

CROCKETT EARLY HEAD START

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOV

MENU 2023

LOST MAPLES STATE PARK



ANNOUNCEMENTS:

Abbreviations:

BB-Blueberries, Bfast-Breakfast, B.Rice-Brown Rice, Cnd.- Canned, Crkr-Cracker, Cinn- Cinnamon, G. Cracker-Graham Cracker, Cant.- Cantaloupe, Drsg-Dressing, Frz.- Frozen, Fsh-Fresh, HM-Homemade, SS-Strawberries, Man.Oranges-Mandarin Oranges, P.Bean-Pinto, 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

6TH HM Chinese-Style Chicken
B. Rice Fsh. Vegetable
Frz. Strawberries Milk

Breakfast PM Snack
Frz.WG Pancakes Wheat Thins
Frz. BB Cheese Stix
Milk

7TH HM Beef Ooodle of Noodles
Penne Pasta Frz. Mangos
Fresh Tomatoes & Swiss Chard
Milk

Breakfast PM Snack
Scr. Eggs HM/WW Oatmeal
Cnd Peaches BB Sqr.
Milk Milk

1ST HM Tuna Macaroni Salad
Elbow Pasta Frz. Carrots & Celery
Mixed Fruit Milk

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

2ND HM Barbecue Turkey
WG Bun HM Roasted Potato Salad
Cnd. Oranges Milk

Breakfast PM Snack
HM Oatmeal. Boiled Egg
Frz. BB Wheat Thins
Milk

3RD HM Bean Burrito Bowl
B. Rice Fresh Salad
Frz. Broccoli Milk

Breakfast PM Snack
HM R. Potatoes Early
& Turkey Hash Release
Milk

13TH HM Chicken Chinese
Noddle Soup Fsh. Veggies
Frz. BB Milk

Breakfast PM Snack
Scr. Eggs WG Cheez Its
Cnd. Pears Cnd. Tropical Fruit
Milk

14TH 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

15TH HM Trky Ham Pasta Salad
Rotini Pasta Frz. Broccoli
Cnd. Green Beans Milk

Breakfast PM Snack
WG Cereal HM Oat. Fruit Pizza
Fsh. Bananas Fresh Fruit
Milk

16TH Turkey and Dressing
Sweet Potatoes Green Beans
Cranberry Sauce Milk

Breakfast PM Snack
Scr. Eggs Animal Crackers
Cnd. Oranges Milk
Milk

17TH HM Mac and Chz w/Ham
Frz. Broccoli Cuts Elbow Pasta
Cnd. Corn Milk

Breakfast PM Snack
WW Toast Wheat Thins
Mixed Fruit Cheese Stix
Milk

20TH
CLOSED
THANKSGIVING
BREAK

21ST
CLOSED
THANKSGIVING
BREAK

22ND
CLOSED
THANKSGIVING
BREAK

23RD
CLOSED
THANKSGIVING
BREAK

24TH
CLOSED
THANKSGIVING
BREAK

27TH HM Chicken & B. Rice Soup
Frz. Carrots Cnd. C. Pineapples
Milk

Breakfast PM Snack
Frz. F.Toast Sticks MG Crackers
Frz. Peaches Cheese Sticks
Milk

28TH HM Beef Tamala Pie
HM Cornbread Cnd. Apricots
Frz. Corn & Cnd. Tomatoes
Milk

Breakfast PM Snack
HM Oatmeal Graham Crackers
Frz. BB Milk
Milk

29TH HM Mediterranean T. Salad
Pita Frz. Peas & Shredded Carrots
Milk

Breakfast PM Snack
WG Cereal WG Goldfish
Fsh. Banana Pears
Milk

30TH HM Creamy Turkey B. Rice
Frsh. Spinach & Celery
Frz. Carrots Milk

Breakfast PM Snack
HM Zucchini Sqr WW Tortillas
Frz. Mangos Trky. Ham/Cheese
Milk



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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www.SquareMeals.org