

Head Start Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH Milk
 ¾ c. Chicken Spaghetti
 ¼ c. Snap Peas
 ¼ c. Pears
 ½ slc Garlic Bread

7TH Milk
 1 ½ oz Hamburger
 1 Lettuce Leaf
 1 Tomato Slice
 ¼ c. Tater Tots
 ¼ c. Mandarin Orange

1ST Milk
 6 Beef Ravioli Pies
 ¼ c. Corn
 ½ slc. Garlic Toast
 ¼ c. Mangos

2ND Milk
 1 c. Potato/Ham Soup
 ¼ c. Apricots
 ½ slc. WW Bread

3RD Milk
 1 slc Cheese Pizza
 ¼ c. Tossed Salad
 ¼ c. Strawberries

13TH

14TH

15TH

16TH

17TH

**have a good
 Spring Break!**

20TH Milk
 1 Grilled Ham & Cheese Sandwich
 ¼ c. Tomato Soup
 ¼ c. Mixed Fruit

21ST Milk
 1 ½ oz Grilled Chicken
 ¼ c. Green Beans
 ¼ c. Brown Rice
 ¼ c. Strawberries
 ½ slc. WW Bread

22ND Milk
 ¾ c. Beef Spaghetti
 ¼ c. Roasted Broccoli
 1 WW Roll
 ¼ c. Raspberries

23RD Milk
 ½ Chicken Enchilada
 ¼ Refried Beans
 ¼ c. Tossed Salad
 ¼ c. Mangos

24TH Milk
 4 Steak Fingers
 ¼ c. Mashed Potatoes
 2 Tbs. Gravy
 1/4 c. Apricots
 ¼ sl. Texas Toast

27TH Milk
 1 Chicken Quesadilla
 ¼ c. Spanish Rice
 ¼ c. Diced Tomatoes
 ¼ c. Berry Blend

28TH Milk
 ½ Sloppy Joe Sandwich
 1/8 c. Baked Bean
 ¼ c. Carrot Sticks
 ¼ c. Diced Pineapples

29TH Milk
 6 Beef Ravioli Pies
 ¼ c. Corn
 ½ slc. Garlic Toast
 ¼ c. Mangos

30TH Milk
 12 Popcorn Chicken
 1/8 c. Sweet Potatoes
 1/8 c. Sweet Pea
 ¼ c. Apricots
 ½ slc WW Bread

31ST Milk
 1 slc Cheese Pizza
 ¼ c. Tossed Salad
 ¼ c. Strawberries

MAR

MENU 2023

GEAR UP FOR CHOIR



ANNOUNCEMENTS:
 • TBD



Food and Nutrition Division
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 3/1/2023
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