

# HEAD START SNACK MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

# Nov

FEED YOUR CREATIVITY



Announcements:

<p>1 slc. Ham 4 (.05 oz.) Wheat Thins</p> <p>1</p>	<p>½ Soft Pretzel Rod 1 Wild Watermelon Applesauce</p> <p>2</p>	<p>1 oz. String Cheese ½ c. Diced Peaches</p> <p>3</p>	<p>½ c. (4 oz.) Vanilla Yogurt ½ c. (.5 oz.) Chex Cereal</p> <p>4</p>	<p>4 oz. Milk ½ c. (.5 oz.) Gold Fish</p> <p>5</p>
<p>4 (.5 oz.) Wheat Crackers ½ oz. Sliced Cheese</p> <p>8</p>	<p>1 Tbsp. Peanut Butter 2 (.5 oz.) Graham Crackers</p> <p>9</p>	<p>½ Banana ½ c. (4 oz.) Strawberry Yogurt</p> <p>10</p>	<p>½ c. Carrot Sticks 1 Tbsp. Ranch Dressing 1 oz. String Cheese</p> <p>11</p>	<p>6 oz. Milk 8 (.5 oz.) Animal Crackers</p> <p>12</p>
<p>6 oz. Milk ½ Soft Pretzel Rod</p> <p>15</p>	<p>2 (.5 oz.) Graham Crackers ½ c. (4 oz.) Vanilla Yogurt</p> <p>16</p>	<p>1 Tbsp. Peanut Butter ½ c. Fresh Apple Slices</p> <p>17</p>	<p>4 (.5 oz.) Wheat Crackers 1 slc. (.5 oz.) Ham</p> <p>18</p>	<p>4 oz. Milk ½ (.5 oz.) Whole Grain Muffin</p> <p>19</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>Thanksgiving vacation No School</p>				
<p>½ c. Applesauce ¼ c. (.5 oz.) Gold Fish</p> <p>29</p>	<p>1 pk (.75 oz.) Teddy Grams ½ c. Diced Pears</p> <p>30</p>			



Food and Nutrition Division  
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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