

Early Head Start Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPT

MENU 2023

STATE FAIR DALLAS



ANNOUNCEMENTS:

- TBD

1ST 4 oz Milk
½ Sausage Breakfast Sandwich
¼ c Diced Peaches

4TH
**WE WILL BE CLOSED
LABOR DAY**

5TH
4 oz Milk
½ Waffle
1 Tbsp Syrup
¼ c. Mixed Fruit

6TH
4 oz Milk
1 oz Turkey Patty
¼ c. Sliced Bananas

7TH
4 oz Milk
1 Breakfast Taco
¼ c. Diced Pineapples

8TH
4 oz Milk
1 Apple Muffin
¼ c. Oranges

11TH
4 oz Milk
1 oz Turkey Patty
¼ c. Cinnamon Applesauce

12TH
4 oz Milk
½ c. Kix (Rice Krispies)
¼ c. Diced Peaches

13TH
4 oz Milk
¼ c. Scrambled Eggs
½ slc Toast
¼ c. Oranges

14TH
4 oz Milk
½ Bagel
1 Tbsp Cream Cheese
¼ c. Diced Pineapples

15TH
4 oz Milk
¼ c. Cream of Wheat
¼ c. Diced Pears

18TH
4 oz Milk
1 Egg, Ham & Cheese Square
½ slc Toast
¼ c. Diced Peaches

19TH
4 oz Milk
1-4" Pancake
¼ c. Cinnamon Applesauce

20TH
4 oz Milk
½ c. Cheerios
¼ c. Sliced Bananas

21ST
4 oz Milk
1 Turkey & Biscuit Sandwich
¼ c. Mandarin Oranges

22ND
4 oz Milk
½ slc Cinnamon Bread
¼ c. Diced Pears

25TH
4 oz Milk
1 Biscuit & Gravy
¼ c. Mixed Fruit

26TH
4 oz Milk
½ Egg & Cheese Burrito
¼ c. Sliced Bananas

27TH
4 oz Milk
1 slc Breakfast Pizza
¼ c. Diced Pineapples

28TH
4 oz Milk
1 French Toast Stick
¼ c. Applesauce

29TH
4 oz Milk
½ Sausage Breakfast Sandwich
¼ c. Diced Peaches



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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