

# HEAD START LUNCH MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

# Nov

FEED YOUR CREATIVITY



### Announcements:

<p>6 oz. Milk <b>1</b></p> <p>4 oz. Beef &amp; Bean Chili</p> <p>1 pc. Corn Muffin</p> <p>¼ c. Squash</p> <p>¼ c. Diced Pears</p>	<p>6 oz. Milk <b>2</b></p> <p>½ Chicken Fajitas</p> <p>1/8 c. Refried Beans</p> <p>¼ c. Shredded Lettuce</p> <p>¼ c. Apricots</p>	<p>6 oz. Milk <b>3</b></p> <p>1 Breaded Port Patty</p> <p>¼ c. Mashed Potatoes</p> <p>2 Tbsp. Gravy</p> <p>¼ c. Roasted Broccoli</p> <p>½ slc. WW Bread</p> <p>¼ c. Mixed Fruit</p>	<p>6 oz. Milk <b>4</b></p> <p>3/8 c. Beef Goulash</p> <p>¼ c. Carrots</p> <p>¼ c. Diced Strawberries</p> <p>½ WW Dinner Roll</p>	<p>6 oz. Milk <b>5</b></p> <p>4 Fish Sticks</p> <p>¼ c. Sweet Potato Wedges</p> <p>¼ c. Berry Blend</p> <p>½ slc. WW Bread</p>
<p>6 oz. Milk <b>8</b></p> <p>1 Grilled Ham &amp; Cheese Sandwich</p> <p>¼ c. Tomato Soup</p> <p>¼ c. Mixed Fruit</p>	<p>6 oz. Milk <b>9</b></p> <p>1 ½ oz. Grilled Chicken Patty</p> <p>¼ c. Green Beans</p> <p>¼ c. Brown Rice</p> <p>¼ c. Diced Strawberries</p> <p>½ slc. WW Bread</p>	<p>6 oz. Milk <b>10</b></p> <p>¾ c. Beef Spaghetti</p> <p>¼ c. Broccoli &amp; Cheese</p> <p>1 WW Dinner Roll</p> <p>¼ c. Raspberries</p>	<p>6 oz. Milk <b>11</b></p> <p>½ Chicken Enchilada</p> <p>¼ c. Refried Beans</p> <p>¼ c. Tossed Salad</p> <p>¼ c. Diced Mangoes</p>	<p>6 oz. Milk <b>12</b></p> <p>4 Beef Steak Fingers</p> <p>¼ c. Mashed Potatoes</p> <p>2 Tbsp. Gravy</p> <p>¼ c. Apricots</p> <p>¼ slc. Texas Toast</p>
<p>6 oz. Milk <b>15</b></p> <p>1 Chicken Quesadilla</p> <p>¼ c. Spanish Rice</p> <p>¼ c. Diced Tomatoes</p> <p>¼ c. Berry Blend</p>	<p>6 oz. Milk <b>16</b></p> <p>½ Beef Sloppy Joe Sandwich</p> <p>1/8 c. Baked Beans</p> <p>¼ c. Carrot Sticks</p> <p>¼ c. Diced Pineapples</p>	<p>6 oz. Milk <b>17</b></p> <p>6 Beef Ravioli Pies</p> <p>¼ c. Corn</p> <p>¼ c. Diced Mangos</p> <p>½ slc. WW Garlic Toast</p>	<p>6 oz. Milk <b>18</b></p> <p>2 oz. Turkey &amp; Gravy</p> <p>¼ c. Mixed Fruit</p> <p>¼ c. Mashed Potatoes</p> <p>¼ c. Green Beans</p> <p>1 Dinner Rolls</p> <p>¼ c. Cranberry Sauce</p>	<p>6 oz. Milk <b>19</b></p> <p>1 4x6" slc Cheese Pizza</p> <p>¼ c. Tossed Salad</p> <p>¼ c. Diced Strawberries</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 pc. Chicken Spaghetti</p> <p>1/8 c. Snap Peas</p> <p>½ slc. Garlic Bread</p> <p>¼ c. Diced Pears</p>	<p>6 oz. Milk <b>30</b></p> <p>1 ½ oz. Hamburger w/ WW Bun</p> <p>1 Leaf Lettuce &amp; Slc. Tomato</p> <p>¼ c. Tater Tots</p> <p>¼ c. Diced Strawberries</p>			



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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