

Early Head Start Breakfast Menu

MAR

MENU 2023

GEAR UP FOR
CHOIR



ANNOUNCEMENTS:
• TBD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH Milk
1 Biscuit & Gravy
¼ c. Mixed Fruit

7TH Milk
½ Egg & Cheese Burrito
¼ c. Banana

8TH Milk
1 slc Breakfast Pizza
¼ c. Pineapples

9TH Milk
1 French Toast Stick
¼ c. Applesauce



13TH

14TH

15TH

16TH

17TH

**have a good
spring break!**

20TH Milk
1 oz Turkey Patty
¼ c. Cinnamon
Applesauce

21ST Milk
½ c. Kix
¼ c. Peaches

22ND Milk
1/8 c. Scrambled Eggs
½ slc. WW Toast
¼ c. Oranges

23RD Milk
½ WW Bagel
1 Tbs. Cream Cheese
¼ c. Pineapples

24TH Milk
¼ c. Cream of Wheat
¼ c. Pears

27TH Milk
1 Egg, Ham & Cheese
Square
½ slc. WW Toast
¼ c. Peaches

28TH Milk
1-4" Pancake
¼ c. Cinnamon
Applesauce

29TH Milk
½ c Cheerios
¼ c. Bananas

30TH Milk
1 Turkey & Biscuit
¼ c. Mandarin Oranges

31ST Milk
½ slc. Cinnamon
Bread
¼ c. Pears



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org