


Tazewell Woodford Head Start  
January 2018  
Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>7 <u>Winter Break:</u> <u>School Resumes</u> <u>January 8<sup>th</sup></u></p> 	<p>8 <b>Breakfast:</b> 1.5 oz Sausage link French Toast Sticks ½ cup Peaches 6 oz 1% milk <b>Snack:</b> ½ cup Animal Crackers, ½ cup Pudding, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese Quesadilla ½ cup Spanish Rice ¼ cup Corn ¼ cup Oranges 6 oz 1% milk</p>	<p>9 <b>Breakfast:</b> 1.5 oz Cheese Omelet 1 slice Whole Grain Toast ½ cup Pears 6 oz 1% milk <b>Snack:</b> ½ cup Mixed fruit with jello, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Mini Corn Dogs in Whole Grain Breading ½ cup Baked Beans ¼ cup Broccoli ¼ cup Cinnamon Applesauce 6 oz 1% milk</p>	<p>10 <b>Breakfast:</b> 1.5 oz Ham Patty 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Cinnamon Applesauce 6 oz 1% milk <b>Snack:</b> ½ cup Goldfish, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken with ½ cup Whole Grain Noodles ½ cup Mashed Potatoes, Dinner Roll ¼ cup Green Beans ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>11 <b>Breakfast:</b> 1.5 oz Sausage ½ cup Toasty O's ½ cup Mixed Fruit 6 oz 1% milk <b>Snack:</b> ½ Peanut Butter and Jelly Sandwich, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese/Pepperoni in 1 slice Whole Grain Breadstick ½ cup Sun Chips ¼ cup Carrots ¼ cup Apples 6 oz 1% milk</p>
<p>14 <b>Breakfast:</b> 1.5 oz Ham Slice ½ cup Toasty o's, Fruit Muffin ½ cup Mandarin Oranges 6 oz 1% milk <b>Snack:</b> ½ cup Kids Snack Mix, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Cheeseburger in 1 Whole Grain Bun ½ cup Smiley Potatoes ¼ cup Steamed Mixed Veggies ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>15 <b>Breakfast:</b> 1.5 oz Sausage Links ½ cup Toasty O's ½ cup Mandarin Oranges 6 oz 1% milk <b>Snack:</b> ½ cup Animal Crackers, ½ cup Pudding, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Taco Meat in 1 Whole Grain Tortilla Bowl (Lettuce/Cheese/Salsa) ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk</p>	<p>16 <b>Breakfast:</b> 1.5 oz Scrambled Eggs 1 Whole Grain Biscuit ½ Pineapple 6 oz 1% milk <b>Snack:</b> ½ cup Mixed fruit with jello, 4 oz 1% milk <b>Lunch:</b> 1 oz Popcorn Chicken 1 Slice Whole Grain Bread ¼ cup Cole Slaw, Steamed Broccoli ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>17 <b>Breakfast:</b> 1.5 oz Ham Patty 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <b>Snack:</b> ½ cup Goldfish, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Country Fried Steak 1 Whole Grain Dinner Roll ½ cup Mashed Potatoes with Gravy ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>18 <u>No School</u> <u>Career</u> <u>Development Day</u></p> 
<p>21 <u>No School</u> <u>Martin Luther King Jr.</u> <u>Day</u></p> 	<p>22 <b>Breakfast:</b> 1.5 oz Sausage links Pancakes ½ cup Cinnamon Applesauce 6 oz 1% milk <b>Snack:</b> ½ cup Animal Crackers, ½ cup Pudding, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Beef and Bean in 1 Whole Grain Tortilla (with Salsa) ¼ cup Corn on the cob ¼ cup Peaches 6 oz 1% milk</p>	<p>23 <b>Breakfast:</b> 1.5 oz Egg/Cheese on 1 Whole Grain Bun ½ cup Peaches 6 oz 1% milk <b>Snack:</b> ½ cup Mixed fruit with jello, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese grilled in 2 Whole Grain Bread Slices, 3 crackers ¼ cup Tomato Soup ¼ cup Pineapple 6 oz 1% milk</p>	<p>24 <b>Breakfast:</b> 1.5 oz Ham Patty 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Pineapple 6 oz 1% milk <b>Snack:</b> ½ cup Goldfish, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken with Al Fredo in ½ cup Noodles Whole Grain Garlic Bread ¼ cup Romain Salad ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>25 <b>Breakfast:</b> 1.5 oz Sausage Patty 1 Banana Bread Loaf ½ cup Mixed Fruit 6 oz 1% milk <b>Snack:</b> ½ Peanut Butter and Jelly Sandwich, 4 oz 1% milk <b>Sack Lunch:</b> 1.5 oz Ham with cheese in Whole Grain Bread ½ cup Original Sun Chips ¼ cup Carrots ¼ cup Raisins 6 oz 1% milk</p>
<p>28 <b>Breakfast:</b> 1.5 oz Ham Slice ½ cup Toasty o's, Fruit Muffin ½ cup Cinnamon Apple Slices 6 oz 1% milk <b>Snack:</b> ½ cup Kids Snack Mix, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Tenderloin over 1 Whole Grain Bun ¼ cup Pears 6 oz 1% milk</p>	<p>29 <b>Breakfast:</b> 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <b>Snack:</b> ½ cup Animal Crackers, ½ cup Pudding, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken Fajita meat in 1 Whole Grain Tortilla (Lettuce/Cheese/Salsa) ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk</p>	<p>30 <b>Breakfast:</b> 1.5 oz Scrambled Eggs 1 Slice Whole Wheat Toast ½ cup Pineapple 6 oz 1% milk <b>Snack:</b> ½ cup Mixed fruit with jello, 4 oz 1% milk <b>Lunch:</b> ½ cup Macaroni and Cheese 3 tbsps Peanut Butter/Jelly on Whole Grain Bread ¼ cup Bell Peppers ¼ cup Banana 6 oz 1% milk</p>	<p>31 <b>Breakfast:</b> 1.5 oz Ham Patty 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Mandarin Oranges 6 oz 1% milk <b>Snack:</b> ½ cup Goldfish, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Salisbury Steak 1 Whole Grain Bread Slice ½ cup Au Gratin Potatoes ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>	<p><u>Just</u> <u>CALLN</u></p> 

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