

LONG EARLY HEAD START

MAR

MENU 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4th
29gm WG Animal
Crackers
4.5 oz Fruit Cups

5th
26gm WG Cinnamon.
Goldfish
.4 oz Yogurt

6th
4oz Wheat Thins (7)
½ oz Tuna Salad

7th
.75 oz WG Goldfish
½ oz Cheese Stick

1ST
.4oz MG Crackers (7)
½ oz Chicken Salad

8th
.75 oz Cheez It
4.5 oz Applesauce

11TH
SPRING BREAK
CLOSED

12TH
SPRING BREAK
CLOSED

13TH
SPRING BREAK
CLOSED

14TH
SPRING BREAK
CLOSED

15TH
SPRING BREAK
CLOSED

18th
24.8gm Tostitos
Chips
3 oz. Hummus

19th
21gm WG Pretzel
Goldfish
1 Clementine

20th
.4 oz Wheat Thins (7)
½ oz Cheese Stick

21ST
.75 oz Cheez It
2.75 oz Grapes

22nd
. 4oz MG Crackers (7)
½ oz Chicken Salad

25th
29gm WG Animal
Crackers
4.5 oz Fruit Cups

26th
26gm WG Cinnamon.
Goldfish
.4 oz Yogurt

27th
.75 oz WG Goldfish
½ oz Cheese Stick

28th
.75 oz Cheez It
4.5 oz Applesauce

29th
GOOD FRIDAY CLOSED

PADRE ISLAND



ANNOUNCEMENTS:

ALLERGIES:

4- CHEESE/YOGURT
2-TOMATOES
4- EGGS
PEARS
STRAWBERRIES
1-DAIRY
1-DAIRY (BAKED
GOODS OKAY)
2- ORANGES
1-CITRUS

*Water is offered
at every snack



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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