

Early Head Start Breakfast Menu

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD

MONDAY

1ST 4 oz.. Milk
1 Biscuit & Gravy
1/4 c. Mixed Fruit

TUESDAY

2ND 4 oz.. Milk
½ Egg & Cheese Burrito
1/4 c. Fresh Bananas

WEDNESDAY

3RD 4 oz.. Milk
1 Slc. Breakfast Pizza
1/4 c. Pineapples

THURSDAY

4TH 4 oz.. Milk
1 French Toast Stick
1/4 c. Applesauce

FRIDAY

5TH 4 oz.. Milk
½ Sausage Breakfast Sandwich
1/4 c. Peaches

8TH 4 oz.. Milk
¼ c. Oatmeal
¼ c. Oranges

9TH 4 oz.. Milk
½ Slc. WW Toast
1 Tbsp. Grape Jam
1/4 c. Mixed Fruit

10TH 4 oz.. Milk
1 oz.. Turkey Patty
1/4 c. Fresh Bananas

11TH 4 oz.. Milk
1 Breakfast Taco
1/4 c. Pineapples

12TH 4 oz.. Milk
1 Apple Muffin
1/4 c. Oranges

15TH 4 oz.. Milk
1 oz.. Turkey Patty
1/4 c. Cinnamon Applesauce

16TH 4 oz.. Milk
½ c. Kix Cereal
1/4 c. Peaches

17TH 4 oz.. Milk
1/8 c. Scrambled Eggs
½ Slc. WW Toast
1/4 c. Oranges

18TH 4 oz.. Milk
½ WW Bagel
1 Tbsp. Cream Cheese
1/4 c. Pineapples

19TH 4 oz.. Milk
¼ c. Cream of Wheat
1/4 c. Pears

22ND 4 oz.. Milk
1 Egg, Ham & Cheese Square
½ Slc. WW Toast
1/4 c. Peaches

23RD 4 oz.. Milk
1-4" Pancake
1/4 c. Cinnamon Applesauce

24TH 4 oz.. Milk
½ c. Cheerios
1/4 c. Fresh Banana

25TH 4 oz.. Milk
1 Turkey & Biscuit Sandwich
1/4 c. Mandarin Oranges

26TH 4 oz. Milk
½ Slc. Cinnamon Bread
¼ c. Pears

29TH



30TH 4 oz.. Milk
½ Egg & Cheese Burrito
1/4 c. Fresh Bananas

31ST 4 oz.. Milk
1 Slc. Breakfast Pizza
1/4 c. Pineapples



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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