



Tazewell Woodford Head Start
December 2018
Family Center Head Start



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>3</p> <p>Breakfast: 6 oz Fruit Yogurt 1.5 oz Whole Grain Waffles ½ cup Watermelon Pieces 6 oz 1% milk</p> <p>Snack: 1 cutie, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken and Cheese Quesadilla On ½ Whole Grain Tortilla ¼ cup Steamed Cascade Blend (Carrot/Gr. Bean) ¼ cup Watermelon Pieces 6 oz 1% milk</p> | <p>4</p> <p>Breakfast: 1.5 oz Turkey Bacon Slices ½ Whole Grain Bagel Slice ½ cup Orange Slices 6 oz 1% milk</p> <p>Snack: ½ cup Whole Grain Animal Crackers, 4 oz 1% milk</p> <p>Lunch: 3 oz Beef Spaghetti Sauce ¼ cup Whole Grain Spaghetti ¼ cup Spinach Salad Mix ¼ cup Orange Slices 6 oz 1% milk</p> | <p>5</p> <p>Breakfast: 2 oz Turkey Sausage wrapped in Whole grain pancakes ½ cup Tropical Fruit Mix, ¼ cup Snap Peas 6 oz 1% milk</p> <p>Snack (Kids Make): Ants on a log (1/2 cup Celery/Sun Butter/Raisins) 1% milk</p> <p>Lunch: 1.5 oz Grilled Chicken Patty on ½ Whole Grain Bun ¼ cup Sw. Potato Puffs ¼ cup Tropical Fruit Mix 6 oz 1% milk</p> | <p>6</p> <p>Breakfast: 1 large Boiled Egg 2 oz Sausage Patty with Cheese on 1 Whole Grain Biscuit ½ cup Apricots 6 oz 1% milk</p> <p>Snack: 1 Whole Grain Muffin, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Beef chunks with Mashed Potatoes Over 1 slice Whole Grain Bread ¼ cup Cold Broccoli ¼ cup Apricots 6 oz 1% milk</p> | <p>7</p> <p>Breakfast: 1.5 oz Scrambled Eggs with Ham Hunks ½ Slice Whole Grain French Toast ½ cup Fruit Smoothie Cup 6 oz 1% milk</p> <p>Snack: 3 crackers, 1 oz string cheese 4 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey and Cheese on 1 Slice Whole Grain Bread ¼ cup Corn (on the cob) 4.4 oz Fruit Smoothie cup 6 oz 1% milk</p> |
| <p>10</p> <p>Breakfast: 2 oz Cheese Omelet ½ Cup Apple Oatmeal ½ Bananas 6 oz 1% milk</p> <p>Snack: ½ cup cold veggie mix, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Italian Beef on ½ Whole Gain Bun ¼ cup Cold Cucumber slices ½ Bananas 6 oz 1% milk</p> | <p>11</p> <p>Breakfast: 1.5 oz Cheese and Canadian Bacon on ½ Whole Grain English Muffin ½ cup Red Grapes, ¼ cup cold carrots 6 oz 1% milk</p> <p>Snack: ½ cup Whole Grain Goldfish, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Whole Grain Breaded Fish Patty on ½ Whole Grain Bun ¼ cup Steamed Peas ¼ cup Red Grapes 6 oz 1% milk</p> | <p>12</p> <p>Breakfast: 1.5 oz Turkey Sausage link ½ Slice Whole Grain Toast ½ cup Cherry Tomatoes 6 oz 1% milk</p> <p>Snack (Kids Make): Boiled Egg Mouse (Almond Ears/Pretzel Tail) 4 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey Breast ¼ cup Whole Grain Stuffing ¼ cup Steamed Country Mix (Gr. Bean/Carrot/Corn) ¼ cup Cherry Tomatoes 6 oz 1% milk</p> | <p>13</p> <p>Breakfast: 1.5 oz Turkey Gravy over 1 Whole Grain Biscuit ½ cup Peaches ½ cup Cheesy Hashbrowns 6 oz 1% milk</p> <p>Snack: 1 Whole Grain Hot Pretzel, 4 oz 1% milk</p> <p>Lunch: 3 tbsp. Sun Butter and Jelly on 2 Slices of whole Grain Bread ¼ cup Cold Cauliflower ¼ cup Peaches 6 oz 1% milk</p> | <p>14</p> <p>Breakfast: ½ Cup Cottage Cheese 1 Whole Grain Fruit Muffin ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack: ½ cup Apple slices with Sun Butter, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Chicken in Stir-Fry ¼ cup Brown Rice ¼ cup Asian Veggie Blend ¼ cup Mandarin Oranges 6 oz 1% milk</p> |
| <p>17</p> <p>Breakfast: 6 oz Fruit Yogurt w/ granola ½ cup Corn Flakes ½ cup Strawberries 6 oz 1% milk</p> <p>Snack: ½ cup Corn Chips with salsa, 4 oz 1% milk</p> <p>Lunch: 1.5 oz BBQ Pulled Pork on ½ Whole Grain Bun ¼ cup Carrots with hummus ¼ cup Strawberries 6 oz 1% milk</p> | <p>18</p> <p>Breakfast: 1.5 oz Ham Slice 1.2 oz Whole Grain Pancake 1 Cutie 6 oz 1% milk</p> <p>Snack: ½ cup Teddy Grahams, 4 oz 1% milk</p> <p>Lunch: 2 oz Whole Grain Breaded Chicken Nuggets 1.5 Whole Grain Dinner Roll ¼ cup Cinnamon Mashed Sw. Potato 1 Cutie 6 oz 1% milk</p> | <p>19</p> <p>Breakfast: ½ cup Little Smokies 1 slice Bacon and Gravy Whole Grain Breakfast Pizza 1 Raisin Box 6 oz 1% milk</p> <p>Snack (Kids Make): ½ Grape/Cheese Cube Kababs on a pretzel stick, 4 oz 1% milk</p> <p>Lunch: ½ cup Beef and Bean Chili 2 Saltine Crackers ½ Cheese Sandwich on whole Grain Bread ¼ cup Celery with Sun Butter 1 Raisin Box (Ants on a Log) 6 oz 1% milk</p> | <p>20</p> <p>Breakfast: 1.5 oz Turkey Bacon ½ Slice Whole Grain French Toast ½ cup Peach/Pear 6 oz 1% milk</p> <p>Snack: ½ Whole Grain English Muffin with Sun Butter, 4 oz 1% milk</p> <p>Lunch: 2 oz Beef Spaghetti Sauce over ½ cup Whole Grain Ravioli ¼ cup Steamed Green Beans ¼ cup Peach/Pear mix 6 oz 1% milk</p> | <p>21</p> <p>No School Career Development Day</p>  |
| 24 | 25 | 26 | 27 | 28 |
| 31 |  | | | |

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