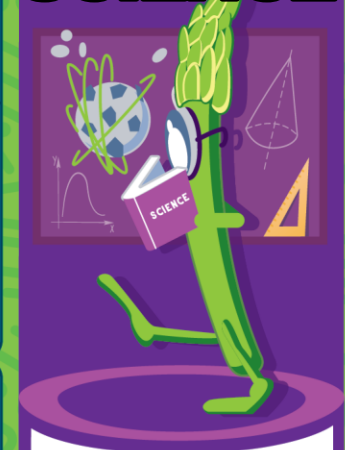


Head Start Lunch Menu

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST 6 oz Milk
1.5 oz Sliced Thick Ham
¼ c. Macaroni & Cheese
¼ c. Snap Peas
¼ c. Fresh Apples Slices
½ WW Dinner Roll

2ND 6 oz Milk
5 Chicken Nuggets
1/8 c. Sweet Potato Fries
1/8 c. Tossed Salad
¼ c. Diced Mangos
½ WW Dinner Roll

3RD 6 oz Milk
1 ½ oz Hamburger & Bun
1 Leaf Lettuce
1 Slice Tomato
¼ c. Tater Tots
¼ c. Mandarin Oranges

4TH 6 oz Milk
¾ c. Beef Lasagna
¼ c. Peas & Carrots
¼ c. Apricots
½ WW Dinner Roll

5TH 6 oz Milk
1 Bean & Cheese Burrito
1/8 c. Lettuce & Tomato Salad
¼ c. Apples Slices

8TH 6 oz Milk
1 Soft Beef Taco
1/8 c. Diced Tomatoes
1/8 c. Shredded Lettuce
1/8 c. Black Beans
¼ c. Diced Peaches

9TH 6 oz Milk
½ Chicken Fajitas
1/8 c. Refried Beans
¼ c. Shredded Lettuce
¼ c. Apricots

10TH 6 oz Milk
2 oz. Salisbury Steak
¼ c. Mashed Potatoes
2 Tbsp. Brown Gravy
¼ c. Roasted Broccoli
½ slc. WW Bread
½ c. Mixed Fruit

11TH 6 oz Milk
½ c. Beef Goulash
¼ c. Carrots
¼ c. Strawberries
½ WW Dinner Roll

12TH 6 oz Milk
4 Fish Sticks
¼ c. Sweet Potato Fries
¼ c. Berry Blend
½ slc. WW Bread

15TH 6 oz Milk
1 Grilled Ham & Cheese
¼ c. Tomato Soup
¼ c. Mixed Fruit

16TH 6 oz Milk
1 ½ oz Grilled Chicken Patty
¼ c. Green Beans
¼ c. Brown Rice
¼ c. Strawberries
½ slc. WW Bread

17TH 6 oz Milk
¾ c. Beef Spaghetti
¼ c. Roasted Broccoli
1 WW Dinner Roll
¼ c. Raspberries

18TH 6 oz Milk
½ Chicken Enchilada
¼ c. Refried Beans
¼ c. Tossed Salad
¼ c. Diced Mangos

19TH 6 oz Milk
4 Steak Fingers
¼ c. Mashed Potatoes
2 Tbsp. Gravy
¼ c. Apricots
¼ slc. Texas Toast

22ND 6 oz Milk
1 Chicken Quesadilla
¼ c. Spanish Rice
¼ c. Diced Tomatoes
¼ c. Berry Blend

23RD 6 oz Milk
½ Sloppy Joe Sandwich
1/8 c. Baked Beans
¼ c. Carrot Sticks
¼ c. Diced Pineapples

24TH 6 oz Milk
6 Beef Ravioli Pies
¼ c. Corn
¼ c. Diced Mangos
½ slc. Garlic Toast

25TH 6 oz Milk
12 Popcorn Chicken
1/8 c. Sweet Potato Fries
1/8 c. Snap Peas
¼ c. Apricots
½ slc. WW Bread

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

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 5/1/2023
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