

Head Start Snack Menu

SEPT

MENU 2023

STATE FAIR DALLAS



ANNOUNCEMENTS:
• TBD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST
¼ c Yogurt
1 oz Granola

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

5TH
Activity: Yogurt Parfait
¼ c Vanilla Yogurt
½ c Chex Cereal
¼ c Chocolate Chips

6TH
1 String Cheese
½ c Pears

7TH
Activity: Pinwheels
1 Tbsp Cream Cheese
1 WW Tortilla
1 slc Ham

8TH
4 oz Milk
½ c Gold Fish

11TH
4 Wheat Crackers
1 slc (.50 oz) Cheese

12TH
Activity: PB Crackers
1 Tbsp Peanut Butter
2 (.50 oz) Graham Crackers

13TH
½ c Carrot Sticks
1 oz String Cheese

14TH
Activity: Banana Split
½ c Bananas
¼ c Vanilla Yogurt
1 Tbsp Chocolate Chips

15TH
4 oz Milk
.50 oz. Animal Crackers

18TH
½ Soft Pretzel
6 oz Milk

19TH
Activity: Crackers Stackers
4 Wheat Crackers
1 sl Cheese
1 Tbsp Cream Cheese

20TH
2 Graham Crackers
¼ c Vanilla Yogurt

21ST
Activity: Ant on a Boat
1 Tbsp Peanut Butter
½ c Fresh Apple Slices
1/8 c Raisins

22ND
4 oz Milk
½ WG Muffin

25TH
½ c Applesauce
¼ c Gold Fish

26TH
Activity: PB Roll Up
1 Tbsp Peanut Butter
1 WW Tortilla
1 Tbsp Grape Jam

27TH
1 pk (.75 oz) Teddy Grahams
½ c Diced Pears

28TH
Activity: Fruit Pizza
½ Bagel
1 Tbsp Cream Cheese
½ c Strawberries

29TH
¼ c Yogurt
1 oz Granola



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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