

Head Start Lunch Menu

APR

MENU 2024

PALO DURO CANYON



ANNOUNCEMENTS:

- TBD

MONDAY

1ST



TUESDAY

2ND 6 oz. Milk
 5 Chicken Nuggets
 1/8 c. Sweet Potatoes
 1/8 c. Tossed Salad
 ¼ c. Mangos
 ½ Dinner Roll

WEDNESDAY

3RD 6 oz. Milk
 1 ½ oz Hamburger
 1 Slc. Lettuce/Tomato
 ¼ c Tater Tots
 ¼ Mandarin Oranges

THURSDAY

4TH 6 oz. Milk
 ¼ c Lasagna
 ¼ c. Peas & Carrots
 ¼ c. Apricots
 ½ Dinner Roll

FRIDAY

5TH 6 oz. Milk
 1 Bean & Cheese Burrito
 1/8 c. Lettuce/Tomato
 ¼ c Apple Slices

8TH 6 oz. Milk
 1 Soft Beef Taco
 1/8 c. Lettuce/Tomato
 1/8 c. Black Beans
 ¼ c. Diced Peaches

9TH 6 oz. Milk
 ½ Chicken Fajitas
 1/8 c. Refried Beans
 ¼ Shredded Lettuce
 ¼ c. Apricots

10TH 6 oz. Milk
 2 oz. Salisbury Steak
 ¼ c. Mashed Potatoes
 2 Tbsp. Gravy
 ¼ c. Roasted Broccoli
 ½ Slc. WW Bread
 ¼ c. Mixed Fruit

11TH 6 oz. Milk
 ½ c. Beef Goulash
 ¼ c. Sliced Carrots
 ¼ c. Strawberries
 ½ Dinner Roll

12TH 6 oz. Milk
 4 Fish Sticks
 ¼ c. Sweet Potatoes
 ¼ c. Berry Blend
 ½ Slc WW Bread

15TH 6 oz. Milk
 1 Grilled Ham & Cheese Sandwich
 ¼ c. Tomato Soup
 ¼ c. Mixed Fruit

16TH 6 oz. Milk
 1 ½ oz Grilled Chicken Patty
 ¼ c. Broccoli Normandy
 ¼ c. Fried Rice
 ¼ c. Strawberries
 ½ slc. WW Bread

17TH 6 oz. Milk
 ¾ c. Beef Spaghetti
 ¼ c. Green Beans
 1 Dinner Roll
 ¼ c. Raspberries

18TH 6 oz. Milk
 ½ Chicken Enchilada
 ¼ c. Refried Beans
 ¼ c. Tossed Salad
 ¼ c. Mangos

19TH 6 oz. Milk
 4 Steak Fingers
 ¼ c. Mashed Potatoes
 2 Tbsp Gravy
 ¼ c. Apricots
 ¼ slc. Texas Toast

22ND 6 oz. Milk
 1 Chicken Quesadilla
 ¼ c. Spanish Rice
 ¼ c. Diced Tomatoes
 ¼ c. Berry Blend

23RD 6 oz. Milk
 ½ Sloppy Joe Sandwich
 1/8 c. Baked Beans
 ¼ c. Carrot Sticks
 ¼ c. Diced Pineapples

24TH 6 oz. Milk
 6 Beef Ravioli Pies
 ¼ c. Corn
 ¼ c. Mangos
 ½ slc. Garlic Toast

25TH 6 oz. Milk
 12 Popcorn Chicken
 1/8 c. Sweet Potato Fries
 1/8 c. Snap Peas
 ¼ c. Apricots
 ½ slc. WW Bread

26TH 6 oz. Milk
 1 slc Cheese Pizza
 ¼ c. Tossed Salad
 ¼ c. Strawberries

29TH 6 oz. Milk
 1.5 oz. Sliced Ham
 ¼ c. Mac & Cheese
 ¼ c. Roasted Broccoli
 ¼ c. Fresh Apple Slices
 ½ Dinner Roll

30TH 6 oz. Milk
 5 Chicken Nuggets
 1/8 c. Sweet Potatoes
 1/8 c. Tossed Salad
 ¼ c. Mangos
 ½ Dinner Roll



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
 National School Lunch Program



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