



OCTOBER

2020

Head Start Breakfast Menu



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Special Announcements:

No School

No School

1.

2.

1 Ham Omelet
½ WW Toast
½ Diced Peaches Cup
6 oz.. Milk

5.

1-4" Pancake
½ c Cinnamon Applesauce Cup
6 oz.. Milk

6.

½ Multi-grain Cheerios
½ Banana
6 oz.. Milk

7.

1 Turkey & Biscuit Sandwich
½ c Mandarin Oranges Cup
6 oz.. Milk

8.

½ slc Cinnamon Bread
½ c Diced Pears Cup
6 oz.. Milk

9.

1 Biscuit & Gravy
½ c Mixed Fruit Cup
6 oz.. Milk

12.

½ Egg & Cheese Burrito
½ Banana
6 oz. Milk

13.

1 slc Breakfast Pizza
½ c Diced Pineapple Cup
6 oz. Milk

14.

2 Stripes French Toast
½ c Applesauce Cup
6 oz. Milk

15.

½ Sausage Breakfast Sandwich
½ c Diced Peaches Cup
6 oz. Milk

16.

¾ c Brown Sugar Oatmeal
¼ c Raisins
6 oz. Milk

19.

½ slc Butter Toast
1 Tbsp. Grape Jam
½ c Mixed Fruited Cup 6 oz.
Milk

20.

1 Breakfast Corndog
½ Banana
6 oz. Milk

21.

1 Breakfast Taco
½ c Diced Pineapple Cup
6 oz. Milk

22.

1 Apple Muffin
½ c Oranges
6 oz. Milk

23.

1 oz.. Turkey Patty
½ Cinnamon Applesauce Cup
6 oz. Milk

26.

½ c Kix Cereal
½ c Diced Peaches Cup
6 oz. Milk

27.

¼ c Scrambled Eggs
½ slc Buttered Toast
½ c Oranges
6 oz. Milk

28.

½ WW Bagel
1 Tbsp. Cream Cheese
½ c Diced Pineapple cup
6 oz. Milk

29.

¾ c Cream of Wheat
½ c Pears Cup
4 oz.. Milk
6 oz. Milk

30.

- National School Lunch Week Oct. 12-16



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National School Lunch Program and School Breakfast Program



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CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



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