



Tazewell Woodford Head Start
December 2018
Hensey Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast: 1.5 oz Scrambled Eggs and Bacon 1 Slice Whole Grain Toast ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: 1 Muffin, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Burger with Cheese on 1 Whole Grain Bun ½ cup Fries ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: 1.5 oz Sausage Gravy over 1 whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Teddy Grahams, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Patty on 1 Whole Grain Bun ½ cup Green Beans ½ cup Mixed Fruit 6 oz 1% milk</p>	<p>5</p> <p>Breakfast: 1.5 oz Sausage links ½ cup Mini French Toast ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: ½ cup Chex Mix, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Taco meat and Cheese over Tortilla Chips (lettuce/Tomatoes/Salsa) ¼ cup Corn ¼ cup Applesauce 6 oz 1% milk</p>	<p>6</p> <p>Breakfast: 1.5 oz Cheese and Sausage on 1 Slice Whole Grain Pizza ½ cup Apple Slices 6 oz 1% milk</p> <p>Snack: ½ cup Pretzels, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Sausage Links ½ cup Mini French Toast ¼ cup Carrots ¼ cup Apple Slices with Peanut Butter 6 oz 1% milk</p>	<p>7</p> <p>Breakfast: 2 tbsp Sun butter Pancakes ½ cup Pineapple 6 oz 1% milk</p> <p>Snack: ½ cup Apple Slices, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese on Whole Grain Pizza Slice ¼ cup Romaine Salad ¼ cup Pineapple 6 oz 1% milk</p>
<p>10</p> <p>Breakfast: 1.5 Sausage Links ½ cup Oatmeal 1 Slice Whole Grain Toast ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: Graham Crackers, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Chili in 1 Crispito Shell ½ cup Chips and Salsa ¼ cup Refried Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: 1.5 oz Sausage Gravy over 1 whole Grain Biscuit ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Goldfish, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets 1 Slice whole Grain Bread with butter ½ cup Mashed Potatoes with Gravy ½ cup Pears 6 oz 1% milk</p>	<p>12</p> <p>Breakfast: 1.5 oz Bacon ½ cup Mini Pancakes ½ cup Apple Slices 6 oz 1% milk</p> <p>Snack: ½ cup Vanilla Wafers with Pudding, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Sunflower Seeds 1 Whole Grain Soft Pretzel with Cheese ¼ cup Tomatoes/Carrots with dip ¼ cup Orange Wedges 6 oz 1% milk</p>	<p>13</p> <p>Breakfast: 1.5 oz Cheese and Sausage on 1 Slice Whole Grain Pizza ½ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ cup Orange Wedges, 4 oz 1% milk</p> <p>Lunch: 1.5 oz beef in Ravioli noodle with marinara sauce ¼ cup Tossed Salad ½ cup Peaches 6 oz 1% milk</p>	<p>14</p> <p>Breakfast: 1.5 oz Egg, Sausage, And Cheese on Tortilla ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Apple Swirls, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese in Whole Grain Pizza Bite ½ cup Green Beans ¼ cup Fruit Mix 6 oz 1% milk</p>
<p>17</p> <p>Breakfast: 1.5 oz Scrambled Eggs and Bacon 1 Slice Whole Grain Toast ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Animal Crackers, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chili Dog in ½ Whole Grain Bun Pickle Spear ½ cup Coleslaw ¼ cup Pears 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: 1.5 oz Sausage Gravy over 1 whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ Banana, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Fajita and Cheese over Tortilla Chips (lettuce/Tomatoes/Salsa) ¼ cup Corn ½ cup Peaches 6 oz 1% milk</p>	<p>19</p> <p>Breakfast: 1.5 oz Sausage links ½ cup Mini Waffles ½ cup Apple Slices 6 oz 1% milk</p> <p>Snack: PB&J on whole wheat, 4 oz 1% milk</p> <p>Lunch: 3 tbsp Peanut Butter over 1 Whole Grain Dutch Waffle ¼ cup Carrot Coins ¼ cup Apple Slices with Peanut Butter 6 oz 1% milk</p>	<p>20</p> <p>Breakfast: 1.5 oz Cheese and Sausage on 1 Slice Whole Grain Pizza ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: ½ cup Apple Slice, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chili, Crackers ½ PB&J Sandwich ½ cup Celery ¼ cup Applesauce 6 oz 1% milk</p>	<p>21</p> <p>No School Career Development Day</p> 
24	25	26	27	28
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