




Tazewell Woodford Head Start
March 2018
Eureka Head Start

Monday	Tuesday	Wednesday	Thursday March 1	Friday March 2
			<u>No School</u>  Parent-Teacher Conferences	
March 5	March 6	March 7	March 8	March 9
Breakfast: Bacon and gravy whole wheat pizza, cottage cheese, pineapple, milk Snack: Carrots with hummus, milk Lunch: Grilled chicken fajitas on whole wheat tortilla (sour cream, cheese, lettuce) green peppers, fruit cocktail, milk	Breakfast: Pumpkin oatmeal, ham slices, fruit cocktail, milk Snack: Apple wedges and sunbutter, milk Lunch: Grilled cheese on whole wheat bread, steamed vegetable melody, raisin box, milk	Breakfast: English muffins, turkey bacon, hash brown, raisin box, milk Snack: Hot pretzel stick with cheese, milk Lunch: Salisbury steak over a slice of whole wheat bread, cold broccoli, peach/pear mix, milk	Breakfast: Pancake sausage wraps, cheese sticks, peach/pear mix, milk Snack: Animal crackers, milk Lunch: Tater tot casserole, whole wheat dinner roll, celery with ranch, hot cinnamon apples, milk	Breakfast: Cheesy hash brown and egg casserole, toast, hot cinnamon apples, milk Snack: Bananas with sunbutter, milk Lunch: Fish patty on whole wheat bun corn casserole, strawberry /blueberry mix, milk
March 12	March 13	March 14	March 15	March 16
Breakfast: Yogurt, granola, whole wheat bagels, strawberry/blueberry mix, milk Snack: Crackers, cheese slice, milk Lunch: Pulled pork on whole wheat bun, baked beans, mandarin oranges, milk	Breakfast: Whole wheat blueberry muffin, turkey sausage, mandarin oranges, milk Snack: ½ Sunbutter and jelly sandwich, milk Lunch: Turkey breast, whole wheat dinner roll, sweet potato casserole, peaches, milk	Breakfast: Sausage and cheese on whole wheat biscuit, potato smiles, peaches, milk Snack: Cutie, milk Lunch: Meatloaf balls, whole wheat breadstick, cold veggie mix, green grapes, milk	Breakfast: Cereal, cheese omelets, green grapes, milk Snack: Rice cakes, milk Lunch: Whole grain chicken nugget sliders, peas, watermelon, milk 	<u>No School</u> <u>Career</u> <u>Development Day</u> 
March 19	March 20	March 21	March 22	March 23
Breakfast: Egg and cheese whole wheat bosco stick, cottage cheese, watermelon, milk Snack: Pudding, vanilla wafers, milk Lunch: Whole wheat turkey sausage pizza, corn on the cob, pears, milk	Breakfast: Cheese and Canadian bacon whole wheat English muffins, tater tots, pears, milk Snack: Snack mix, milk Lunch: Turkey dogs on whole wheat bun, sweet potato fries, tropical fruit mix, milk	Breakfast: Whole wheat toast with sunbutter and jelly, turkey sausage, tropical fruit mix, milk Snack: Pita chips and hummus, milk Lunch: Lasagna, bread stick, salad, cinnamon apples, milk	Breakfast: Whole wheat cinnamon bagel sticks, turkey bacon, hot cinnamon apples, milk Snack: Pretzels, milk Lunch: Breaded pork chop over slice of whole wheat bread, country gravy, green beans, hot strawberry jello with mixed fruit, milk	Breakfast: Whole wheat waffles, scrambled eggs, strawberry jello with mixed fruit, milk Snack: Turkey and cheese roll up on whole wheat tortilla, milk Lunch: Cheese sandwich on whole wheat bun, baby carrots, cantaloupe, milk Friday Try Day: Plantains
March 26	March 27	March 28	March 29	March 30
Breakfast: Turkey sausage gravy over whole wheat biscuit, hash brown, cantaloupe, milk Snack: Celery with sunbutter, milk Lunch: Peanut butter and jelly on whole wheat bread, cold cauliflower with ranch, apricots, milk	Breakfast: Blueberry pancakes, cottage cheese, apricots, milk Snack: Teddy grahams, milk Lunch: Sliced ham, hot whole wheat pretzel, hot carrots with cinnamon, cuties, milk	Breakfast: Breakfast burritos (whole wheat tortillas, eggs, sausage, cheese), tater tots, cuties, milk Snack: ½ Cheese sandwich, milk Lunch: Chicken salad on whole wheat bun, broccoli salad, blueberries, milk	Breakfast: Yogurt, granola, whole wheat french toast sticks, blueberries, milk Snack: Saltine crackers, cheese sticks, milk Lunch: Whole wheat spaghetti with meat sauce, steamed vegetable melody, strawberries, milk	Breakfast: Cereal, turkey bacon, strawberries, milk Snack: Peppers with ranch, milk Lunch: Chicken stir-fry with vegetable mix, brown rice, orange slices, milk

For menus, classroom news and more visit: www.twhsp.org