

Head Start Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPT

MENU 2023

STATE FAIR DALLAS



ANNOUNCEMENTS:

- TBD

4TH

**WE WILL BE
CLOSED
LABOR DAY**

5TH 6 oz Milk

½ Chicken Fajitas
1/8 c. Refried Beans
¼ c. Shredded Lettuce
¼ c. Apricots

6TH 6 oz Milk

2 oz Salisbury Steak
¼ c. Mashed Potatoes
2 Tbsp Brown Gravy
¼ c. Broccoli
½ slc WW Bread
¼ Mixed Fruit

7TH 6 oz Milk

½ c Beef Goulash
¼ c. Carrots
¼ c. Strawberries
½ Dinner Roll

1ST 6 oz Milk

1 Bean & Cheese
Burrito
1/8 c Lettuce &
Tomato
¼ c. Apple Slices

8TH 6 oz Milk

4 Fish Sticks
¼ c. Sweet Potato
¼ c. Berry Blend
½ slc. WW Bread

11TH 6 oz Milk

½ Grilled Ham &
Cheese
¼ c. Tomato Soup
¼ c. Mixed Fruit

12TH 6 oz Milk

1 ½ oz Grilled Chicken
¼ c Broccoli Normandy
¼ c. Fried Rice
¼ c. Sliced Strawberries
½ slc. WW Bread

13TH 6 oz Milk

¾ c. Beef Spaghetti
¼ c. Green Beans
1 Dinner Roll
¼ c. Raspberries

14TH 6 oz Milk

½ Chicken Enchilada
¼ c. Refried Beans
¼ c. Tossed Salad
¼ c. Mangos

15TH 6 oz Milk

4 Beef Steak Fingers
¼ c. Mashed Potatoes
2 Tbsp Gravy
¼ c. Apricots
½ slc Texas Toast

18TH 6 oz Milk

1 Chicken Quesadilla
¼ c. Spanish Rice
¼ c. Diced Tomatoes
¼ c. Berry Blend

19TH 6 oz Milk

½ Sloppy Joe Sandwich
1/8 c. Baked Beans
¼ c. Carrot Sticks
¼ c. Diced Pineapples

20TH 6 oz Milk

6 Beef Ravioli Pies
¼ c. Corn
¼ c. Mangos
½ slc Garlic Bread

21ST 6 oz Milk

12 Popcorn Chicken
1/8 c. Sweet Potatoes
1/8 c. Snap Peas
¼ c. Apricots
½ slc WW Bread

22ND 6 oz Milk

1 slc Cheese Pizza
¼ c Tossed Salad
¼ c. Sliced
Strawberries

25TH 6 oz Milk

1.5 oz Sliced Ham
¼ c. Mac & Cheese
¼ c. Roasted Broccoli
¼ c. Fresh Apple Slices
½ Dinner Roll

26TH 6 oz Milk

5 Chicken Nuggets
1/8 c Sweet Potatoes
1/8 c. Tossed Salad
¼ c. Mangos
½ Dinner Roll

27TH 6 oz Milk

1 ½ oz Hamburger
1 Lettuce & Tomato
¼ c. Tater Tots
¼ c. Mandarin Oranges

28TH 6 oz Milk

¾ c Lasagna
¼ c. Peas & Carrots
¼ c. Apricots
½ Dinner Roll

29TH 6 oz Milk

1 Bean & Cheese
Burrito
1/8 c Lettuce & Tomato
¼ c. Apple Slices



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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