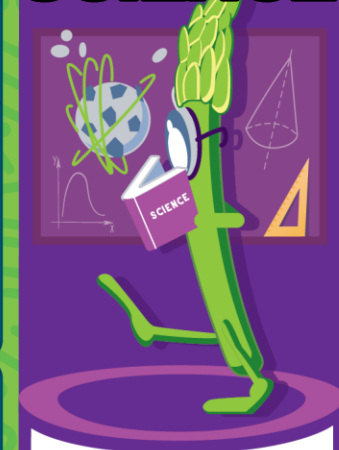


Early Head Start Lunch Menu

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD

MONDAY

1ST 4 oz. Milk
 1 oz. Sliced Thick Ham
 ¼ c. Macaroni & Cheese
 1/8 c. Snap Peas
 ¼ c. Fresh Apples Slices
 ¼ WW Dinner Roll

TUESDAY

2ND 4 oz. Milk
 3 Chicken Nuggets
 1/8 c. Sweet Potato Fries
 1/8 c. Tossed Salad
 ¼ c. Diced Mangos
 ¼ WW Dinner Roll

WEDNESDAY

3RD 4 oz. Milk
 1 oz. Hamburger & Bun
 1 Tbsp. Diced Tomato
 1/8 c. Tater Tots
 1/8 c. Mandarin Oranges

THURSDAY

4TH 4 oz. Milk
 ¾ c. Beef Lasagna
 1/8 c. Peas & Carrots
 1/8 c. Apricots
 ¼ WW Dinner Roll

FRIDAY

5TH 4 oz. Milk
 1/2 Bean & Cheese Burrito
 1/8 c. Diced Tomato
 ¼ c. Apples Slices

8TH 4 oz. Milk
 1 Soft Beef Taco
 1 Tbsp. Diced Tomatoes
 1 Tbsp Shredded Lettuce
 1 Tbsp. Black Beans
 1/8 c. Diced Peaches

9TH 4 oz. Milk
 ½ Chicken Fajitas
 1/8 c. Refried Beans
 1/8 c. Shredded Lettuce
 1/8 c. Apricots

1 oz. Salisbury Steak
 1/8 c. Mashed Potatoes
 2 Tbsp. Brown Gravy
 1/8 c. Roasted Broccoli
 ½ slc. WW Bread
 1/8 c. Mixed Fruit

11TH 4 oz. Milk
 ½ c. Beef Goulash
 1/8 c. Carrots
 1/8 c. Diced Strawberries
 ¼ WW Dinner Roll

12TH 4 oz. Milk
 2 Fish Sticks
 1/8 c. Sweet Potato Fries
 1/8 c. Berry Blend
 ½ slc. WW Bread

15TH 4 oz. Milk
 ½ Grilled Ham & Cheese
 1/8 c. Tomato Soup
 1/8 c. Mixed Fruit

16TH 4 oz. Milk
 1 oz. Grilled Chicken Patty
 1/8 c. Green Beans
 ¼ c. Brown Rice
 1/8 c. Diced Strawberries
 ½ slc. WW Bread

17TH 4 oz. Milk
 ¾ c. Beef Spaghetti
 1/8 c. Roasted Broccoli
 1/8 c. Raspberries
 ½ WW Dinner Roll

18TH 4 oz. Milk
 ½ Chicken Enchilada
 1/8 c. Refried Beans
 1/8 c. Tossed Salad
 1/8 c. Diced Mangos

19TH 4 oz. Milk
 2 Steak Fingers
 1/8 c. Mashed Potatoes
 2 Tbsp. Gravy
 1/8 c. Apricots
 ¼ slc. Texas Toast

22ND 4 oz. Milk
 1/2 Chicken Quesadilla
 ¼ c. Spanish Rice
 1/8 c. Diced Tomatoes
 1/8 c. Berry Blend

23RD 4 oz. Milk
 ½ Sloppy Joe Sandwich
 1/8 c. Baked Beans
 1/8 c. Shredded Carrot
 1/8 c. Diced Pineapples

24TH 4 oz. Milk
 4 Beef Ravioli Pies
 1/8 c. Corn
 1/8 c. Diced Mangos
 ½ slc. Garlic Toast

25TH 4 oz. Milk
 6 Popcorn Chicken
 1/8 c. Sweet Potato Fries
 1/8 c. Snap Peas
 1/8 c. Apricots
 ½ slc. WW Bread

26TH 4 oz. Milk
 ½ Slc. Cheese Pizza
 ¼ c. Shredded Carrots
 1/8 c. Diced Strawberries

29TH 
 HAPPY MEMORIAL DAY WEEKEND
HOLIDAYS FOR ON FB

30TH 2ND 4 oz. Milk
 3 Chicken Nuggets
 1/8 c. Sweet Potato Fries
 1/8 c. Tossed Salad
 ¼ c. Diced Mangos
 ¼ WW Dinner Roll

31ST 4 oz. Milk
 1 oz. Hamburger & Bun
 1 Tbsp. Diced Tomato
 1/8 c. Tater Tots
 1/8 c. Mandarin Oranges



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
 National School Lunch Program



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www.SquareMeals.org