

# Head Start Snack Menu

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

6<sup>TH</sup>  
 ½ c. Applesauce  
 ¼ c. Gold Fish

7<sup>TH</sup>  
 1 Tbs. Peanut Butter  
 1 WW Tortilla  
 1 Tbs. Grape Jam

1<sup>ST</sup>  
 2 Graham Crackers  
 ¼ c. Vanilla Yogurt

2<sup>ND</sup>  
 1 Tbs. Peanut Butter  
 ½ c. Fresh Apple Slices  
 1/8 c. Raisins

3<sup>RD</sup> Milk  
 ½ WG Muffin

8<sup>TH</sup>  
 1 pk .75 oz Teddy  
 Graham  
 ½ c. Pears

9<sup>TH</sup> |  
 ½ English Muffin  
 1 Tbs. Cream Cheese  
 ½ c. Strawberries



13<sup>TH</sup>

14<sup>TH</sup>

15<sup>TH</sup>

16<sup>TH</sup>

17<sup>TH</sup>

**Have a good Spring Break!**

20<sup>TH</sup>  
 4 .50 oz Wheat  
 Crackers  
 ½ oz. Cheese

21<sup>ST</sup>  
 1 Tbsp. Peanut Butter  
 2 (.50 oz) Gram  
 Crackers

22<sup>ND</sup>  
 ½ c. Carrot Sticks  
 1 String Cheese

23<sup>RD</sup>  
 ½ c Banana  
 ¼ c. Vanilla Yogurt  
 1 Tbs. Dark Chocolate  
 Chips

24<sup>TH</sup> Milk  
 8 Animal Crackers

27<sup>TH</sup> Milk  
 ½ Soft Pretzel Rod

28<sup>TH</sup>  
 4 Wheat Crackers  
 1 slc. Ham  
 1 Tbsp. Cream Cheese

29<sup>TH</sup>  
 2 Graham Crackers  
 ¼ c. Vanilla Yogurt

30<sup>TH</sup>  
 1 Tsp. Peanut Butter  
 ½ c. Fresh Apple Slices  
 1/8 c. Raisins

31<sup>ST</sup> Milk  
 ½ WG Muffin

# MAR

## MENU 2023

### GEAR UP FOR CHOIR



**ANNOUNCEMENTS:**

- TBD



Food and Nutrition Division  
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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