

CROCKETT EARLY HEAD START

MONDAY

4TH HM Chicken & Brown Rice Soup
Frz. Carrots Cnd. C. Pineapples
Milk
Breakfast PM Snack
Frz. Toast Sticks MGCrackers
Frz. Peaches milk Cheese stk

TUESDAY

5TH HM Beef Tamala Pie HM Cornbread
Frz. Corn & Cnd. Tomatoes
Cnd Apricots Milk
Breakfast PM Snack
HM Oatmeal HM Fruit Pizza
Frz. BB Milk Fresh Fruit

WEDNESDAY

6TH HM Mediterranean Tuna Salad Pita
Frz. Peas & Shredded Carrots
Mixed Fruit Milk
Breakfast PM Snack
WG Cereal WG Goldfish
Fsh. Banana Pears
Milk

THURSDAY

7TH HM Creamy Turkey Brown Rice
Frsh. Spinach & Celery Carrots
Milk
Breakfast PM Snack
HM Zucchini Sqr. WW Tortillas
Frz. Mangos Trky. Ham/Cheese
Milk

FRIDAY

1ST HM Egg Salad WW Bread
HM Broccoli Salad Mixed Fruit
Milk

Breakfast PM Snack
Bfast Rice Animal Crackers
Cnd. Apricots Milk

8TH Grilled Cheese Sandwich WW Bread
Cnd. Tom Soup Frz. Green beans
Milk

Breakfast PM Snack
Bfast Rice WG Graham Crackers
Cnd. Apricots Milk

11TH SPRINGBREAK
CLOSED

12TH SPRINGBREAK
CLOSED

13TH SPRINGBREAK
CLOSED

14TH SPRINGBREAK
CLOSED

15TH SPRINGBREAK
CLOSED

18TH HM Chicken Salad
Saltine Crackers
HM Broccoli Salad Cnd.
Peaches Milk

Breakfast PM Snack
WW Toast Cheez Its
Mixed Fruit Colored
Milk Applesauce

19TH HM Cuban Beef & Black Bean
Brown Rice Frz. Mangos
Milk

Breakfast PM Snack
HM Src. Eggs HM/WW Oatmeal
Cnd. Apricots BB Sqr.
Milk Milk

20TH HM Pulled Pork WG Bun
HM Chickpeas & Tomatoes Frz. SB
Milk

Breakfast PM Snack
WG Cereal HM Fruit Pizza
Fresh Banana Fresh Fruit
Milk

21ST HM Turkey Noodle Spaghetti
Shred. Carrots Frz. Berries
Milk

Breakfast PM Snack
HM Turkey Pizza Wheat Thiin
Frz. Hashbrown Cheese Stix
Milk

22ND HM Egg Fried Rice Brown Rice
Frz. Peas & Carrots Cnd. Oranges
Milk

Breakfast PM Snack
WW Cinn. Toast WG G. Crackers
Frz. Mangos Milk

25TH HM Chicken Noodle
Spaghetti Shred. Carrots Frz.
Berries
Milk

Breakfast PM Snack
Frz. WG Pancakes Boiled Eggs
FZ. Peaches Wheat Thins
Milk

26TH HM Beef Brown Rice Pilaf
Fresh Spinach HM Mexicali Corn
Milk

Breakfast PM Snack
HM Scr. Eggs HM/WW Ricotta Sqr.
Frz. RB Milk

27TH Stir-Fried Rice w/ Ham B. Rice
Frz. Carrots Cnd. Peaches
Milk

Breakfast PM Snack
WG Cereal Club Crackers
Fsh. Banana Cheese Sticks
Milk

28TH HM Turkey Pasta Salad Rotini
Pasta
Fresh Broccoli Frz. Mangos
Milk

Breakfast PM Snack
HM/WW Banana Sqr. Cheese stk
Cnd. Pears Crushed Pineapples
Milk

29TH

GOOD FRIDAY CLOSED

MAR

MENU 2024

PADRE ISLAND



ANNOUNCEMENTS:

Abbreviations:

BB-Blueberries, Bfast-Breakfast,
B. Rice-Brown Rice, Cnd-Canned,
Crkr-Cracker, Cinn-Cinnamon, G.
Cracker-Graham Cracker, Cant.-
Cantalope, Drsg-Dressing, Frz.-
Frozen, Fsh-Fresh, HM-
Homemade, SB-Strawberries,
Man. Oranges-Mandarin
Oranges, P. Beans-Pinto Beans,
RB-Raspberries, R.-Roasted,
WG-Whole Grain, S. Rice Pilaf-
Savory Rice Pilaf, T. Fruit-
Tropical Fruit, Trky-Turkey, Sqr-
Squares, Scr.-Scrambled, WW-
Whole Wheat, W. melon-
Watermelon, R. Pasta-Rotini
Pasta

Milk- 12 mths-23mths
Unflavored Whole Milk
2-3 yrs.-Unflavored 1% Milk
Special Milk- Lactaid or Soy
WATER IS SERVED AT EVERY
MEAL/SNACK



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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