

Tazewell Woodford Head Start
January 2018
Pekin 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 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 Egg, Sausage, and Cheese over 1 Slice Whole Grain Crust ½ cup Grape Mix 6 oz 1% milk <u>Snack:</u> ½ cup Celery with Peanut Butter, Raisins 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken with ½ cup Whole Grain Noodles ¼ cup Carrots ¼ cup Grape Mix 6 oz 1% milk</p>	<p>10 <u>Breakfast:</u> 1.5 oz Sausage 1 Slice Whole Grain French Toast ½ cup Berry Mix 6 oz 1% milk <u>Snack:</u> ½ cup Chex Mix, ½ cup Carrots, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey and Cheese on 2 Slices Whole Grain Bread ¼ cup Peas ¼ cup Apples 6 oz 1% milk</p>	<p>11 <u>Breakfast:</u> 1.5 oz Eggs with Ham ½ Whole Grain Bagel ½ cup Apricot Mix 6 oz 1% milk <u>Snack:</u> ½ cup Grapes, ½ Peanut Butter and Jelly Sandwich, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese stuffed in ½ cup Ravioli Noodles 1 Dinner Roll ¼ cup Tossed Salad ¼ cup Pears 6 oz 1% milk</p>
<p>14 <u>Breakfast:</u> 6 oz Yogurt, 1.5 oz Ham/Cheese on 2 Slices Whole Wheat Bread ½ cup Orange Mix 6 oz 1% milk <u>Snack:</u> ½ cup Animal Crackers, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Taco Ground Beef 1 Whole Grain Tortilla ¼ cup Corn ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>15 <u>Breakfast:</u> 1.5 oz Sausage 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk <u>Snack:</u> ½ cup Apple Slices with Peanut Butter, 4 oz 1% milk <u>Lunch:</u> 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>16 <u>Breakfast:</u> 1.5 oz Sausage and Cheese on 1 Biscuit ½ Banana 6 oz 1% milk <u>Snack:</u> ½ cup Melon Chunks, 4 oz 1% milk <u>Lunch:</u> 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>17 <u>Breakfast:</u> 6 oz Yogurt, 1 oz Cheese Stick ½ cup Kix Cereal ½ cup Apricots 6 oz 1% milk <u>Snack:</u> ½ cup Pudding with Banana Slices, 4 oz 1% milk <u>Lunch:</u> 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>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 1 Pancake ½ cup Apple Slices 6 oz 1% milk <u>Snack:</u> ½ cup Pretzels, 1 oz Cheese Stick, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Strips 1 Whole Grain Bread Slice ¼ cup Lima Beans ¼ cup Melons 6 oz 1% milk</p>	<p>23 <u>Breakfast:</u> 1.5 oz Cheese/Sausage over 1 English Muffin 6 oz 1% milk <u>Snack:</u> ½ Peanut Butter Sandwich on Whole Wheat Bread, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Ham in 1 Slices Whole Wheat Bread ¼ cup Baked Beans ¼ cup Berries 6 oz 1% milk</p>	<p>24 <u>Breakfast:</u> 1.5 oz Eggs/Sausage 1 slice Whole Wheat Bread ½ cup Berry Mix 6 oz 1% milk <u>Snack:</u> ½ cup Orange Sections, 4 oz 1% milk <u>Lunch:</u> 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>25 <u>Breakfast:</u> ½ Cup Yogurt Whole Grain French Toast ½ cup Peach Mix 6 oz 1% milk <u>Snack:</u> ½ cup Mixed Veggies, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Hamburger with cheese on 1 Whole Grain Bun ¼ cup Corn ¼ cup Melons 6 oz 1% milk</p>
<p>28 <u>Breakfast:</u> 1.5 oz Turkey/Cheese on ½ Whole Wheat Bagel ½ cup Apple Slices 6 oz 1% milk <u>Snack:</u> ½ cup Grapes, Cheese, Crackers, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Tuna with ½ cup Noodles ¼ cup Salad ¼ cup Berry Mix 6 oz 1% milk</p>	<p>29 <u>Breakfast:</u> 6 oz Yogurt, 1.5 oz Sausage with Gravy Over 1 Biscuit ½ cup Melons 6 oz 1% milk <u>Snack:</u> ½ cup Raisins, 2 Graham Crackers, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Breast ½ cup Brown Rice ¼ cup Peas ¼ cup Melons 6 oz 1% milk</p>	<p>30 <u>Breakfast:</u> 1.5 oz Bacon 1 Pancake ½ cup Peach Mix 6 oz 1% milk <u>Snack:</u> 1 Banana, Vanilla Wafers, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Scrambles Eggs/Sausage 1 Whole Grain Bread Slice ¼ cup Carrots ¼ cup Orange Mix 6 oz 1% milk</p>	<p>31 <u>Breakfast:</u> 1.5 oz Eggs, 6 oz Yogurt 1 Muffin ½ cup Apples 6 oz 1% milk <u>Snack:</u> ½ cup Pretzels, 1 oz Cheese Stick, 4 oz 1% milk <u>Lunch:</u> 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><u>Just</u> <u>CALLN</u></p> 

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