided
- 2 cups cut-up assorted fresh fruit (blueberries, kiwi, mangos, raspberries), divided

Beat pudding mix, milk, maple syrup and cinnamon in large bowl with whisk 2 min. Stir in whipped topping.

Place 1/2 cup graham snacks evenly in 8 (8-oz.) plastic cups; top evenly with layers of half EACH of the pudding mixture and fruit. Repeat all layers.

Refrigerate 1 hour.

Top with remaining graham snacks before serving.

www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.

Updated 06/20/25