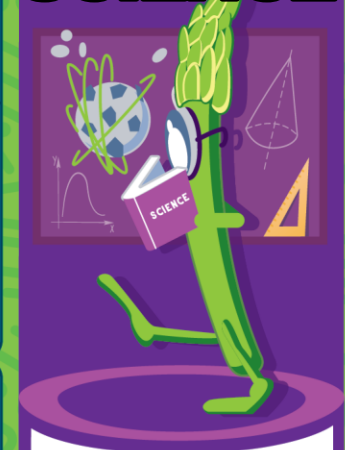


Head Start Snack Menu

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD

MONDAY

1ST
 ½ c. Applesauce
 ½ c. Gold Fish

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

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

22ND
 4 oz. Milk
 ½ Soft Pretzel Rod



TUESDAY

2ND
Activity
 1 Tbsp. Peanut Butter
 1 WW Tortilla
 1 Tbsp. Grape Jam

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

16TH
Activity
 1 Tbsp. Peanut Butter
 2 Graham Crackers

23RD
Activity
 4 Wheat Crackers
 1 Slc. Ham
 1 Tbsp. Cream Cheese

30TH
 Out for Summer

WEDNESDAY

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

10TH
 1 String Cheese Stick
 ½ c. Pears

17TH
 ½ c. Carrot Sticks
 1 String Cheese Stick

24TH
 2 Graham Crackers
 ¼ c. Vanilla Yogurt

31ST
 Out for Summer

THURSDAY

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

11TH
Activity
 1 Tbsp. Cream Cheese
 1 WW Tortilla
 1 Slc. Ham

18TH
Activity
 ½ c. Fresh Bananas
 ¼ c. Vanilla Yogurt
 1 Tbsp. Dark Chocolate
 Chips

25TH
Activity
 1 Tbsp. Peanut Butter
 ½ c. Fresh Apple Slices
 1/8 c. Raisins

FRIDAY

5TH
 ¼ c. Vanilla Yogurt
 1 oz. Granola

12TH
 4 oz. Milk
 ¼ c. Gold Fish

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

26TH
 Out for Summer



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Food and Nutrition Division
 National School Lunch Program



Updated 5/1/2023
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