			CRC	CROCKETT EARLY HEAD START		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		HM Tuna Mac WG Pasta 1 Frz. Peas Cnd. Pineapples Milk	HM Turkey Spaghetti 2 Fsh. Garden Salad WG Pasta Frz. Broccoli Normandy Milk	HM Eagle Pizza w/ Pinto Beans <b>3</b> C. Tortilla shell Cnd. Peaches Frz. Mixed Veggies Milk	Sept	
		Breakfast PM Snack WG Cereal WG Goldfish Fsh. Banana Cnd. Applesauce Milk	Breakfast PM Snack HM Zucchini Sqrs. WG Trail Mix Frz. Mangos Cottage Cheese Milk	Breakfast PM Snack HM Oatmeal Ritz Crackers Frz. BB Boiled Egg Milk	CREATIVITY	
LABOR DAY 6	HM Beef Vegetable Soup Frz. Peas&Carrots Saltine Cracker Frz. Mangos Milk	Frz. Fish Sticks HM Fideo Bak <b>®</b> Frz.Broccoli Normandy FZ.Berries Milk	HM Turkey Pot Pie HM/WW Crust Frz. Mixed Veggies Fsh. Apples Milk	Grilled Cheese Sandwich WW BreadCnd. Tom Soup Roasted Veggies Milk		
SCHOOL CLOSED	BreakfastPM SnackWW Chz ToastHM/WW CarrotCnd. ApricotsSpice SquareMilkMilk	Breakfast PM Snack WG Cereal Cheez Its Fresh Banana Cnd Pears Milk	Breakfast PM Snack HM Banana Sqrs. Wheat Thins Cnd. Pears HM Bean Dip Milk	Breakfast PM Snack Bfast Rice Graham Crackers Cnd. Apricots Milk Milk		
HM Chicken Spaghetti 13 Frsh. Kale WW Pasta Frz. Mangos Milk	HM Beef Stroganoff WG Pasta Cnd.G. Bean Salad Cnd. Apricots Milk	HM Stir-Fried Rice w/ Ham B.Rice Frz. Carrots Cnd. Peaches Milk	HM Turkey Pasta Primavera WG Pasta Frz. Broccoli Cnd. Pear Milk	HM Cheese Pizza WG E. Muffin <b>s7</b> Fsh Salad Mixed fruit Milk		
<u>Breakfast PM Snack</u> Frz. WG Pancakes Cheese FZ. Peaches/RB Club Cracker Milk	BreakfastPM SnackHM OatmealHM/WW CarrotFrz. BBSpice SquareMilkMilk	Breakfast PM Snack WG Cereal WG English Muffin Fsh. Banana Tuna salad Milk	Breakfast PM Snack HM Zucchini Sqrs . WG Trail Mix Cnd. Pineapples Cottage Cheese Milk	<u>Breakfast PM Snack</u> WW Toast Fresh Boiled Egg Cnd. Baked Apples Ritz Cracker Milk	Announcements: Abbreviations:	
HM Chicken Noodle Soup WG Pasta Mixed Veggies Fsh. Watermelon/Cantaloupe Milk	HM Beef Empanadas Pie Crust HM Carrot Confetti Salad Frz. Berries Milk	HM Mac and Chz w/Ham Frz. Greens WG Pasta Cnd. Man. Oranges Milk	HM Turkey Casserole WG Pasta Cnd. Corn Frz. Sweet Peas Milk	HM Egg Salad Green Beans Milk WW Bread Mixed Fruit 24	BB=Blueberries, , Bfast= Breakfast, B.Rice= Brown Rice, Cnd.= Canned, Crkr= Cracker, Cant.=	
<u>Breakfast PM Snack</u> WG Waffles Cottage Cheese Cnd. Peaches Frz. Mixed Fruit Milk	Breakfast PM Snack Bfast Rice HM BB Muffin Sqr. Cnd. Baked Apples Milk Milk	Breakfast PM Snack WG Cereal Cheez Its Fresh Banana Cnd. Applesauce Milk	<u>Breakfast</u> PM Snack HM Banana Sqrs. HM Bean Dip Cnd. Pears HM Tortilla Strips Milk	Breakfast PM Snack WW Toast Cheese Stick Cnd. Apricots MG Crackers Milk	Cantaloupe, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, HM=Homemade, Man.Oranges=Mandarin	
HM Chicken and Brown Rice 27 Frz. Greens Cnd. Mand Oranges Milk	HM Hamburgers Pie Crust Frz. Mixed Veggies HM Potato Cube Milk	HM Hawaiian Pizza w/Trky Ham <b>29</b> HM G.Bean Salad Fz. RB WG English Muffins Milk	HM Turkey Tetrazzini Frz. Peas and Carrots WG Pasta Mixed Fruit Milk		Oranges, P.Bean=Pinto, RB= Raspberries, R=Roasted WG= Whole Grain, WW= Whole Wheat, W.melon=Watermelon	
Breakfast PM Snack Frz.WG Pancake Frz. Pineapples Frz. SB/BB Cottage Cheese Milk	Breakfast PM Snack WW Chz.Toast HM Carrot Cnd Peaches Spice Squares Milk Milk	Breakfast PM Snack WG Cereal WG Goldfish Fsh. Banana Cnd. Pears Milk	Breakfast PM Snack HM Banana Sqrs. Club Crackers Cnd. Apricots Cheese Stick Milk		WATER IS SERVED AT EVERY MEAL/SNACK	

Food and Nutrition Division Nutrition Assitance Programs

TEXAS DEPARTMENT OF AGRICULTURE

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