

# Head Start Breakfast Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SEPT**

**MENU 2023**

**STATE FAIR DALLAS**



**ANNOUNCEMENTS:**  
• TBD

**4<sup>TH</sup>**  
**WE WILL BE  
CLOSED  
LABOR DAY**

**5<sup>TH</sup>**  
6 oz Milk  
½ Waffle  
1 Tbsp Syrup  
½ c. Mixed Fruit

**6<sup>TH</sup>**  
6 oz Milk  
1 oz Turkey Patty  
½ c. Bananas

**7<sup>TH</sup>**  
6 oz Milk  
1 Breakfast Taco  
½ c. Diced Pineapples

**8<sup>TH</sup>**  
6 oz Milk  
1 Apple Muffin  
½ c. Oranges

**11<sup>TH</sup>**  
6 oz Milk  
1 oz Turkey Patty  
½ c. Cinnamon  
Applesauce

**12<sup>TH</sup>**  
6 oz Milk  
½ c. Kix  
½ c. Diced Peaches

**13<sup>TH</sup>**  
6 oz Milk  
¼ c. Scrambled Eggs  
½ slc Toast  
½ c. Oranges

**14<sup>TH</sup>**  
6 oz Milk  
½ Bagel  
1 Tbsp Cream Cheese  
½ c. Diced Pineapples

**15<sup>TH</sup>**  
6 oz Milk  
¼ c. Cream of Wheat  
½ c. Diced Pears

**18<sup>TH</sup>**  
6 oz Milk  
1 Egg, Ham & Cheese  
Square  
½ slc Toast  
½ c. Diced Peaches

**19<sup>TH</sup>**  
6 oz Milk  
1-4" Pancake  
½ c. Cinnamon  
Applesauce

**20<sup>TH</sup>**  
6 oz Milk  
½ c. Cheerios  
½ c. Bananas

**21<sup>ST</sup>**  
6 oz Milk  
1 Turkey & Biscuit  
Sandwich  
½ c. Mandarin Oranges

**22<sup>ND</sup>**  
6 oz Milk  
½ slc Cinnamon Bread  
½ c. Diced Pears

**25<sup>TH</sup>**  
6 oz Milk  
1 Biscuit & Gravy  
½ c. Mixed Fruit

**26<sup>TH</sup>**  
6 oz Milk  
½ Egg & Cheese Burrito  
½ c. Bananas

**27<sup>TH</sup>**  
6 oz Milk  
1 slc Breakfast Pizza  
½ c. Diced Pineapples

**28<sup>TH</sup>**  
6 oz Milk  
1 French Toast Stick  
½ c. Applesauce

**29<sup>TH</sup>**  
6 oz Milk  
½ Sausage Breakfast  
Sandwich  
½ c. Diced Peaches



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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www.SquareMeals.org