

Early Head Start Lunch Menu

APR

MENU 2024

PALO DURO CANYON



ANNOUNCEMENTS:

- TBD

MONDAY

1ST



TUESDAY

2ND 4 oz. Milk
 3 Chicken Nuggets
 1/8 c. Sweet Potatoes
 1/8 c. Tossed Salad
 1/4 c. Mangos
 1/4 Dinner Roll

WEDNESDAY

3RD 4 oz. Milk
 1 oz Hamburger
 1 Tbsp Diced Tomatoes
 1/8 c Tater Tots
 1/8 Mandarin Oranges

THURSDAY

4TH 4 oz. Milk
 1/4 c Lasagna
 1/8 c. Peas & Carrots
 1/8 c. Apricots
 1/4 Dinner Roll

FRIDAY

5TH 4 oz. Milk
 1/2 Bean & Cheese Burrito
 1/8 c. Diced Tomato
 1/8 c Apple Slices

8TH 4 oz. Milk
 1 Soft Beef Taco
 1 Tbsp Lettuce/Diced Tomato
 1/8 c. Black Beans
 1/8 c. Diced Peaches

9TH 4 oz. Milk
 1/2 Chicken Fajitas
 1/8 c. Refried Beans
 1/8 Shredded Lettuce
 1/8 c. Apricots

10TH 4 oz. Milk
 1 oz. Salisbury Steak
 1/8 c. Mashed Potatoes
 2 Tbsp. Gravy
 1/8 c. Roasted Broccoli
 1/2 Slc. WW Bread
 1/8 c. Mixed Fruit

11TH 4 oz. Milk
 1/2 c. Beef Goulash
 1/8 c. Shredded Carrots
 1/8 c. Strawberries
 1/4 Dinner Roll

12TH 4 oz. Milk
 2 Fish Sticks
 1/8 c. Sweet Potatoes
 1/8 c. Berry Blend
 1/2 Slc WW Bread

15TH 4 oz. Milk
 1/2 Grilled Ham & Cheese Sandwich
 1/8 c. Tomato Soup
 1/8 c. Mixed Fruit

16TH 4 oz. Milk
 1 oz Grilled Chicken Patty
 1/8 c. Broccoli Normandy
 1/4 c. Fried Rice
 1/8 c. Strawberries
 1/2 slc. WW Bread

17TH 4 oz. Milk
 3/4 c. Beef Spaghetti
 1/8 c. Green Beans
 1/2 Dinner Roll
 1/8 c. Raspberries

18TH 4 oz. Milk
 1/2 Chicken Enchilada
 1/8 c. Refried Beans
 1/8 c. Tossed Salad
 1/8 c. Mangos

19TH 4 oz. Milk
 2 Steak Fingers
 1/8 c. Mashed Potatoes
 2 Tbsp Gravy
 1/8 c. Apricots
 1/4 slc. Texas Toast

22ND 4 oz. Milk
 1/2 Chicken Quesadilla
 1/4 c. Spanish Rice
 1/8 c. Diced Tomatoes
 1/8 c. Berry Blend

23RD 4 oz. Milk
 1/2 Sloppy Joe Sandwich
 1/8 c. Shredded Carrot
 1/8 c. Diced Pineapples

24TH 4 oz. Milk
 4 Beef Ravioli Pies
 1/8 c. Corn
 1/8 c. Mangos
 1/2 slc. Garlic Toast

25TH 4 oz. Milk
 6 Popcorn Chicken
 1/8 c. Sweet Potato Fries
 1/8 c. Snap Peas
 1/8 c. Apricots
 1/2 slc. WW Bread

26TH 4 oz. Milk
 1/2 slc Cheese Pizza
 1/8 c. Shredded Carrots
 1/8 c. Strawberries

29TH 4 oz. Milk
 1/4 c. Mac & Cheese
 1/8 c. Roasted Broccoli
 1/8 c. Fresh Apple Slices
 1/4 Dinner Roll

30TH 4 oz. Milk
 3 Chicken Nuggets
 1/8 c. Sweet Potatoes
 1/8 c. Tossed Salad
 1/8 c. Mangos
 1/4 Dinner Roll



Food and Nutrition Division
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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