February 2026
Head Start Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 1 oz. Sliced Ham ½ c Carrot Sticks	**3** ACTIVITY: 1 Flatbread 1 T Cream Cheese ½ c Strawberries	**4** 4 Wheat Crackers 1 oz. Sliced Ham	**5** ACTIVITY: 1 Tortilla 1 T Cream Cheese ½ c Bananas	**6** 8 Animal Crackers ½ c Vanilla Yogurt
9 1 oz. Sliced Cheese 4 Wheat Crackers	**10** ACTIVITY: ½ c Celery Sticks 1 T Sunflower Butter 1 T Raisins	**11** ½ c Gold Fish ½ c Applesauce	**12** ACTIVITY: ½ c Yogurt ½ c Bananas 1 T Dark Chocolate Chips	**13** ½ c Orange Slices 1 pkg Teddy Grahams
16 1 String Cheese ½ c Sliced Cucumbers	**17** ACTIVITY: 4 Wheat Crackers 1 oz. Sliced Ham 1 T Cream Cheese	**18** ½ Soft Pretzel ½ c Orange Slices	**19** ACTIVITY: ½ c Yogurt ¼ c Granola ½ c Berry Blend	**20** 2 c Graham Crackers 1 T Sunflower Butter
23 ½ c Fresh Broccoli 1 String Cheese 1 T Ranch Dressing	**24** ACTIVITY: ½ c Apple Slices 1 T Sunflower Butter 1 T Raisins	**25** 1 oz. Cheese It Crackers ½ c Tropical Fruit	**26** ACTIVITY: ½ c Yogurt ½ c Banana .50 oz. Graham Crackers	**27** 1 Whole Grain Muffin 4 oz. Milk

TEXAS FARM FRESH

Announcements

Skewers

Strawberries or Bananas

Yogurt

Granola

Just stick a skewer into a strawberry or slice of banana,

dip it in yogurt

roll the pop in granola!

Store the pops in the refrigerator until serving,

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