

Tazewell Woodford Head Start
April 2019
Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast: 1.5 oz Bacon, Scrambled Eggs 1 Slice Whole Grain Toast ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Goldfish, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Mini Hot Dogs in Whole Grain Corn Breading ½ cup Green Beans ¼ cup Pears 6 oz 1% milk</p>	<p>2</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ cup Popcorn, 4 oz 1% milk</p> <p>Lunch: 2 oz Whole Grain Breaded Chicken Nuggets Whole Grain Bread with Butter ¼ cup Mashed Potato ½ cup Peaches 6 oz 1% milk</p>	<p>3</p> <p>Breakfast: 1.5 oz Sausage Links ½ cup Mini Waffles ½ cup Apple Slices 6 oz 1% milk</p> <p>Snack: ½ cup Vanilla Wafers, 4 oz 1% milk</p> <p>Lunch: 1.5 oz String Cheese 1 Dutch Waffle ¼ cup Celery with Peanut Butter ¼ cup Apple Slices 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: 1.5 oz Cheese and Sausage in Whole Grain Pizza Crust ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack: ½ cup Apple Slices, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chili in a Crispito ½ Tortilla Chips with Salsa ¼ cup Corn ¼ cup Applesauce 6 oz 1% milk</p>	<p>5</p> <p>Breakfast: 1.5 oz Ham Slice 1 Sausage/Pancake Flap Stick ½ cup Pineapple 6 oz 1% milk</p> <p>Snack: ½ cup Ritz Crackers, 4 oz 1% milk</p> <p>Sack Lunch: 1.5 oz Turkey and Cheese on Whole Grain Bread ¼ cup Carrots ¼ cup Apple Slices 6 oz 1% milk</p>
<p>8</p> <p>Breakfast: 1.5 oz Egg/Sausage/Cheese in 1 Whole Grain Tortilla w/ Salsa ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack: 2 Graham Crackers, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chili Dog 1 Whole Grain Bun ¼ cup Curly Fries ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>9</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ Banana, 4 oz 1% milk</p> <p>Lunch: 2 oz Breaded Chicken Patty on 1 Whole Grain Bun ¼ cup Steamed Carrots ½ cup Pears 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1.5 oz Bacon ½ cup Mini Pancakes ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Chex Mix, 4 oz 1% milk</p> <p>Lunch: ½ cup Yogurt 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit Tri-Tater ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: 1.5 oz Cheese and Sausage in Whole Grain Pizza Crust ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: 1 Muffin, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Taco meat and Cheese on ½ cup Tortilla Chips (Lettuce/ Salsa) ¼ cup Corn ¼ cup Applesauce 6 oz 1% milk</p>	<p>12</p> <p>Breakfast: ½ cup Yogurt 1 Muffin ½ cup Pineapple 6 oz 1% milk</p> <p>Snack: PB & J on Whole Grain Bread 4 oz 1% milk</p> <p>Lunch: 1.5 oz Sausage and Cheese on Whole Grain Pizza Bread ¼ cup Green Beans ¼ cup Pineapple 6 oz 1% milk</p>
<p>15</p> <p>Breakfast: 1.5 oz Ham Patty, Scrambled Eggs 1 Slice Whole Grain Toast ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Animal Crackers, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Beef in Marinara Whole Grain Ravioli 1 Whole Grain Garlic Bread Slice ¼ cup Tossed Salad ¼ cup Pears 6 oz 1% milk</p>	<p>16</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: ½ cup Craisins, 4 oz 1% milk</p> <p>Lunch: 2 oz Whole Grain Breaded Chicken Nuggets Whole Grain Bread with Butter ¼ cup Mashed Potatoes and Gravy ½ cup Applesauce 6 oz 1% milk</p>	<p>17</p> <p>Breakfast: 1.5 oz Bacon ½ cup Mini Waffles ½ cup Orange Wedges 6 oz 1% milk</p> <p>Snack: 2 Crackers w/ Cheese, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese and Sun Flower Seeds Whole Grain Soft Pretzel ¼ cup Carrots with Dip ¼ cup Orange Wedges 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: 1.5 oz Cheese and Sausage in Whole Grain Pizza Crust ½ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ cup Orange Wedges, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese in 1 Whole Grain Bread Stick w/ Marinara ¼ cup Steamed Broccoli ¼ cup Peaches 6 oz 1% milk</p>	<p>19</p> <p style="text-align: center;"><u>No School</u></p> 
<p>22</p> <p style="text-align: center;"><u>No School</u></p> 	<p>23</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack: ½ cup Pretzels, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese with ½ cup Macaroni Whole Grain Roll with Butter ¼ cup Mixed Veggies ½ cup Mandarin Oranges 6 oz 1% milk</p>	<p>24</p> <p>Breakfast: 1.5 oz Sausage Links ½ cup Mini French Toast ½ cup Strawberry Cups 6 oz 1% milk</p> <p>Snack: ½ cup Tortilla Chips with Salsa, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Sausage wrapped in Whole Grain Pancake Breading ¼ cup Green Beans ¼ cup Strawberries 6 oz 1% milk</p>	<p>25</p> <p>Breakfast: 1.5 oz Cheese and Sausage in Whole Grain Pizza Crust ½ cup Apple Slices 6 oz 1% milk</p> <p>Snack: ½ Vanilla Wafers, Pudding, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Pulled Pork on On Whole Grain Bun ½ cup Tater Tots ¼ cup Cole Slaw ¼ cup Apple Slices 6 oz 1% milk</p>	<p>26</p> <p>Breakfast: 1.5 oz Sausage Link 1 Sausage/Pancake Flap Stick ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Apple Slices, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese/Pepperoni in Whole Grain Pizza Rolls ¼ cup Tossed Salad ¼ cup Pears 6 oz 1% milk</p>
<p>29</p> <p>Breakfast: 1.5 oz Sausage, Scrambled Eggs 1 Slice Whole Grain Toast ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: ½ cup Sun Chips, 4 oz 1% milk</p> <p>Lunch: 6 oz Yogurt 1.5 oz Hamburger with Cheese 1 Whole Grain Bun, Pickles ¼ cup Baked Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p>30</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ cup Carrots with Dip, 4 oz 1% milk</p> <p>Lunch: 2 oz Whole Grain Breaded Chicken Nuggets Whole Grain Bread with Butter ¼ cup Mashed Potato ½ cup Peaches 6 oz 1% milk</p>			

