



Tazewell Woodford Head Start  
December 2018  
Pekin Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Breakfast:</b> 6 oz Yogurt, 1.5 oz Ham/Cheese on 2 Slices Whole Wheat Bread ½ cup Orange Mix 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Animal Crackers, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Taco Ground Beef 1 Whole Grain Tortilla ¼ cup Corn ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Apple Slices with Peanut Butter, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Turkey in 1 Whole Grain Tortilla ½ cup Whole Grain Pasta Mix ¼ cup Green Beans ¼ cup Apricot Mix 6 oz 1% milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage and Cheese on 1 Biscuit ½ Banana 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Melon Chunks, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham with Cheese Sauce over ½ cup Whole Grain Macaroni Noodles ¼ cup Peas ¼ cup Berry Mix 6 oz 1% milk</p>	<p><b>6</b></p> <p><b>Breakfast:</b> 6 oz Yogurt, 1 oz Cheese Stick ½ cup Kix Cereal ½ cup Apricots 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Pudding with Banana Slices, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef and Spaghetti Sauce ½ cup Whole Grain Spaghetti Noodles 1 Dinner Roll ¼ cup Salad ¼ cup Peaches 6 oz 1% milk</p>	<p><b>7</b></p> <p><b>Breakfast:</b> ½ cup Cottage Cheese 1 Muffin ½ cup Pineapple 6 oz 1% milk</p> <p><b>Snack:</b> ½ Bagel with Peanut Butter, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ground beef and Cheese in Tater tots with Crème of Mushroom 1 Whole Grain Bread Slice ¼ cup Carrots ¼ cup Pineapple Mix 6 oz 1% milk</p>
<p><b>10</b></p> <p><b>Breakfast:</b> 1.5 oz Scrambled Eggs ½ cup Crème of Wheat ½ cup Oranges 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Vanilla Wafers, Pudding, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef with Sauce over ½ cup Noodles 1 Slice of Whole Grain Bread ¼ cup Peas ½ cup Mixed Berries 6 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage 1 Pancake ½ cup Apple Slices 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Pretzels, 1 oz Cheese Stick, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken Strips 1 Whole Grain Bread Slice ¼ cup Lima Beans ¼ cup Melons 6 oz 1% milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b> 1.5 oz Cheese/Sausage over 1 English Muffin 6 oz 1% milk</p> <p><b>Snack:</b> ½ Peanut Butter Sandwich on Whole Wheat Bread, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham in 1 Slices Whole Wheat Bread ¼ cup Baked Beans ¼ cup Berries 6 oz 1% milk</p>	<p><b>13</b></p> <p><b>Breakfast:</b> 1.5 oz Eggs/Sausage 1 slice Whole Wheat Bread ½ cup Berry Mix 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Orange Sections, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hot Turkey on 1 Slice Whole Wheat Bread ¼ cup Mashed Potatoes with Carrots ¼ cup Berry Mix 6 oz 1% milk</p>	<p><b>14</b></p> <p><b>Breakfast:</b> ½ Cup Yogurt Whole Grain French Toast ½ cup Peach Mix 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Mixed Veggies, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hamburger with cheese on 1 Whole Grain Bun ¼ cup Corn ¼ cup Melons 6 oz 1% milk</p>
<p><b>17</b></p> <p><b>Breakfast:</b> 1.5 oz Turkey/Cheese on ½ Whole Wheat Bagel ½ cup Apple Slices 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Grapes, Cheese, Crackers, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Tuna with ½ cup Noodles ¼ cup Salad ¼ cup Berry Mix 6 oz 1% milk</p>	<p><b>18</b></p> <p><b>Breakfast:</b> 6 oz Yogurt, 1.5 oz Sausage with Gravy Over 1 Biscuit ½ cup Melons 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Raisins, 2 Graham Crackers, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken Breast ½ cup Brown Rice ¼ cup Peas ¼ cup Melons 6 oz 1% milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b> 1.5 oz Bacon 1 Pancake ½ cup Peach Mix 6 oz 1% milk</p> <p><b>Snack:</b> 1 Banana, Vanilla Wafers, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Scrambles Eggs/Sausage 1 Whole Grain Bread Slice ¼ cup Carrots ¼ cup Orange Mix 6 oz 1% milk</p>	<p><b>20</b></p> <p><b>Breakfast:</b> 1.5 oz Eggs, 6 oz Yogurt 1 Muffin ½ cup Apples 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Pretzels, 1 oz Cheese Stick, 4 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Sloppy Jo Ground Beef on 1 Whole Grain Bun ¼ cup Corn ¼ cup Grape Mix 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>



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