

CROCKETT EARLY HEAD START

MONDAY

TUESDAY

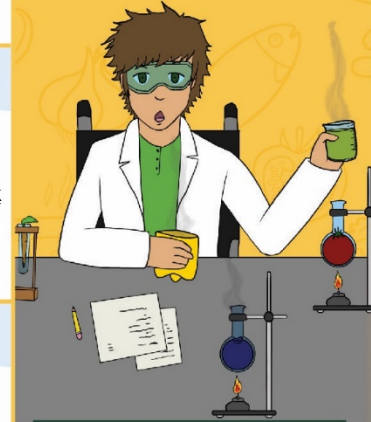
WEDNESDAY

THURSDAY

FRIDAY

Sept

FEED YOUR
CREATIVITY



Announcements:

Abbreviations:

BB=Blueberries, Bfast= Breakfast, B.Rice= Brown Rice, Cnd.= Canned, Crkr= Cracker, Cant.= Cantaloupe, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto, RB= Raspberries, R=Roasted WG= Whole Grain, WW= Whole Wheat, W.melon=Watermelon

WATER IS SERVED AT EVERY MEAL/SNACK

HM Tuna Mac
Frz. Peas
Milk

WG Pasta 1
Cnd. Pineapples

Breakfast
WG Cereal
Fsh. Banana
Milk

HM Turkey Spaghetti 2
Fsh. Garden Salad
Frz. Broccoli
Milk

HM Eagle Pizza w/ Pinto Beans 3
C. Tortilla shell
Frz. Mixed Veggies
Milk

LABOR DAY 6

SCHOOL CLOSED

HM Beef Vegetable Soup 7
Frz. Peas&Carrots
Cracker
Frz. Mangos
Milk

Frz. Fish Sticks 8
Frz. Broccoli
FZ.Berries
Milk

HM Turkey Pot Pie 9
Frz. Mixed Veggies
Milk

Grilled Cheese Sandwich 10
WW Bread
Roasted Veggies
Milk

HM Chicken Spaghetti 13
Frsh. Kale
Frz. Mangos
Milk

HM Beef Stroganoff 14
Cnd.G. Bean Salad
Cnd. Apricots
Milk

HM Stir-Fried Rice w/ Ham 15
B.Rice Frz. Carrots
Cnd. Peaches
Milk

HM Turkey Pasta Primavera 16
WG Pasta Frz. Broccoli
Cnd. Pear
Milk

HM Cheese Pizza 17
Fsh Salad
Milk

HM Chicken Noodle Soup 20
WG Pasta Mixed Veggies
Fsh. Watermelon/Cantaloupe
Milk

HM Beef Empanadas 21
HM Carrot Confetti Salad
Frz. Berries
Milk

HM Mac and Chz w/Ham 22
Frz. Greens
Cnd. Man. Oranges
Milk

HM Turkey Casserole 23
Cnd. Corn Frz. Sweet Peas
Milk

HM Egg Salad 24
Green Beans
Milk

HM Chicken and Brown Rice 27
Frz. Greens Cnd. Mand
Oranges
Milk

HM Hamburgers 28
Frz. Mixed Veggies
Cube
Milk

HM Hawaiian Pizza w/Trky Ham 29
HM G.Bean Salad
WG English Muffins
Milk

HM Turkey Tetrazzini 30
Frz. Peas and Carrots
Mixed Fruit
Milk



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 1/1/2021
www.SquareMeals.org