



## Hidalgo County Head Start Program Child Nutrition Department

P. O. Box 0117 - ¼ Mile West of 10th St. on State Hwy 107  
Edinburg, Texas 78540-0117  
Phone: 956-380-4158 Fax: 956-380-4179

### MENU SUBJECT TO CHANGE DUE TO DELIVERY OR PRODUCT AVAILABILITY

Juice must be 100% fruit juice fortified with Vitamin C. Fruit is offered fresh, canned, frozen, and 100% fruit juice. Cold Cereal: Must be whole-grain. Milk: Unflavored, fluid, 1% fat.

### NUTRITIONAL CONTENT

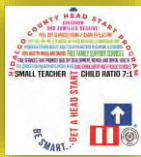
Meets criteria for Low Fat, Low Cholesterol, Low Sodium, Low Concentrated Sweets diet restrictions. Menu items are high in fiber and nutrients. Water is available to children at every meal/snack upon request.

## MENU WEEK ONE 2023-2024

FOOD COMPONENTS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Select all 3 Components	<b>BREAKFAST</b>	POTATO & EGG TACO	MINI PANCAKES	CEREALS	BEAN & CHORIZO TACO	UNCRUSTABLES
	Milk	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%
	Fruit/Vegetable	4 OZ. Orange Juice	½ C. Seasonal Fresh Fruit	4 OZ. Orange Juice	4 OZ. Orange Juice	4 OZ. Orange Juice
Grains/Meat	½ OZ. ¾ OZ. WG Corn Tortilla (1 EA) <i>Extra: ¼ C Potato &amp; Egg</i>	1 OZ. WG Pancakes (4 EA)	1 OZ. WG Cold Cereal	¾ OZ. WG Corn Tortilla (1 EA) <i>Extra: ¼ C Bean &amp; Chorizo</i>	1 OZ. WG PB & J Sandwich	
Select all 5 components	<b>LUNCH</b>	MEXICAN TOSTADA	FIDEO CON POLLO	CARNE GUISADA	CHICKEN STRIPS	HAM & CHEESE SANDWICH
	Milk	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%
	Fruit	¼ C. Mandarin Oranges	¼ C. Apple Sauce	¼ C. Pineapple Tidbits	¼ C. Diced Pears	¼ C. Diced Peaches
	Vegetable	¼ C. Lettuce & Tomato	¼ C. Diced Carrots	¼ C. Mashed Potato	¼ C. Sweet Potato Fries	¼ C. Cucumber Slices
	Grains	1 OZ. WG Corn Tostada (1 EA)	½ OZ. WG Pasta	1 OZ. Dinner Roll	2 OZ. WG Breaded	2 OZ. WG Bread (2 EA)
Meat/Meat Alt.	1 OZ. Mashed Pinto Beans (¼ C) ½ OZ. Shredded Cheese	1½ OZ. Diced Chicken	1½ OZ. Stew Beef	2 OZ. Chicken Strips (3 EA) <i>Extra: Ketchup</i>	1 OZ. Sliced Turkey Ham (3 EA) ½ OZ. Sliced Cheese (1 EA) <i>Extra: Ranch Dressing</i>	
Select 2 of all components	<b>SNACK</b>					
	Milk	4 OZ. Milk 1%		4 OZ. Milk 1%		4 OZ. Milk 1%
	Fruit/Vegetable		½ C. Fruit Cup	½ C. Banana	½ C. Apple Slices	
	Grains	1 OZ. WG Tiger Bites				1 OZ. WG Cinnamon Bug Bites
Meat/Meat Alt.		1 OZ. Cheese Cubes		½ OZ. Non-fat Yogurt (¼ C)		
		6 OZ. Water		6 OZ. Water		

This institution is an equal opportunity provider.

AF 8/3/2023



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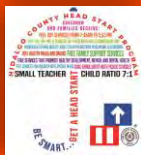
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## MENU WEEK TWO 2023-2024

FOOD COMPONENTS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Select all 3 Components	<b>BREAKFAST</b>	EGG & CHEESE BISCUIT	OATMEAL	CEREAL	HAM & EGG TACO	YOGURT
	Milk	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%
	Fruit/Vegetable	4 OZ. Orange Juice	½ C. Seasonal Fresh Fruit	4 OZ. Orange Juice	4 OZ. Orange Juice	½ C. Seasonal Fresh Fruit
Select all 5 components	Grains/Meat	1 OZ. WW Biscuit <i>Extra: ¼ C Egg &amp; Cheese</i>	½ OZ. WG Oatmeal	1 OZ. WG Cold Cereal	¾ OZ. WG Corn Tortilla (1 EA) <i>Extra: ¼ C Turkey Ham &amp; Egg</i>	½ OZ. Non-fat Yogurt (¼ C) <i>Extra: Graham Crackers (1 EA)</i>
	<b>LUNCH</b>	SALISBURY STEAK	CHICKEN TACO	FIESTA NACHO SCOOPS	SPAGHETTI & MEATBALLS	CHICKEN SALAD
	Milk	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%
Fruit	¼ C. Mandarin Oranges	¼ C. Apple Sauce	¼ C. Pineapple Tidbits	¼ C. Diced Pears	¼ C. Diced Peaches	
Vegetable	¼ C. Mashed Potato	¼ C. Charro Beans	¼ C. Lettuce & Tomato	¼ C. Mixed Salad	¼ C. Celery	
Grains	1 OZ. WG Bread (1 EA)	¾ OZ. WG Corn Tortilla (1 EA)	1¼ OZ. WG Corn Tortilla Chips	½ OZ. WG Spaghetti Pasta (¼ C)	1 OZ. Dinner Roll	
Meat/Meat Alt.	2 OZ. Salisbury Steak <i>Extra: Gravy</i>	1½ OZ. Diced Chicken	1½ OZ. Ground Turkey <i>Extra: Shredded Cheese</i>	1½ OZ. Meatballs (4 EA) <i>Extra: Ranch Dressing</i>	1½ OZ. Chicken Salad <i>Extra: Ranch Dressing</i>	
Select 2 of all components	<b>SNACK</b>					
	Milk	4 OZ. Milk 1%		4 OZ. Milk 1%		4 OZ. Milk 1%
	Fruit/Vegetable		½ C. Fruit	½ C. Banana		
	Grains	¾ OZ. WG Teddy Grahams			1 OZ. WG Cheez-It	1 OZ. WG Animal Crackers
Meat/Meat Alt.		1 OZ. Cottage Cheese		1 OZ. Hummus		
		6 OZ. Water		6 OZ. Water		



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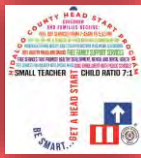
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## MENU WEEK THREE 2023-2024

FOOD OMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	BEAN & EGG TACO	MINI FRENCH TOAST	CEREAL	POTATO & CHORIZO TACO	MUFFIN
<b>Select all 3 Components</b>	Milk 6 OZ. Fruit/Vegetable 4 OZ. Grains/Meat ½ OZ.	6 OZ. Milk 1% ½ C. Seasonal Fresh Fruit 1 OZ. WG French Toast (4 EA) <i>Extra: ¼ C Beans &amp; Egg</i>	6 OZ. Milk 1% 4 OZ. Orange Juice 1 OZ. WG Cold Cereal	6 OZ. Milk 1% 4 OZ. Orange Juice ¾ OZ. WG Corn Tortilla (1 EA) <i>Extra: ¼ C Potato &amp; Chorizo</i>	6 OZ. Milk 1% 4 OZ. Orange Juice 1 OZ. WG Muffin
<b>LUNCH</b>	CHICKEN ROTINI ALFREDO	PEPPERONI SANDWICH	PICADILLO CON PAPAS	CHICKEN FAJITA	TUNA SALAD
<b>Select all 5 components</b>	Milk 6 OZ. Fruit ¼ C Vegetable ¼ C Grains ½ OZ. Meat/Meat Alt. 1 ½ OZ.	6 OZ. Milk 1% ¼ C. Apple Sauce ¼ C. Salad Blend 2 OZ. WG Pastry Crust 2 OZ. Turkey Pepperoni & Cheese <i>Extra: Ranch Dressing</i>	6 OZ. Milk 1% ¼ C. Pineapple Tidbits ¼ C. Diced Potato ¾ OZ. WG Corn Tortilla (1 EA) 1½ OZ. 90/10 Ground Beef	6 OZ. Milk 1% ¼ C. Diced Pears ¼ C. Green Beans ½ OZ. WG Macaroni & Cheese 1½ OZ. Chicken Fajita	6 OZ. Milk 1% ¼ C. Diced Peaches ¼ C. Baby Carrots ½ OZ. Ritz Crackers (4 EA) 1½ OZ. Tuna Water Packed <i>Extra: Ranch Dressing</i>
<b>SNACK</b>					
<b>Select 2 of all components</b>	Milk 4 OZ. Fruit/Vegetable ½ C. Grains ½ OZ. Meat/Meat Alt. ½ OZ.	4 OZ. Milk 1% 1 OZ. WG Mini Corn Bread	4 OZ. Milk 1% ½ C. Banana 1 OZ. WG Granola Cereal ½ OZ. Non-Fat Yogurt (¼ C) 6 OZ. Water	½ C. Apple Slices 1 OZ. Peanut Butter 6 OZ. Water	4 OZ. Milk 1% 1 OZ. WG ChatSnax Grahams



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**MENU WEEK FOUR 2023-2024**

**FOOD COMPONENTS**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

FOOD COMPONENTS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Select all 3 Components	<b>BREAKFAST</b>	TAMALES	MIGAS CON HUEVO	CEREAL	EGG & BACON TACO	YOGURT
	Milk 6 OZ.	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%
	Fruit/Vegetable 4 OZ.	4 OZ. Orange Juice	4 OZ. Orange Juice	4 OZ. Orange Juice	4 OZ. Orange Juice	½ C. Seasonal Fresh Fruit
	Grains/Meat ½ OZ.	¾ OZ. WG Tamales (1 EA)	¾ OZ. WG Corn Tortilla <i>Extra: ¼ C Tortilla &amp; Egg</i>	1 OZ. WG Cold Cereal	¾ OZ. WG Corn Tortilla (1 EA) <i>Extra: ¼ C Egg &amp; Turkey Bacon</i>	½ OZ. Non-fat Yogurt (¼ C) <i>Extra: Graham Crackers (1 EA)</i>
Select all 5 components	<b>LUNCH</b>	STEAK CHEESEBURGER	BARBECUE CHICKEN	CONCHITAS CON CARNE	CHICKEN BOWL	CHEESE PIZZABOLI
	Milk 6 OZ.	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%
	Fruit ¼ C	¼ C. Mandarin Oranges	¼ C. Apple Sauce	¼ C. Pineapple Tidbits	¼ C. Diced Pears	¼ C. Diced Peaches
	Vegetable ¼ C	¼ C. Crinkle Cut Fries	¼ C. Country Mx Veggies	¼ C. Tomato & Celery	¼ C. Corn & Black Bean Fiesta	¼ C. Marinara Sauce
	Grains ½ OZ.	2 OZ. WG Hamburger Bun	½ OZ. Dinner Roll	½ OZ. Shells ( ¼ C)	½ OZ. WG Rice	2 OZ. WG Breaded Pizzaboli
Meat/Meat Alt. 1 ½ OZ	1½ OZ. Hamburger Patty <i>Extra: Sliced Cheese, Ketchup</i>	1½ OZ. Chicken <i>Extra: BBQ Sauce</i>	1½ OZ. 90/10 Ground Beef	1½ OZ. Diced Chicken	2 OZ. Mozzarella Cheese	
Select 2 of all components	<b>SNACK</b>					
	Milk 4 OZ.	4 OZ. Milk 1%		4 OZ. Milk 1%		4 OZ. Milk 1%
	Fruit/Vegetable ½ C.		½ C. Avocado Dip	½ C. Banana		
	Grains ½ OZ.	1 OZ. WG Educational Snacks	1 OZ. WG Corn Tortilla Chips		1 OZ. WG Pretzel Goldfish	1 OZ. WG All-Sports Bites
Meat/Meat Alt. ½ OZ.				1 OZ. Cheese Sauce Cup		
			6 OZ. Water		6 OZ. Water	



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**HOLIDAY MENU 2023-2024**

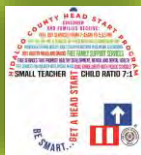
**FOOD COMPONENTS**

**WEDNESDAY**

**WEDNESDAY**

**WEDNESDAY**

Select all 3 Components	BREAKFAST	BREAKFAST AS PLANNED	BREAKFAST AS PLANNED	BREAKFAST AS PLANNED	
	Milk 6 OZ.	NOVEMBER 15, 2023 HAPPY THANKSGIVING DAY! 	DECEMBER 13, 2023 	MARCH 27, 2024 	
	Fruit/Vegetable 4 OZ.				
	Grains/Meat ½ OZ.				
Select all 5 components	LUNCH	THANKSGIVING MEAL	CHRISTMAS MEAL	EASTER MEAL	
	Milk 6 OZ.	6 OZ. Milk 1%	6 OZ. Milk 1%	6 OZ. Milk 1%	
	Fruit ¼ C	¼ C. Pineapple Tidbits	¼ C. Pineapple Tidbits	¼ C. Pineapple Tidbits	
	Vegetable ¼ C	¼ C. Mashed Potato	¼ C. Mixed Salad	¼ C. Mashed Potato	
	Grains ½ OZ.	1 OZ. WG Bread (1 EA)	1 ½ OZ. WG in Tamales	1 ½ OZ. WG Breaded Fish	
Meat/Meat Alt. 1 ½ OZ	1 ½ OZ. Turkey <i>Extra: Gravy</i>	1 OZ. Chicken Tamales (2 EA) ½ OZ. Beans (1/8 C)	2 OZ. Fish Nugget <i>Extra: Ketchup</i>		
Select 2 of all components	SNACK	THANKSGIVING SNACK	CHRISTMAS SNACK	EASTER SNACK	
	Milk 4 OZ.				
	Fruit/Vegetable ½ C.				
	Grains ½ OZ.	Extra: Thanksgiving Treat	Extra: Christmas Treat	Extra: Pudding	
Meat/Meat Alt. ½ OZ.					



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**MENU SCHEDULE FOR SCHOOL YEAR 2023-2024**

August	Menu Week	September	Menu Week	October	Menu Week	November	Menu Week
		Sept. 4-8	Week 4	Oct. 2-6	Week 4	Oct. 30-Nov. 3	Week 4
		Sept. 11-15	Week 1	Oct. 9-13	Week 1	Nov. 6-10	Week 1
Aug. 14-18	Week 1	Sept. 18-22	Week 2	Oct. 16-20	Week 2	Nov. 13-17	Week 2
Aug. 21-25	Week 2	Sept. 25-29	Week 3	Oct. 23-27	Week 3	Nov. 20-24	HOLIDAY
Aug. 28-Sep. 1	Week 3					Nov. 27-Dec. 1	Week 3
December	Menu Week	January	Menu Week	February	Menu Week	March	Menu Week
Dec. 4-8	Week 4	Jan. 1-5	HOLIDAY	Jan. 29-Feb. 2	Week 2	Feb. 26-Mar. 1	Week 2
Dec. 11-15	Week 1	Jan. 8-12	Week 3	Feb. 5-9	Week 3	Mar. 4-8	Week 3
Dec. 18-22	Week 2	Jan. 15-19	Week 4	Feb. 12-16	Week 4	Mar. 11-15	HOLIDAY
Dec. 25-29	HOLIDAY	Jan. 22-26	Week 1	Feb. 19-23	Week 1	Mar. 18-22	Week 4
						Mar. 25-29	Week 1
April	Menu Week	May	Menu Week	June	Menu Week		
Apr. 1-5	Week 2	Apr. 29-May 3	Week 2	May 27-31	Week 2		
Apr. 8-12	Week 3	May 6-10	Week 3	June 3-7	Week 3		
Apr. 15-19	Week 4	May 13-17	Week 4				
Apr. 22-26	Week 1	May 20-24	Week 1				