



OCTOBER

2020

Head Start Lunch Menu



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Special Announcements:

NO SCHOOL

1.

NO SCHOOL

2.

1 Chicken Quesadilla
¼ c Spanish Rice
¼ c Diced Tomatoes
¼ c Diced Peaches
6 oz Milk

5.

½ Sloppy Joe Sandwich
1/8 c Baked Beans
¼ c Shredded Carrots
¼ c Diced Pineapple
6 oz Milk

6.

6 Beef Ravioli Pies
¼ c Corn
¼ c Mangos
¼ slc WW Garlic Toast
6 oz Milk

7.

10 Popcorn Chicken
¼ c Sweet Potato Fries
¼ c Snap Peas
¼ c Diced Apricots
½ slc WW Bread
6 oz Milk

8.

1 slc Cheese Pizza
¼ c Tossed Salad
¼ c Diced Strawberries
6 oz Milk

9.

1.5 oz Sliced Cooked Ham
¼ c Macaroni & Cheese
¼ c Snap Peas
¼ c Fresh Apple Slices
½ WW Dinner Roll
6 oz Milk

12.

3 Chicken Nuggets
¼ c Sweet Potato Fries
¼ c Tossed Salad
¼ c Diced Mangos
½ WW Dinner Roll
6 oz Milk

13.

1 1/2 oz Hamburger
1 Lettuce Leaf & Tomato Slice
¼ c Tater Tots
¼ c Diced Strawberries
6 oz Milk

14.

¼ c Lasagna
¼ c Peas & Carrots
¼ c Diced Apricots
½ WW Dinner Roll
6 oz Milk

15.

1 Bean & Cheese Burrito
1/8 c Diced Tomato
¼ c Apples Slices
6 oz Milk

16.

1 Soft Beef Taco
¼ c Black Beans
¼ c Diced Peaches
6 oz Milk

19.

1/2 Chicken Fajitas
1/8 Refried Beans
¼ Shredded Lettuce
¼ Diced Apricots
6 oz Milk

20.

2 oz Salisbury Steak & 2 Tbsp Gravy
¼ c Mashed Potatoes & 1/2 slc Bread
¼ c Roasted Broccoli
¼ c Tropical Fruit
6 oz Milk

21.

3/8 (3 oz) Beef Goulash
¼ c Sliced Carrots
¼ c Diced Strawberries
½ WW Dinner Roll
6 oz Milk

22.

4 Fish Sticks
¼ c Sweet Potato Wedges
¼ c Berry Blend
½ slc WW Bread
6 oz Milk

23.

1 Grilled Ham & Cheese
¼ c Tomato Soup
¼ c Mixed Fruit
6 oz Milk

26.

1 oz Grilled Chicken Patty
¼ c Green Beans
¼ c Brown Rice
¼ c Diced Strawberries
½ slc WW Bread
6 oz Milk

27.

3/4 c Beef Spaghetti
¼ 8 c Broccoli w/ Cheese
1 WW Dinner Roll
¼ c Raspberries
6 oz Milk

28.

½ Chicken Enchilada
¼ c Refried Beans
¼ c Tossed Salad
¼ c Diced Mangos
6 oz Milk

29.

4 Steak Fingers
¼ c Mashed Potatoes
2 Tbsp Gravy
¼ c Diced Apricots
¼ slc Texas Butter Toast
6 oz Milk

30.

- National School Lunch Week Oct. 12-16



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.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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