

# HEAD START BREAKFAST MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

# Nov

FEED YOUR  
CREATIVITY



Announcements:

<p>6 oz. Milk <b>1</b></p> <p>¾ c. Brown Sugar Oatmeal</p> <p>¼ c. Oranges</p>	<p>6 oz. Milk <b>2</b></p> <p>½ slc. WW Toast</p> <p>1 Tbsp. Grape Jam</p> <p>½ c. Mixed Fruit</p>	<p>6 oz. Milk <b>3</b></p> <p>1 oz. Turkey Sausage Patty</p> <p>½ (1/2 c.) Bananas</p>	<p>6 oz. Milk <b>4</b></p> <p>1 Breakfast Taco</p> <p>½ c. Diced Pineapples</p>	<p>6 oz. Milk <b>5</b></p> <p>¾ c. Cream of Wheat</p> <p>¼ c. Raisins</p>
<p>6 oz. Milk <b>8</b></p> <p>1 oz. Turkey Sausage Patty</p> <p>½ c. Cinnamon Applesauce</p>	<p>6 oz. Milk <b>9</b></p> <p>½ c. Kix Cereal</p> <p>½ c. Diced Peaches</p>	<p>6 oz. Milk <b>10</b></p> <p>¼ c. Scrambled Eggs</p> <p>½ slc. WW Toast</p> <p>½ c. Oranges</p>	<p>6 oz. Milk <b>11</b></p> <p>½ WW Bagel</p> <p>1 Tbsp. Cream Cheese</p> <p>½ c. Diced Pineapples</p>	<p>6 oz. Milk <b>12</b></p> <p>¾ c. Cream of Wheat</p> <p>½ c. Diced Pears</p>
<p>6 oz. Milk <b>15</b></p> <p>1 Ham Omelet</p> <p>½ slc. WW Toast</p> <p>½ c. Diced Peaches</p>	<p>6 oz. Milk <b>16</b></p> <p>1-4" Pancake</p> <p>½ c. Cinnamon Applesauce</p>	<p>6 oz. Milk <b>17</b></p> <p>½ c. Cheerios</p> <p>½ (1/2 c.) Bananas</p>	<p>6 oz. Milk <b>18</b></p> <p>1 Turkey Sausage &amp; Biscuit</p> <p>½ c. Mandarin Oranges</p>	<p>6 oz. Milk <b>19</b></p> <p>½ slc. Cinnamon Bread</p> <p>½ c. Diced Pears.</p>
<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>
<p>Thanksgiving vacation</p> <p>No School</p> 				
<p>6 oz. Milk <b>29</b></p> <p>1 Biscuit &amp; Gravy</p> <p>½ c. Mixed Fruit</p>	<p>6 oz. Milk <b>30</b></p> <p>½ Egg &amp; Cheese Burrito</p> <p>½ c. slc. Bananas</p>			



Food and Nutrition Division  
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



Updated 1/1/2021  
www.SquareMeals.org