

March 2022



Lamesa Birth to Five Head Start

Dr. Seuss Week

Feb. 28-March 4

Monday-Wear Strips Day

Tuesday-Mismatched socks Day

Wednesday-Wear Green

Thursday-Crazy Hat Day

Friday-Wear your favorite color

Spring Break

March 14-18

Have a safe

And enjoyable

Week

Daylight

Saving

Time

begins

March 13



**Read Read
Read to
your child**

Don't forget
to move your
clock forward
one hour on

Saturday

(March 13)

night or

Sunday

Morning



Parent Meeting Tuesday March 29, 2022

12:00-1:00 in the gym

Topic: Child Abuse & Neglect/Family

Violence and go over Chapter 5

Program reminders

- Do not leave children alone in the vehicle
- Sign your child in and out daily
- Doors are open at 8:00 in the morning
- Doors open at 2:12 or 2:30 in the afternoon

March Birthdays

Madilyn Messiah Kaiden

Abigail Jaxton Rayden

Elliahna Kayleigh Nayeli

Blythe Adriel Mellech

Ilyssa Bryson Kayleb



Early Head Start CYCLE I

Revised Menus 8/1/21

March 2022

Early Head Start CYCLE II

Revised Menus 8/1/21

Special diets are available with a doctor's note and menu.

Water Served at all meals

	Breakfast	Lunch	Snack
MONDAY Date: 7	Peach Slices Oatmeal Milk Water	Steak Fingers Cream Gravy Canned Apricot (chopped) Pork N Beans Enriched White Bread Milk Water	Orange Slice Wheat Crackers Water
TUESDAY Date: 8	Bananas Tastecos Milk Water	Enchilada Casserole (Meat Sauce/Cheese/ Corn Tortillas) Pinto Beans Tropical Fruit Milk Water	Trail Mix Milk Water
WEDNESDAY Date: 9	Apple Sauce French Toast Strips (Whole Wheat Bread) Milk Water	Pork Roast Brown Gravy Sweet Green Peas Oranges Slices Corn Tortillas Milk Water	Animal Crackers Milk Water
THURSDAY Date: 10	Strawberries (Chopped) Fortified Corn Flakes Milk Water	Beef Goulash Sliced Carrots Pears Halves (Cut small) Enriched Wheat Bread Milk Water	Ritz Crackers Cheese Slice Water
FRIDAY Date: 11	Orange Slices Scrambled Eggs Whole Wheat Toast Milk Water	Chicken Fajitas HM Pinto Beans Mandarin Oranges (In Light Syrup) Flour Tortillas Milk Water	Cucumber (finely chopped) Multi Grain Crackers Water

This institution is an equal opportunity provider.

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Water Served at all meals

	Breakfast	Lunch	Snack
MONDAY Date: 14	Orange Slices Biscuit Cream Gravy Milk Water	Whole Grain Spaghetti w/HM Meat Sauce Mixed Vegetable Peaches (chopped) Garlic Toast Milk Water	1/2 Bananas Milk Water
TUESDAY Date: 15	Peaches (Chopped) Bran Flakes Milk Water	Chicken/Noodles/ Cheese Casserole Sweet Green Peas Pineapple Tidbits Whole Wheat Roll Milk Water	Apples (chopped) Cheese Slices Water
WEDNESDAY Date: 16	Pears (Puree) Pancakes Milk Water	Baked Ham HM Refried Beans Kiwi (Diced) Enriched Wheat Roll Milk Water	String Cheese Whole Wheat Club Crackers Water
THURSDAY Date: 17	Pineapple Tidbits Hot Oatmeal Milk Water	Fish Sticks Catsup Pear Halves Steam Broccoli Whole Wheat Bread Milk Water	Bananas Tastecos Water
FRIDAY Date: 18	Hash Browns Whole Wheat Toast Milk Water	Frito Pie meat sauce with Pinto Beans Lettuce & Tomatoes (finely chopped) Strawberries (chopped) Saltine Crackers Milk Water	Animal Crackers Blueberries Water

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Early Head Start CYCLE III

Revised Menus 8/1/21

Special diets are available with a doctor's note and menu.

Water Served at all meals

	Breakfast	Lunch	Snack
MONDAY Date: 21	Orange Slices Whole Wheat Toast Milk Water	Cowboy Stew Green Beans Pineapple Tidbits Corn Tortillas Milk Water	Apricot Halves Whole Wheat Goldfish Crackers Water
TUESDAY Date: 22	Strawberries (Diced) Bran Flakes Milk Water	HM Refried Bean Burrito w/Cheese on Whole Wheat Tortillas Spinach/tomatoes Salad (chopped bite size) French Dressing Pear Halves Milk Water	Apple (chopped) Cheese Slice Water
WEDNESDAY Date: 23	Kiwi (chopped) Scrambled Eggs Hot Biscuits Milk Water	Shredded Bar-B-Que Chicken Ranch Style Beans Tropical Fruit Mix (No Grapes) Whole Wheat Roll Milk Water	Orange Slice Milk Water
THURSDAY Date: 24	Peach Slices Whole Grain Corn Chex Cereal Milk Water	Chili W Pinto Beans /Tomato/Leaf Lettuce Salad HM Salad Dressing Mandarin Oranges Wheat Crackers Milk Water	Banana Animal Crackers Water
FRIDAY Date: 25	Strawberry (Diced) Cream of Wheat Milk Water	Hamburger Patty w/cheese (cut up) Mustard & Catsup Steak Cut Potatoes Pineapple Tidbits Enriched Wheat Bread Milk Water	Apple Sauce Whole Wheat Cracker Water

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Early Head Start CYCLE IV

Revised Menus 8/1/21

Special diets are available with a doctor's note and menu.

Water Served at all meals

	Breakfast	Lunch	Snack
MONDAY Date: 28/28	Orange Slices Kix Cereal Milk Water	Salisbury Steak Brown Gravy. HM Pinto Beans Rosie Applesauce Enriched Roll Milk Water	Cheese Nips Milk Water
TUESDAY Date: 1/29	Strawberries (chopped) Tastecos Milk Water	Chicken Noodle Soup Steamed Broccoli Peach Slices Club Crackers Milk Water	Wheat Saltine Crackers Bananas Water
WEDNESDAY Date: 2/30	Pineapple Tidbits Cinnamon Toast Milk Water	HM Sloppy Joe Canned Apricot (chopped) Spinach Salad Dinner Roll Milk Water	Tropical Fruit Milk Water
THURSDAY Date: 3/31	Cantaloupe (Orange Slices) Hot Oatmeal Milk Water	Chicken Casserole Sweet Green Peas Chopped Strawberries Whole Wheat Roll Milk Water	Banana Burritos Whole Wheat Tortillas Shredded Cheese Water
FRIDAY Date: 4	Blueberries Biscuit Milk Water	Beef/Bean Burrito Carrots Slices Pineapple Tidbits Whole Wheat Flour Tortillas Milk Water	Bananas Milk Water

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