



**Tazewell Woodford Head Start**  
**January 2018**  
**Robin 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>  6 oz Yogurt  ½ cup Corn Flakes  ½ cup Peaches  6 oz 1% milk  <b>Snack:</b>  ½ cup Goldfish, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Cheese in  1 Whole Grain Breadstick  ½ cup Tossed Salad  ¼ cup Mixed Berries  6 oz 1% milk</p>	<p>9 <b>Breakfast:</b>  2 tbsp Sun Butter  Whole Grain Waffles  ½ cup Pears  6 oz 1% milk  <b>Snack:</b>  ½ cup Apple Slices, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Taco Meat, Cheese  ½ cup Tortilla Chips  (Lettuce/Sour Cream)  ½ cup Corn  ¼ cup Pineapple  6 oz 1% milk</p>	<p>10 <b>Breakfast:</b>  1.5 oz Cheese Cubes  1 Whole Grain Muffin  ½ cup Fruit Mix  6 oz 1% milk  <b>Snack:</b>  ½ cup Muffin, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Beefy sauce with  ½ cup Whole Grain Noodles  ¼ cup Green Beans  ¼ cup Apricots  6 oz 1% milk</p>	<p>11 <b>Breakfast:</b>  1.5 oz Egg Patty  ½ cup Toasty O's  ½ cup Craisins  6 oz 1% milk  <b>Snack:</b>  ½ cup Chips and Salsa, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Chicken Drumsticks  1 Whole Grain Dinner Roll  ¼ cup Mashed Potatoes with Gravy  ¼ cup Peaches  6 oz 1% milk</p>
<p>14 <b>Breakfast:</b>  ½ cup Cottage Cheese  ½ cup Rice Krispies  ½ cup Apricots  6 oz 1% milk  <b>Snack:</b>  ½ cup Animal Crackers, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Cheese in  1 Whole Grain Tortilla (with Salsa)  ¼ cup Corn  ¼ cup Pineapple  6 oz 1% milk</p>	<p>15 <b>Breakfast:</b>  2 tbsp Sun Butter  Whole Grain Pancakes  ½ cup Applesauce  6 oz 1% milk  <b>Snack:</b>  ½ cup Fruit Mix, ½ cup Yogurt, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Grilled Chicken in  1 Whole Grain Bun  ½ cup Romain Salad  ¼ cup Peaches  6 oz 1% milk</p>	<p>16 <b>Breakfast:</b>  1.5 oz Cheese Stick, Sausage/Cheese  on 1 Whole Grain Pizza Crust Slice  ½ Mandarin Oranges  6 oz 1% milk  <b>Snack:</b>  ½ cup Carrots/Celery, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Pulled Pork on  1 Whole Grain Bun  ¼ cup Broccoli  ¼ cup Pears  6 oz 1% milk</p>	<p>17 <b>Breakfast:</b>  6 oz Yogurt  ½ cup Mini Wheats  ½ cup Peaches  6 oz 1% milk  <b>Snack:</b>  ½ cup Crackers/Cheese, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Ham/Turkey/Cheese in  1 Whole Grain Bread Slice  ½ cup Sun Chips  ¼ cup Carrots/Celery  ¼ cup Apple Slices  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>  2 tbsp Sun Butter  Whole Grain Waffles  ½ cup Pears  6 oz 1% milk  <b>Snack:</b>  1 Cornbread Slice, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Cheese grilled in  2 Whole Grain Bread Slices, 3 crackers  ½ cup Tomato Soup  ¼ cup Carrots/Celery  ¼ cup Grapes  6 oz 1% milk</p>	<p>23 <b>Breakfast:</b>  1.5 oz Cheese Cubes  ½ cup Toasted O's  ½ cup Fruit Mix  6 oz 1% milk  <b>Snack:</b>  2 Graham Crackers, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Cheese on  1 Whole Grain Pizza Crust  ¼ cup Romain Salad  ¼ cup Pears  6 oz 1% milk</p>	<p>24 <b>Breakfast:</b>  ½ cup Cottage Cheese  1 Whole Grain Muffin  ½ cup Craisins  6 oz 1% milk  <b>Snack:</b>  ½ cup Celery, Sun butter, Craisins, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Mini Corn Dogs in  Whole Grain Breading  ½ cup Goldfish  ¼ cup Baked Beans  ¼ cup Strawberries  6 oz 1% milk</p>	<p>25 <b>Breakfast:</b>  ½ cup Yogurt  ½ cup Corn Flakes  ½ cup Apricots  6 oz 1% milk  <b>Snack:</b>  ½ cup Apple Slices, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Chicken on  ½ cup Whole Grain Noodles  1 Whole Grain Dinner Roll  ¼ cup Green Beans  ¼ cup Fruit Mix  6 oz 1% milk</p>
<p>28 <b>Breakfast:</b>  1.5 oz Cheese Stick  ½ cup Mini Wheats  ½ cup Applesauce  6 oz 1% milk  <b>Snack:</b>  ½ cup Fruit Mix, ½ cup Yogurt, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Chicken Strips  2 Graham Crackers  ¼ cup Steamed Mixed Veggies  ¼ cup Peaches  6 oz 1% milk</p>	<p>29 <b>Breakfast:</b>  1.5 oz Egg Patty, Sausage/Cheese on 1  Whole Grain Pizza Crust Slice  ½ cup Mixed Fruit  6 oz 1% milk  <b>Snack:</b>  ½ cup Goldfish, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Taco meat in  1 Whole Grain Tortilla  (Lettuce/Cheese/Sour Cream)  ¼ cup Corn  ¼ cup Pineapple  6 oz 1% milk</p>	<p>30 <b>Breakfast:</b>  2 tbsp Sun Butter  Whole Grain Pancakes  ½ cup Pears  6 oz 1% milk  <b>Snack:</b>  ½ cup Crackers/Cheese, 4 oz 1% milk  <b>Lunch:</b>  ½ cup Chicken Noodle Soup  1.5 oz Ham/Cheese on  Whole Grain Bread  ¼ cup Carrots/Celery  ¼ cup Mixed Berries  6 oz 1% milk</p>	<p>31 <b>Breakfast:</b>  1.5 oz Cheese Cubes  ½ cup Rice Krispies  ½ cup Fruit Mix  6 oz 1% milk  <b>Snack:</b>  ½ cup Animal Crackers, 4 oz 1% milk  <b>Lunch:</b>  1.5 oz Ground Beef in Marinara over  ½ cup Whole Grain Noodles  ¼ cup Green Beans  ¼ cup Pears  6 oz 1% milk</p>	<p><u>Just</u>  <u>CALLN</u></p> 

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