

# Early Head Start Snack Menu

# MAR

## MENU 2023

### GEAR UP FOR CHOIR



**ANNOUNCEMENTS:**  
• TBD

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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

7<sup>TH</sup>  
1 Slice Ham  
1 WW Tortilla

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

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

2<sup>ND</sup>  
1 Slice Cheese  
½ c. Fresh Chopped  
Apple

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

3<sup>RD</sup>  
Milk  
½ WG Muffin



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  
1 slc Cheese

21<sup>ST</sup>  
¼ c Vanilla Yogurt  
2 (.50 oz) Gram  
Crackers

22<sup>ND</sup>  
½ c. Shredded Carrots  
1 Slice Cheese

23<sup>RD</sup>  
½ c Banana  
¼ c. Vanilla Yogurt

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

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

30<sup>TH</sup>  
½ c. Fresh Chopped  
Apple  
1 Slice Cheese

31<sup>ST</sup>  
Milk  
½ WG Muffin



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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