

Head Start Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Dec

FEED YOUR
CREATIVITY



Announcements:

		1 6 oz. Milk 5 Chicken Nuggets 1/8 c. Sweet Potato Fries 1/8 c. Tossed Salad 1/4 c. Mangos 1/2 WW Dinner Roll	2 6 oz. Milk 1 pce. Lasagna 1/4 c. Peas & Carrots 1/4 c. Apricots 1/2 WW. Dinner Roll	3 6 oz. Milk 1 Bean & Cheese Burrito 1/8 c Lettuce & Tomato Salad 1/4 c. Apple Slices
6 6 oz. Milk 4 oz Beef & Bean Chili 1 pce Corn Muffin 1/4 c. Squash 1/4 c. Pears	7 6 oz. Milk 1/2 Chicken Fajitas 1/8 c. Refried Beans 1/4 c. Shredded Lettuce 1/4 c. Apricots	8 6 oz. Milk 1 Breaded Pork Patty 1/4 c. Mashed Potatoes 1/4 c. Roasted Broccoli 1/2 slc. WW Bread 1/4 c. Mixed Fruit	9 6 oz. Milk 3 oz. Beef Goulash 1/4 c. Carrots 1/4 s. Diced Strawberries 1/2 WW Dinner Roll	10 6 oz. Milk 4 Fish Sticks 1/4 c. Sweet Potato Wedge 1/4 c. Berry Blend 1/2 slc. WW Bread
13 6 oz. Milk 1 Grilled Ham & Cheese 1/4 c. Tomato Soup 1/4 c. Mixed Fruit	14 6 oz. Milk 1 1/2 oz. Grilled Chicken Patty 1/4 c. Green Beans 1/4 c. Brown Rice 1/4 c. Diced Strawberries 1/2 slc . WW Bread	15 6 oz. Milk 3/4 Beef Spaghetti 1/4 c. Broccoli & Cheese 1 WW Dinner Roll 1/4 c. Raspberries	16 6 oz. Milk 1/2 Chicken Enchiladas 1/4 c. Refried Beans 1/4 c. Tossed Salad 1/4 c. Mangos	17 6 oz. Milk 4 Steak Fingers 1/4 c. Mashed Potatoes 2 Tbsp. Gravy 1/4 c. Apricots 1/4 slc. Texas Toast

Enjoy Your Winter Break!



Happy Holidays!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Food and Nutrition Division
 Nutrition Assistance Programs



Updated 1/1/2021
 www.SquareMeals.org