

Early 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 4 oz Milk

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

6TH 4 oz Milk

2 oz Salisbury Steak
¼ c. Mashed Potatoes
2 Tbsp Brown Gravy
¼ c. Broccoli
½ slc WW Bread
1/8 Mixed Fruit

7TH 4 oz Milk

½ c Beef Goulash
¼ c. Carrots
1/8 c. Strawberries
½ Dinner Roll

8TH 4 oz Milk

4 Fish Sticks
¼ c. Sweet Potato
1/8 c. Berry Blend
½ slc. WW Bread

11TH 4 oz Milk

½ Grilled Ham & Cheese
1/8 c. Tomato Soup
1/8 c. Mixed Fruit

12TH 4 oz Milk

1 oz Grilled Chicken
1/8 c Broccoli Normandy
¼ c. Fried Rice
1/8 c. Sliced Strawberries
½ slc. WW Bread

13TH 4 oz Milk

¾ c. Beef Spaghetti
1/8 c. Green Beans
½ Dinner Roll
1/8 c. Raspberries

14TH 4 oz Milk

½ Chicken Enchilada
1/8 c. Refried Beans
1/8 c. Tossed Salad
1/8 c. Mangos

15TH 4 oz Milk

2 Beef Steak Fingers
1/8 c. Mashed Potatoes
2 Tbsp Gravy
1/8 c. Apricots
1/4 slc Texas Toast

18TH 4 oz Milk

½ Chicken Quesadilla
¼ c. Spanish Rice
1/8 c. Diced Tomatoes
1/8 c. Berry Blend

19TH 4 oz Milk

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

20TH 4 oz Milk

4 Beef Ravioli Pies
1/8 c. Corn
1/8 c. Mangos
½ slc Garlic Bread

21ST 4 oz Milk

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

22ND 4 oz Milk

½ slc Cheese Pizza
1/8 c Shredded Carrots
1/8 c. Strawberries

25TH 4 oz Milk

1 oz Sliced Ham
¼ c. Mac & Cheese
1/8 c. Roasted Broccoli
1/8 c. Fresh Diced Slices
¼ Dinner Roll

26TH 4 oz Milk

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

27TH 4 oz Milk

1 oz Hamburger
1 Lettuce & Tomato
1/8 c. Tater Tots
1/8 c. Mandarin Oranges

28TH 4 oz Milk

¾ c Lasagna
1/8 c. Peas & Carrots
1/8 c. Apricots
¼ Dinner Roll

29TH 4 oz Milk

½ Bean & Cheese Burrito
1/8 c Diced Tomato
1/8 c. Apple Slices



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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