

Early Head Start Snack Menu

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD

MONDAY

1ST
 ½ c. Applesauce
 ½ c. Gold Fish

TUESDAY

2ND
Activity
 1 Slc. Ham
 1 WW Tortilla

WEDNESDAY

3RD
 1 Pk (.75 oz.) Teddy
 Grahams
 ½ c. Pears

THURSDAY

4TH
Activity
 ½ English Muffin
 1 Tbsp. Cream Cheese
 ½ c. Strawberries

FRIDAY

5TH
 ¼ c. Vanilla Yogurt
 ½ c. Cheerios

8TH
 ½ Soft Pretzel Rod
 ½ c. Wild Watermelon
 Applesauce

9TH
Activity
 ¼ c. Vanilla Yogurt
 ½ c. Chex Cereal
 ¼ c. Diced Strawberries

10TH
 1 Slice Cheese
 ½ c. Pears

11TH
Activity
 1 WW Tortilla
 1 Slc. Ham

12TH
 4 oz. Milk
 ½ c. Gold Fish

15TH
 4 Wheat Crackers
 ½ oz. (1 slc.) Cheese

16TH
Activity
 ¼ c Vanilla Yogurt
 2 Graham Crackers

17TH
 ½ c. Shredded Carrots
 w/Ranch
 1 Slice Cheese

18TH
Activity
 ½ c. Fresh Bananas
 ¼ c. Vanilla Yogurt

19TH
 4 oz. Milk
 .50 oz. Animal Crackers

22ND
 4 oz. Milk
 ½ Soft Pretzel Rod

23RD
Activity
 4 Wheat Crackers
 1 Slc. Ham

24TH
 2 Graham Crackers
 ¼ c. Vanilla Yogurt

25TH
Activity
 1 Slc. Cheese
 ½ c. Fresh Diced Apples

26TH
 ½ Whole Grain Muffin
 4 oz. Milk



30TH
Activity
 1 Slc. Ham
 1 WW Tortilla

31ST
 1 Pk (.75 oz.) Teddy
 Grahams
 ½ c. Pears



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
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