

# CROCKETT EARLY HEAD START

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

5<sup>TH</sup> HM Chicken Noodle  
Spaghetti Shred. Carrots  
Frz. Berries  
Milk  
Breakfast PM Snack  
Frz. WG Pancakes Boiled Eggs  
FZ. Peaches Wheat Thins  
Milk

6<sup>TH</sup> HM Beef Brown Rice Pilaf  
Fresh Spinach HM Mexicali  
Corn Milk  
Breakfast PM Snack  
HM Scr. Eggs HM/WW RicottaSqr  
Frz. RB Milk

7<sup>TH</sup> HM Stir-Fried B. Rice w/ Ham  
Frz. Carrots Cnd. Peaches  
Milk  
Breakfast PM Snack  
WG Cereal Club Crackers  
Fsh. Banana Cheese Sticks  
Milk

1<sup>ST</sup> Turkey Noodle Spaghetti  
Shred. Carrots Frz. Berries  
Milk  
Breakfast PM Snack  
HM Oatmeal Wheat Thins  
Frz BB Cheese  
Milk Sticks

2<sup>ND</sup> HM Egg Fried Brown Rice  
Frz. Peas & Carrots Cnd.  
Oranges  
Milk  
Breakfast PM Snack  
WW Cinn. Toast WG G.  
Frz. Mangos Crackers  
Milk Milk

12<sup>TH</sup> HM Chicken a' la King  
B. Rice  
Frz. Peas & Shred. Carrots  
Frz. Raspberries Milk  
Breakfast PM Snack  
WW Toast WG Goldfish  
Cnd. Peaches Cnd. Applesauce  
Milk

13<sup>TH</sup> HM Beef Taco Soup HM  
Cornbread  
Cnd Corn & Kidney Beans  
HM Broccoli Salad  
Milk  
Breakfast PM Snack  
Bfast Rice HM/WW Oatmeal  
Cnd. Baked Apples BB Sqr.  
Milk Milk

14<sup>TH</sup> HM Tuna Macaroni Salad  
Elbow  
Frz. Carrots & Celery Mixed  
Fruit  
Milk  
Breakfast PM Snack  
WG Cereal Vanilla Yogurt  
Fresh Banana HM Granola  
Milk

15<sup>TH</sup> HM Barbecue Turkey  
WG Bun  
HM Roasted Potato Salad  
Cnd. Oranges Milk  
Breakfast PM Snack  
HM Oatmeal. Boiled Egg  
Frz. BB Wheat Thins  
Milk

16<sup>TH</sup> HM Bean Burrito Bowl B.  
Rice  
Fresh Salad Frz. Broccoli  
Milk  
Breakfast EARLY RELEASE  
HM R. Potatoes  
& Turkey Hash  
Milk

19<sup>TH</sup>  
PRESIDENTS DAY CLOSED

20<sup>TH</sup> HM Beef Oodle of Noodles  
Penne  
Fresh Tomatoes & Swiss Chard  
Cnd. Pears Milk  
Breakfast PM Snack  
Scr. Eggs HM/WW Oatmeal  
Cnd Peaches BB Sqr.  
Milk Milk

21<sup>ST</sup> WG Fish Sticks WG Roll  
HM Creamy Coleslaw  
Cnd Colored Applesauce Milk  
Breakfast PM Snack  
WG Cereal WG Goldfish  
Fsh. Banana Cnd. Pears  
Milk

22<sup>ND</sup> HM Turkey and Egg Noodle  
Soup  
Frz. Mixed Veggies WG Pasta  
Cnd. Tropical Fruit Milk  
Breakfast PM Snack  
HM Banana Sqr. MG  
Crackers  
Cnd. Apricots Boiled Egg  
Milk

23<sup>RD</sup> HM Harvest Soup Rotini  
Pasta Veggies & Northern Beans  
SS/BB  
Milk  
Breakfast PM Snack  
WW Cinn. Toast WG G. Cracker  
Cnd. Bkd Apples Milk

26<sup>TH</sup> HM Chicken Chinese  
Noodle Soup  
Fresh Vegetable Frz. BB  
Milk  
Breakfast PM Snack  
Scr. Eggs WG Cheez Its  
Cnd. Pears Cnd. Pears  
Milk

27<sup>TH</sup> HM Taco Salad Brown Rice  
Frsh. Lettuce/Tomatoes  
HM Mexicali Corn Milk  
Breakfast PM Snack  
HM Oatmeal HM/WW Ricotta  
Sqr  
Frz. BB Milk  
Milk

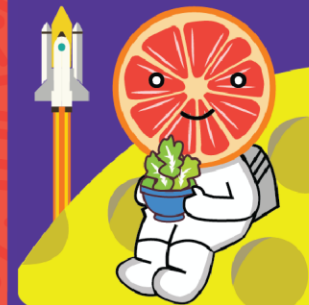
28<sup>TH</sup> HM Trky Ham Pasta Salad  
Rotini Frz. Broccoli  
Cnd. Green Beans Milk  
Breakfast PM Snack  
WG Cereal HM Fruit Pizza  
Fsh. Bananas Fresh Fruit  
Milk

29<sup>TH</sup> HM Ground Turkey Spanish  
Brown Rice  
Frz. Corn Fz. Raspberries  
Milk  
Breakfast PM Snack  
Scr. Eggs Wheat Thins  
Cnd. Oranges Cheese Sticks  
Milk

# FEB

  
MENU 2024

## JOHNSON SPACE CENTER



### ANNOUNCEMENTS:

Abbreviations:

BB-Blueberries, Bfast-Breakfast,  
B.Rice-Brown Rice, Cnd-Canned,  
Crkr-Cracker, Cinn-Cinnamon, G.  
Cracker-Graham Cracker, 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,  
T.Fruit-Tropical Fruit, Trky-  
Turkey, Sqr-Squares, Scr.-  
Scrambled, WW-Whole Wheat,  
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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