

Tazewell Woodford Head Start
January 2018
Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>7</p> <p>Winter Break: School Resumes January 8th</p> 	<p>8</p> <p>Breakfast: 1.5 oz Turkey Bacon Slices ½ Whole Grain Bagel Slice ½ cup Orange Slices 6 oz 1% milk Snack: ½ cup Whole Grain Animal Crackers, 4 oz 1% milk 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>9</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 Snack (Kids Make): Ants on a log (1/2 cup Celery/Sun Butter/Raisins) 1% milk 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>10</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 Snack: 1 Whole Grain Muffin, 4 oz 1% milk 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>11</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 Snack: 3 crackers, 1 oz string cheese 4 oz 1% milk 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>14</p> <p>Breakfast: 2 oz Cheese Omelet ½ Cup Apple Oatmeal ½ Bananas 6 oz 1% milk Snack: ½ cup cold veggie mix, 4 oz 1% milk Lunch: 1.5 oz Italian Beef on ½ Whole Gain Bun ¼ cup Cold Cucumber slices ½ Bananas 6 oz 1% milk</p>	<p>15</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 Snack: ½ cup Whole Grain Goldfish, 4 oz 1% milk 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>16</p> <p>Breakfast: 1.5 oz Turkey Sausage link ½ Slice Whole Grain Toast ½ cup Cherry Tomatoes 6 oz 1% milk Snack (Kids Make): Boiled Egg Mouse (Almond Ears/Pretzel Tail) 4 oz 1% milk 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>17</p> <p>Breakfast: 1.5 oz Turkey Gravy over 1 Whole Grain Biscuit ½ cup Peaches ½ cup Cheesy Hashbrowns 6 oz 1% milk Snack: 1 Whole Grain Hot Pretzel, 4 oz 1% milk 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>18</p> <p>No School Career Development Day</p> 
<p>21</p> <p>No School Martin Luther King Jr. Day</p> 	<p>22</p> <p>Breakfast: 1.5 oz Ham Slice 1.2 oz Whole Grain Pancake 1 Cutie 6 oz 1% milk Snack: ½ cup Teddy Grahams, 4 oz 1% milk 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>23</p> <p>Breakfast: ½ cup Little Smokies 1 slice Bacon and Gravy Whole Grain Breakfast Pizza 1 Raisin Box 6 oz 1% milk Snack (Kids Make): ½ Grape/Cheese Cube Kababs on a pretzel stick, 4 oz 1% milk Lunch: ½ cup Beef and Bean Chilli 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>24</p> <p>Breakfast: 1.5 oz Turkey Bacon ½ Slice Whole Grain French Toast ½ cup Peach/Pear 6 oz 1% milk Snack: ½ Whole Grain English Muffin with Sun Butter, 4 oz 1% milk 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>25</p> <p>Breakfast: 1.5 oz Egg and Sausage in 6" Whole Grain Tortilla ½ cup Pineapple, ¼ cup Colored Peppers 6 oz 1% milk Snack: ½ cup Caramel Rice Cakes, 4 oz 1% milk Lunch: Taco(Lettuce/Cheese/1.5 oz taco beef) on 6" Whole Grain Tortilla ¼ cup Steamed Southwest Blend (Corn/black beans/Peppers) ½ cup pineapple 6 oz 1% milk</p>
<p>28</p> <p>Breakfast: 1.5 oz Turkey Sausage Links ½ cup Crème of Wheat ½ cup Watermelon/Cantaloupe Mix 6 oz 1% milk Snack: 3 crackers, 1 oz string cheese 4 oz 1% milk Lunch: 2 oz Meatloaf Ball 1 oz Whole Grain Breadstick ¼ cup Spinach/Iceberg Salad Mix ¼ cup Watermelon/Cantaloupe Mix 6 oz 1% milk</p>	<p>29</p> <p>Breakfast: 1.5 oz Ham and Cheese Slice over ½ Whole Grain Bagel ½ cup Blueberries, ¼ cup Snap Peas 6 oz 1% milk Snack: ½ cup pretzel twists, 4 oz 1% milk Lunch: 1 Large Boiled Egg 1.5 oz Whole Wheat Waffles ¼ cup Green Peppers ¼ cup Blueberries 6 oz 1% milk</p>	<p>30</p> <p>Breakfast: 1.5 oz Bacon, Hash brown, Cheese and Egg Casserole 1 Whole Grain Biscuit ½ cup Fruit Cocktail 6 oz 1% milk Snack (Kids Make): ½ Tortilla/Sun Butter/Banana roll up, 4 oz 1% milk Lunch: 2 oz Chicken Salad on ½ Whole Grain Bun ¼ cup Cold Squash/Zucchini Mix ¼ cup Fruit Cocktail 6 oz 1% milk</p>	<p>31</p> <p>Breakfast: ½ cup Cottage Cheese 1.5 oz Little Smokies 1.5 oz Whole Grain Toast ½ cup Applesauce 6 oz 1% milk Snack: 1 Whole Grain Muffin, 4 oz 1% milk Lunch: 2 oz Salisbury Steak with Mashed Potatoes and Gravy over 1 Slice Whole Grain Bread ¼ cup Steamed Corn ¼ cup Applesauce 6 oz 1% milk</p>	

For menus, classroom news and more visit: www.twhsp.org