

Head Start Breakfast Menu

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST 6 oz. Milk
1 Biscuit & Gravy
½ c. Mixed Fruit

2ND 6 oz. Milk
½ Egg & Cheese Burrito
½ c. Fresh Bananas

3RD 6 oz. Milk
1 Slc. Breakfast Pizza
½ c. Pineapples

4TH 6 oz. Milk
1 French Toast Stick
½ c. Applesauce

5TH 6 oz. Milk
½ Sausage Breakfast Sandwich
½ c. Peaches

8TH 6 oz. Milk
¼ c. Oatmeal
¼ c. Raisins

9TH 6 oz. Milk
½ Slc. WW Toast
1 Tbsp. Grape Jam
½ c. Mixed Fruit

10TH 6 oz. Milk
1 oz. Turkey Patty
½ c. Fresh Bananas

11TH 6 oz. Milk
1 Breakfast Taco
½ c. Pineapples

12TH 6 oz. Milk
1 Apple Muffin
½ c. Oranges

15TH 6 oz. Milk
1 oz. Turkey Patty
½ c. Cinnamon Applesauce

16TH 6 oz. Milk
½ c. Kix Cereal
½ c. Peaches

17TH 6 oz. Milk
¼ c. Scrambled Eggs
½ Slc. WW Toast
½ c. Oranges

18TH 6 oz. Milk
½ WW Bagel
1 Tbsp. Cream Cheese
½ c. Pineapples

19TH 6 oz. Milk
¼ c. Cream of Wheat
½ c. Pears

22ND 6 oz. Milk
1 Egg, Ham & Cheese Square
½ Slc. WW Toast
½ c. Peaches

23RD 6 oz. Milk
1-4" Pancake
½ c. Cinnamon Applesauce

24TH 6 oz. Milk
½ c. Cheerios
½ c. Fresh Banana

25TH 6 oz. Milk
1 Turkey & Biscuit Sandwich
½ c. Mandarin Oranges

26TH
Out for Summer

29TH



30TH

Out for Summer

31ST

Out for Summer



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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