

Tazewell Woodford Head Start
January 2018
Green Valley Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>7 <u>Winter Break:</u> <u>School Resumes</u> <u>January 8th</u></p> 	<p>8 <u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk <u>Snack:</u> 1 Apple/Cinn. Muffin, Banana, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog on 1 Whole Grain Bun ¼ cup Garlic Green Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p>9 <u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk <u>Snack:</u> ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk <u>Lunch:</u> 1.5 Ground Beef in Spaghetti Sauce w/ ½ cup Rotini Noodles ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p>10 <u>Breakfast:</u> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk <u>Snack:</u> ½ cup Apple Slices with Sun Butter, 4 oz 1% milk <u>Lunch:</u> 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>11 <u>Breakfast:</u> 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk <u>Snack:</u> ½ cup Goldfish Pretzels, Grapes, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets 1 Whole Grain Roll ¼ cup Potato Puffs ¼ cup Fruity Applesauce 6 oz 1% milk</p>
<p>14 <u>Breakfast:</u> 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk <u>Snack:</u> 1 English Muffin with Sun Butter, Banana 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Breaded Sandwich 1 Whole Grain Bun ¼ cup Refried Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>15 <u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk <u>Snack:</u> ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey Sausage Maple Whole Grain ¼ cup Steamed Cauliflower ¼ cup Applesauce 6 oz 1% milk</p>	<p>16 <u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk <u>Snack:</u> ½ cup Goldfish, Celery Sticks, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Pepperoni with Cheese on 1 Whole Grain Slice of Pizza Crust ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p>17 <u>Breakfast:</u> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk <u>Snack:</u> 1 Apple/Cinn. Muffin, Raisins, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Grilled in Whole Grain Bread ¼ cup Mashed Potatoes ¼ cup Mixed Fruit Medley 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 <u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk <u>Snack:</u> 1 Apple/Cinn. Muffin, Banana, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Rib Patty on 1 Whole Grain Bun ¼ cup Potato Puffs ¼ cup Applesauce 6 oz 1% milk</p>	<p>23 <u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk <u>Snack:</u> ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk <u>Lunch:</u> 1.5 Ground Beef in Spaghetti Sauce w/ ½ cup Spaghetti Noodles ¼ cup Garbonzo Beans ¼ cup Pears 6 oz 1% milk</p>	<p>24 <u>Breakfast:</u> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk <u>Snack:</u> ½ cup Apple Slices with Sun Butter, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Mini Corndogs in Whole Grain Breading ¼ cup Refried Beans ¼ cup Mixed Fruit Medley 6 oz 1% milk</p>	<p>25 <u>Breakfast:</u> 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk <u>Snack:</u> ½ cup Goldfish Pretzels, Grapes, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese on 1 Whole Grain Slice of Pizza Crust ¼ cup Garden Salad ¼ cup Fruity Applesauce 6 oz 1% milk</p>
<p>28 <u>Breakfast:</u> 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk <u>Snack:</u> 1 English Muffin with Sun Butter, Banana 4 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog on 1 Whole Grain Bun ¼ cup BBQ Veggie Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>29 <u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk <u>Snack:</u> ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Hamburger with Cheese on 1 Whole Grain Bun ¼ cup Seasoned Carrots ¼ cup Applesauce 6 oz 1% milk</p>	<p>30 <u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk <u>Snack:</u> ½ cup Goldfish, Celery Sticks, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Marinara over ½ cup Ravioli Noodles ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p>31 <u>Breakfast:</u> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk <u>Snack:</u> 1 Apple/Cinn. Muffin, Raisins, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Tenders 1 Whole Grain Roll ¼ cup Steamed Broccoli ¼ cup Mixed Fruit Medley 6 oz 1% milk</p>	<p><u>Just</u> <u>CALLN</u></p> 

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