



GOOD EATS AT

**Head start
PreK
menu**

SPECIAL ANNOUNCEMENTS

Breakfast free PK-5
 \$1.75 grades 6-12
 Lunch: \$3.00 paid, \$.40 reduced
 \$3.75 for non-students, adults
 Breakfast is served with a choice of milk, juice and fruit.
 Lunch is served with a choice of milk.
 Menu is subject to change without notice due to weekly delivery.



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



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

M	T	W	TH	F
	Breakfast crackers X-Treme burrito Veggie cup Mandarin oranges ¹	Kolache Hamburger steak Brown gravy Biscuit Garden salad Fruity Jello ²	French toast Ham & cheese melt Baby carrots Pears Graham crackers ³	
Breakfast sandwich Steak fingers Gravy Mashed potatoes Roll Strawberries ⁶	Muffin Meat & cheese chalupa Refried beans Rosy applesauce ⁷	Cereal Chicken tenders Gravy Broccoli Mixed Fruit ⁸	Breakfast pizza Shrimp poppers Mac & cheese Green beans Orange smiles ⁹	PBJ French bread pizza California blend Banana ¹⁰
Sausage biscuit Texas basket (steak fingers, fries & gravy) Green beans Pears ¹³	Kolache Popcorn chicken Mashed potatoes Okra Apple slices ¹⁴	Breakfast bread Pizza pocket Garden salad Peaches ¹⁵	Waffles Hamburgers Veggie cup Snowball salad ¹⁶	Chicken biscuit Tex-Mex stack Refried beans Cinnamon apples ¹⁷
Pop tarts Chicken nuggets Tater tots Green beans Applesauce ²⁰	Breakfast crackers Grilled cheese sandwich Pinto beans Smile fries Peaches ²¹	PBJ Pizza Corn Pears ²²	Cereal PBJ sandwich Cheese stick Fruit cup Animal crackers ²³	²⁴
²⁷	²⁸	²⁹	³⁰	³¹

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

STARTING JUNE 3





GOOD EATS AT

K-5 MENU

SPECIAL ANNOUNCEMENTS

Breakfast free PK-5
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M	T	W	TH	F
	Breakfast round X-Treme burrito Veggie cups Corn Salsa Mandarin oranges 1	Kolache Hamburger steak Brown gravy Biscuit Garden salad Roasted potatoes Fruity Jello 2	French toast Ham & cheese melt Baby carrots Broccoli Pears Brownie 3	
Breakfast sandwich Country fried steak/gravy Mashed potatoes Roll Okra Strawberries 6	Fruit pocket Meat & cheese chulupa Refried beans Salsa Zesty cucumbers garnish Rosy applesauce 7	Cereal bar Chicken tenders/gravy Biscuit Broccoli Sweet potato fries Mixed fruit Rice crispy 8	Pancake wrap Shrimp poppers Mac & cheese Green beans Coleslaw Orange smiles 9	PBJ French bread pizza Marinara California blend Garden salad Banana Pudding 10
Sausage biscuit Texas basket (steak fingers, fries, roll & gravy) Green beans Pears 13	Kolache Bearcat bowl (popcorn chicken, corn, mashed potatoes & gravy) Roll Okra Apple slices 14	Mini donuts Pizza pocket Marinara sauce Tuscan vegetables Garden salad Peaches Cookie 15	Waffles Hamburgers Veggie cup Broccoli Snowball salad 16	Chicken biscuit Tex-Mex stack Refried beans Tiny tomato cup Salsa Cinnamon apples 17
Pop tarts Corn dog Tater tots Green beans Applesauce 20	Breakfast round Grilled cheese sandwich Pinto beans Smile fries Peaches Cookie 21	PBJ Pizza Carrot coins Corn Pears 22	Cereal bar PBJ sandwich Cheese stick Fruit cup Animal crackers 23	24
27	28	29	30	31

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

STARTING JUNE 3





Meet the
MELONATOR

MAY

2019

GOOD EATS AT

JUNIOR HIGH MENU

SPECIAL ANNOUNCEMENTS

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M

T

W

TH

F

Power breakfast
X-Treme burrito
Veggie cups
Lettuce tomato garnish
Corn
Salsa
Mandarin oranges **1**

Breakfast Parfait
Hamburger steak
Brown gravy
Biscuit
Garden salad
Roasted potatoes
Fruity Jello **2**

Breakfast sandwich
Ham & cheese melt
Baby carrots
Broccoli
Pears
Brownie **3**

Waffles & bacon
Country fried steak/gravy
Mashed potatoes
Roll
Okra
Strawberries **6**

Oatmeal/Cinn toast
Meat & cheese chulupa
Refried beans
Salsa
Zesty cucumbers
Garnish
Rosy applesauce **7**

Breakfast pizza
Chicken tenders/gravy
Biscuit
Broccoli
Sweet potato fries
Mixed fruit
Rice crisp **8**

Breakfast taquito
Shrimp poppers
Mac & cheese
Green beans
Coleslaw
Orange smiles **9**

Eggs, biscuit & gravy
French bread pizza
Marinara sauce
California blend
Garden salad
Banana
Pudding **10**

Sausage biscuit
Texas basket (steak fingers, fries, roll & gravy)
Green beans
Pears **13**

Breakfast burrito/hash brown
Bearcat bowl (popcorn chicken, corn, mashed potatoes & gravy)
Roll
Okra
Apple slices **14**

Chicken-n-waffles
Pizza pocket
Marinara sauce
Tuscan vegetables
Garden salad
Peaches
Cookie **15**

Pancakes & sausage
Hamburgers
Lettuce tomato garnish
Veggie cup
Broccoli
Snowball salad **16**

Dutch waffle & bacon
Tex-Mex stack
Refried beans
Tiny tomato cups
Salsa
Cinnamon apples **17**

Breakfast pizza
Corn dog
Tater tots
Green beans
Applesauce **20**

Chicken-n-biscuit
Grilled cheese sandwich
Pinto beans
Smile fries
Peaches
Cookie **21**

Power Breakfast
Pizza
Carrot coins
Corn
Pears **22**

Pancake wrap
PBJ sandwich
Cheese stick
Fruit cup
Animal crackers **23**

24

27

28

29

30

31

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

STARTING JUNE 3
Call 211 or Text 211-2111



Meet the
MELONATOR

MAY

2019

**GOOD
EATS AT**

**HIGH SCHOOL
MENU**

**SPECIAL
ANNOUNCEMENTS**

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M

T

W

TH

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Power breakfast
X-Treme burrito
Veggie cups
Lettuce tomato garnish
Corn
Salsa
Mandarin oranges 1

Breakfast Parfait
Hamburger steak
Brown gravy
Biscuit
Garden salad
Roasted potatoes
Fruity Jello 2

Breakfast sandwich
Ham & cheese melt
Baby carrots
Chips
Broccoli
Pears
Brownie 3

Waffles & bacon
Country fried steak/gravy
Mashed potatoes
Roll
Okra
Strawberries 6

Oatmeal/Cinn toast
Meat & cheese chulupa
Refried beans
Spanish rice
Salsa
Zesty cucumbers
Garnish
Rosy applesauce 7

Breakfast pizza
Chicken tenders/gravy
Biscuit
Broccoli
Sweet potato fries
Mixed fruit
Rice crisp 8

Breakfast taquito
Shrimp poppers
Mac & cheese
Green beans
Coleslaw
Orange smiles 9

Eggs, biscuit & gravy
French bread pizza
Marinara sauce
California blend
Garden salad
Banana
Pudding 10

Sausage biscuit
Texas basket (steak fingers, fries, roll & gravy)
Green beans
Pears 13

Breakfast burrito/hash brown
Bearcat bowl (popcorn chicken, corn, mashed potatoes & gravy)
Roll
Okra
Apple slices 14

Chicken-n-waffles
Pizza pocket
Marinara sauce
Tuscan vegetables
Garden salad
Peaches
Cookie 15

Pancakes & sausage
Hamburgers
Lettuce tomato garnish
Veggie cup
Broccoli
Snowball salad 16

Dutch waffle & bacon
Tex-Mex stack
Refried beans
Spanish rice
Tiny tomato cups
Salsa
Cinnamon apples 17

Breakfast pizza
Corn dog
Tater tots
Green beans
Applesauce 20

Chicken-n-biscuit
Grilled cheese sandwich
Pinto beans
Smile fries
Peaches
Cookie 21

Power Breakfast
Pizza
Carrot coins
Corn
Pears 22

Pancake wrap
PBj sandwich
Cheese stick
Fruit cup
Animal crackers
Juice 23

24

27

28

29

30

31

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SUMMER
MEALS
FOR KIDS**
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STARTING JUNE 3

