

Early Head Start Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH Milk
 ½ c. Chicken Spaghetti
 1/8 c. Pears
 1/8 c. Snap Peas
 1/4 slc Garlic Bread

7TH Milk
 1 oz Hamburger
 1 Tbsp. Diced Tomato
 1/8 c. Tater Tots
 1/8 c. Mandarin Orange

1ST Milk
 4 Beef Ravioli Pies
 1/8 c. Corn
 ½ slc. Garlic Toast
 1/8 c. Mangos

2ND Milk
 ¾ c. Potato/Ham Soup
 1/8 c. Apricots
 ½ slc. WW Bread

3RD Milk
 ½ slc Cheese Pizza
 1/8 c. Tossed Salad
 1/8 c. Strawberries

13TH

14TH

15TH

16TH

17TH

**have a good
 Spring Break!**

20TH Milk
 ½ Grilled Ham & Cheese Sandwich
 1/8 c. Tomato Soup
 1/8 c. Mixed Fruit

21ST Milk
 1 oz Grilled Chicken
 1/8 c. Green Beans
 ¼ c. Brown Rice
 1/8 c. Strawberries
 ½ slc. WW Bread

22ND Milk
 ¾ c. Beef Spaghetti
 1/8 c. Roasted Broccoli
 ½ WW Roll
 1/8 c. Raspberries

23RD Milk
 ½ Chicken Enchilada
 1/8 c. Refried Beans
 1/8 c. Tossed Salad
 1/8 c. Mangos

24TH Milk
 2 Steak Fingers
 1/8 c. Mashed Potatoes
 2 Tbs. Gravy
 1/8 c. Apricots
 ¼ sl. Texas Toast

27TH Milk
 ½ Chicken Quesadilla
 ¼ c. Spanish Rice
 1/8 c. Diced Tomatoes
 1/8 c. Berry Blend

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

29TH Milk
 4 Beef Ravioli Pies
 1/8 c. Corn
 ½ slc. Garlic Toast
 1/8 c. Mangos

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

31ST Milk
 ½ slc Cheese Pizza
 1/8 c. Tossed Salad
 1/8 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

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