



Tazewell Woodford Head Start  
December 2018  
Green Valley Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Breakfast:</b> 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> 1 English Muffin with Sun Butter, Banana 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken Nugget 1 Whole Grain Roll ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Turkey Sausage Maple Whole Grain ¼ cup Black Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Goldfish, Celery Sticks, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hamburger with Cheese on 1 Whole Grain Bun ¼ cup Seasoned Green Beans ¼ cup Pears 6 oz 1% milk</p>	<p><b>6</b></p> <p><b>Breakfast:</b> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> 1 Apple/Cinn. Muffin, Raisins, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Salisbury Steak on 1 Whole Grain Bun ¼ cup Mashed Potatoes ¼ cup Mixed Fruit Medley 6 oz 1% milk</p>	<p><b>7</b></p> <p><b>Breakfast:</b> 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Apple Slices, Cornbread slice, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese over 1 Slice Whole Grain Pizza Crust ¼ cup Steamed Broccoli ¼ cup Fruity Applesauce 6 oz 1% milk</p>
<p><b>10</b></p> <p><b>Breakfast:</b> 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Tortilla Chips/Salsa, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hamburger with Cheese on 1 Whole Grain Bun ¼ cup Seasoned Fiesta Beans ½ cup Peaches 6 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><b>Snack:</b> 1 Apple/Cinn. Muffin, Banana, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hot Dog on 1 Whole Grain Bun ¼ cup Garlic Green Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 Ground Beef in Spaghetti Sauce w/ ½ cup Rotini Noodles ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p><b>13</b></p> <p><b>Breakfast:</b> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Apple Slices with Sun Butter, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese in 1 Whole Grain Tortilla ¼ cup Seasoned Black Beans ¼ cup Mixed Fruit Medley 6 oz 1% milk</p>	<p><b>14</b></p> <p><b>Breakfast:</b> 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Goldfish Pretzels, Grapes, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken Nuggets 1 Whole Grain Roll ¼ cup Potato Puffs ¼ cup Melons 6 oz 1% milk</p>
<p><b>17</b></p> <p><b>Breakfast:</b> 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> 1 English Muffin with Sun Butter, Banana 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Crispy Chicken on 1 Whole Grain Bun ¼ cup Refried Beans ¼ cup Peaches 6 oz 1% milk</p>	<p><b>18</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Turkey and cheese on 1 Whole Grain Sub Bun ¼ cup Steamed Cauliflower ¼ cup Applesauce 6 oz 1% milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Goldfish, Celery Sticks, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese and Pepperoni on 1 Slice Whole Grain Pizza Crust ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p><b>20</b></p> <p><b>Breakfast:</b> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> 1 Apple/Cinn. Muffin, Raisins, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese grilled on 2 Slices Whole Grain Bread ¼ cup Mashed Potatoes ¼ cup Mixed Fruit Medley 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>				

For menus, classroom news and more visit: [www.twhsp.org](http://www.twhsp.org)