



Tazewell Woodford Head Start  
December 2018  
Creve Coeur Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Breakfast:</b> 3 tbs Peanut Butter with Jelly over 1 Slice Whole Grain Toast ½ cup Craisins 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Kids Snack Mix, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hamburger with Cheese on 1 Whole Grain Bun ½ cup oven fries ¼ cup Steamed Veggies ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Patty ½ cup Toasty O's ½ cup Mandarin Oranges 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Animal Crackers, Pudding, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese in Whole Grain Tortilla ½ cup Spanish Rice ¼ cup Corn ½ cup Red Grapes 6 oz 1% milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b> 1.5 oz Egg Omelet 1 Slice Whole Grain Toast ½ cup Cinnamon Apples 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Mixed fruit with jello, 4 oz 1% milk</p> <p><b>Lunch:</b> ½ cup Chicken Noodle Soup, Crackers ½ PB and Jelly with Whole Grain Bread ½ Cup Tortilla Chips with Hummus ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk</p>	<p><b>6</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Patty Sausage gravy over 1 Whole Grain Biscuit ½ cup Pears 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Goldfish Crackers, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Country Fried Steak 1 Slice Whole Grain Bread ¼ cup Mashed Potatoes with Gravy ¼ cup Green Beans ¼ cup Pineapple 6 oz 1% milk</p>	<p><b>7</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage and Cheese over 1 Slice Whole Grain Pizza Crust ½ cup Toasted O's ½ cup Pineapple 6 oz 1% milk</p> <p><b>Snack:</b> ½ Peanut Butter and Jelly, 4 oz 1% milk</p> <p><b>Sack Lunch:</b> 1.5 oz Cheese and Ham on 1 Whole Grain Bun ¼ cup Carrot Sticks ¼ cup Raisins 6 oz 1% milk</p>
<p><b>10</b></p> <p><b>Breakfast:</b> 6 oz Yogurt 1 Fruit Muffin ½ cup Pears 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Kids Snack Mix, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Meatballs and Cheese on ½ Whole Grain Sub Bread ½ cup corn Chips ¼ cup Steamed Veggies ¼ cup Pears 6 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Pancake Wrap ½ cup Toasty O's ½ cup Pears 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Animal Crackers, Pudding, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Taco meat and Cheese over Tortilla Chips (lettuce/Tomatoes/Salsa) ¼ cup Corn on the cob ½ cup Cinnamon Applesauce 6 oz 1% milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b> 1.5 oz Scrambled Egg 1 Slice Whole Grain Toast ½ cup Cinnamon Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Mixed fruit with jello, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese in ½ cup Tortellini Noodles w/ Marinara 1 Slice Garlic Bread ¼ cup Peas ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p><b>13</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Patty Sausage gravy over 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Goldfish Crackers, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham slice 1 Dinner Roll ¼ cup Au Gratin Potatoes ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>	<p><b>14</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p><b>Snack:</b> ½ Peanut Butter and Jelly 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese and pepperoni in 1 Whole Grain Bread Stick ½ cup Pretzel Twists with Hummus ¼ cup Cucumber Sticks ¼ cup Apple Wedges 6 oz 1% milk</p>
<p><b>17</b></p> <p><b>Breakfast:</b> 3 tbs Peanut Butter with Jelly over 1 Whole Grain Biscuit ½ cup Mandarin Oranges 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Kids Snack Mix, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz BBO Grilled Chicken on ½ Whole Grain Bun ½ cup Potato Smiles ¼ cup Steamed Veggies ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p><b>18</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Patty ½ cup Toasty O's ½ cup Mixed Fruit 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Animal Crackers, Pudding, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken and Cheese in Whole Grain Tortilla ½ cup Red Beans and Rice ½ cup Seasoned Rice ¼ cup Corn ½ cup Peaches 6 oz 1% milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Patty and cheese on 1 Whole Grain Bun ½ cup Peaches 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Mixed fruit with jello, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Sausage Links 1 Hot Pretzel with Cheese ¼ cup Peas ¼ cup Pears 6 oz 1% milk</p>	<p><b>20</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Patty Sausage gravy over 1 Whole Grain Biscuit ½ cup Pears 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Goldfish Crackers, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken in ½ cup Noodles 1 Slice Whole Grain Breadstick ¼ cup Mashed Potatoes with Gravy ¼ cup Green Beans ¼ cup Pineapple 6 oz 1% milk</p>	<p><b>21</b></p> <p><b>No School Career Development Day</b></p> 
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>31</b>				

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