

Tazewell Woodford Head Start  
January 2018  
Hensley 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 <u>Breakfast:</u> 1.5 oz Bacon ½ cup Baked Oatmeal Casserole ½ cup Orange Mix 6 oz 1% milk <u>Snack:</u> ½ cup Apple Slices, ½ cup Cheerios, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Hamburger Bake 1 Whole Grain Bread Slice ¼ cup Green Beans ¼ cup Oranges 6 oz 1% milk</p>	<p>9 <u>Breakfast:</u> 1.5 oz Sausage ½ cup Mini French Toast ½ cup Applesauce 6 oz 1% milk <u>Snack:</u> ½ cup Chex Mix, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Taco meal/ Cheese over ½ cup Tortilla Chips ¼ cup Corn ¼ cup Applesauce 6 oz 1% milk</p>	<p>10 <u>Breakfast:</u> 1.5 oz Sausage/Cheese on 1 Slice Whole Grain Pizza ½ cup Apple Slices 6 oz 1% milk <u>Snack:</u> ½ cup Pretzels, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Sausage Links ½ cup Mini French Toast ¼ cup Carrots ¼ cup Apple Slices w/ Peanut Butter 6 oz 1% milk</p>	<p>11 <u>Breakfast:</u> 1.5 oz Sausage in ½ cup Pancake Bites ½ cup Pineapple 6 oz 1% milk <u>Snack:</u> ½ cup Apple Slices, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese on 1 slice Whole Grain Crust ¼ cup Tossed Salad ¼ cup Pineapple 6 oz 1% milk</p>
<p>14 <u>Breakfast:</u> 1.5 oz Sausage Link ½ cup Oatmeal, Whole Grain Toast ½ cup Applesauce 6 oz 1% milk <u>Snack:</u> 2 Graham Crackers, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken and Chili Crispito ½ cup Chips and Salsa ¼ cup Refried Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p>15 <u>Breakfast:</u> 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Pears 6 oz 1% milk <u>Snack:</u> ½ cup Goldfish, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets 1 Whole Grain Bread and Butter ½ cup Mashed Potatoes with Gravy ¼ cup Pears 6 oz 1% milk</p>	<p>16 <u>Breakfast:</u> 1.5 oz Bacon ½ cup Mini Pancakes ½ Apple Slices 6 oz 1% milk <u>Snack:</u> ½ cup Vanilla Wafers, Pudding, 4 oz 1% milk <u>Lunch:</u> 1 oz Cheese Sauce/ 3 tbsp. Sunflower Seeds ½ cup Whole Grain Soft Pretzel ¼ cup Tomatoes/Carrots ¼ cup Orange Wedges 6 oz 1% milk</p>	<p>17 <u>Breakfast:</u> 1.5 oz Sausage/Cheese on 1 Slice Whole Grain Pizza ½ cup Peaches 6 oz 1% milk <u>Snack:</u> ½ cup Orange Wedges, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Beef and Spaghetti Sauce over ½ cup Whole Grain Ravioli Noodles ¼ cup Salad 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 <u>Breakfast:</u> 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk <u>Snack:</u> ½ Banana, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Strips in 1 Whole Grain Tortilla (Lettuce/Cheese/Salsa) ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>	<p>23 <u>Breakfast:</u> 1.5 oz Sausage Link ½ cup Mini Waffles ½ cup Apple Slices 6 oz 1% milk <u>Snack:</u> ½ Peanut Butter Sandwich on Whole Wheat Bread, 4 oz 1% milk <u>Lunch:</u> 3 tbsp Peanut Butter with 1 Dutch Waffle ¼ cup Carrots ¼ cup Apple Slices 6 oz 1% milk</p>	<p>24 <u>Breakfast:</u> 1.5 oz Sausage/Cheese on 1 Slice Whole Grain Pizza ½ cup Applesauce 6 oz 1% milk <u>Snack:</u> ½ cup Apple Slices, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chili with Crackers 1 Peanut Butter and Jelly Sandwich on Whole Grain Bread ¼ cup Celery ¼ cup Applesauce 6 oz 1% milk</p>	<p>25 <u>Breakfast:</u> ½ Sausage/Egg/Cheese in Whole Grain Tortilla ½ cup Mixed Fruit 6 oz 1% milk <u>Snack:</u> ½ cup Apple Whirls, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Pepperoni with cheese in Whole Grain Bites ¼ cup Green Beans ¼ cup Mixed Fruit 6 oz 1% milk</p>
<p>28 <u>Breakfast:</u> 1.5 oz Scrambled Eggs/Bacon ½ slice Whole Wheat Toast ½ cup Apple Slices 6 oz 1% milk <u>Snack:</u> ½ cup Animal Crackers, 4 oz 1% milk <u>Lunch:</u> 3 Tbsp Peanut Butter and Jelly over Whole Grain Bread ¼ cup Carrots ¼ cup Apple Slices 6 oz 1% milk</p>	<p>29 <u>Breakfast:</u> 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Snack:</u> ½ cup Banana, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets 1 Whole Grain Bread and Butter ½ cup Mashed Potatoes with Gravy ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>30 <u>Breakfast:</u> 1.5 oz Sausage in ½ cup Pancake Bites ½ cup Pears 6 oz 1% milk <u>Snack:</u> 1 Jamwich, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Cheeseburger Meatloaf in 1 Whole Grain Bun ¼ cup Tossed Salad (Pickles) ¼ cup Pears 6 oz 1% milk</p>	<p>31 <u>Breakfast:</u> 1.5 oz Sausage/Cheese on 1 Slice Whole Grain Pizza ½ cup Peaches 6 oz 1% milk <u>Snack:</u> ½ cup Orange Wedge, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chili Dog on 1 Whole Grain Bun ¼ cup Coleslaw (Pickle) ¼ cup Peaches 6 oz 1% milk</p>	<p><u>Just</u> <u>GALLN</u></p> 

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