January 2026
Head Start Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **No School**	**2** **No School**
5 **Staff Development Day**	**6** ½ c Celery Sticks 1 T Sunflower Butter ½ c Raisins	**7** ½ c Gold Fish ½ c Applesauce	**8** ½ c Vanilla Yogurt ½ c Banana ½ c Chocolate Chips	**9** ½ c Teddy Graham ½ c Orange Slices
12 ½ c Sliced Cucumber ½ c String Cheese	**13** 4 Wheat Crackers 2 slc Ham 1 Tbsp Cream Cheese	**14** 1 Soft Pretzel ½ c Orange Slices	**15** 1/2 c Vanilla Yogurt ½ c Berry Blend ¼ c Granola	**16** 2 Graham Crackers 1 Tbsp Sunflower Butter
19 **No School** 	**20** ½ c Apple Slices 1 T Sunflower Butter 1 T Raisins	**21** 1 oz Cheese it's ½ c Tropical Fruit	**22** 1/2 c Vanilla Yogurt ½ c Bananas .50 oz Graham Crackers	**23** Milk 1 WG Muffin
26 1 Soft Pretzel 2 Sliced Cheese	**27** ½ c Cucumber 1 oz Tortilla Chips 1 T Ranch	**28** 1 T Sunflower Butter 2 Grahams	**29** 1 oz Tortilla Chips 1 T Cream Cheese 2 slc Turkey	**30** Milk ½ c Strawberry Yogurt Chex Cereal Snack Mix

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.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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