

**Tazewell Woodford Head Start**  
**May 2019**  
**Eureka Head Start**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <u>Breakfast:</u> 1.5 oz Turkey Bacon ½ cup Pumpkin Oatmeal ½ cup Apple Slices 6 oz 1% milk <u>Snack (Kids Make):</u> Raisin Pizza (Raisin/Yogurt/Graham Crackers) 4 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese/Pepperoni pizza roll ups on 6" Whole Grain Tortilla ¼ cup Cinnamon Steamed Carrots ¼ cup Pears 6 oz 1% milk	<b>2</b> <u>Breakfast:</u> 1.5 oz Scrambled Eggs ½ Whole Grain English Muffin ½ cup Pears 6 oz 1% milk <u>Snack:</u> 1 slice Cornbread, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey Dog on 1 Whole Grain Bun ¼ cup Green Beans with Bacon ¼ cup Dried Fruit Mix 6 oz 1% milk	<b>3</b> <u>No School Career Development Day</u> 
<b>6</b> <u>Breakfast:</u> 1.5 oz Turkey Sausage ½ cup Multi Grain Cheerios ½ cup Dried Fruit Mix 6 oz 1% milk <u>Snack:</u> ½ cup Whole Grain Pita w/ Hummus, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese/Bacon/Sour Crème over Baked Potato 1.5 oz Whole Grain Dinner Roll ¼ cup Steamed Diced Veggie Melody ¼ cup Green Grapes 6 oz 1% milk	<b>7</b> <u>Breakfast:</u> 2 oz Cheese Omelet, Sun Butter on ½ Whole Grain English Muffins ½ cup Green Grapes 6 oz 1% milk <u>Snack:</u> Cold Carrots with Garden Italian Dressing, 4 oz 1% milk <u>Lunch:</u> 2 oz Cheeseburger on ½ whole grain bun ¼ cup Baked Sweet Potato Fries ¼ cup Pineapple/Strawberry Mix 6 oz 1% milk	<b>8</b> <u>Breakfast:</u> 1.5 oz Cheese Cubes 1 slice Bacon and Gravy Whole Grain Breakfast Pizza ½ cup Pineapple/Strawberry Mix 6 oz 1% milk <u>Snack (Kids Make):</u> Pizza Crackers-3 Crackers/Pizza sauce/Shredded Cheese, 4 oz 1% milk <u>Lunch:</u> Fajita (Lettuce/Cheese/Grilled chicken) on 6" whole grain tortilla ¼ cup Cold Colored Pepper Slices ¼ cup Cinnamon Applesauce 6 oz 1% milk	<b>9</b> <u>Breakfast:</u> ½ cup Cottage Cheese 1.2 oz Whole Grain Pancake ½ cup Cinnamon Applesauce 6 oz 1% milk <u>Snack:</u> 1 Whole Grain Hot Pretzel, 4 oz 1% milk <u>Lunch:</u> 2.5 oz BBQ Rib Sandwich on ½ Whole Grain Bun ¼ cup Steamed Capri Blend (Carrots/Gr. Beans/Squash/Zucchini) ¼ cup Cantaloupe Pieces 6 oz 1% milk	<b>10</b> <u>Breakfast:</u> 1.5 oz Egg and Sausage in 6" Whole Grain Tortilla ½ cup Cantaloupe Pieces ¼ cup Green Peppers 6 oz 1% milk <u>Snack:</u> ½ cup Chex Mix, 4 oz 1% milk <u>Sack Lunch:</u> 2.5 oz Turkey Mini Corndogs in Whole Grain Wrap ¼ cup Cold Veggie Mix (Broccoli/Cauliflower/Carrots) ¼ cup Baked Apples 6 oz 1% milk
<b>13</b> <u>Breakfast:</u> 6 oz Fruit Yogurt 1.5 oz Whole Grain Waffles ½ cup Baked Apples 6 oz 1% milk <u>Snack:</u> 1 cutie, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken and Cheese Quesadilla On ½ Whole Grain Tortilla ¼ cup Steamed Cascade Blend (Carrot/Gr. Bean) ¼ cup Watermelon Pieces 6 oz 1% milk	<b>14</b> <u>Breakfast:</u> 1.5 oz Turkey Bacon Slices ½ Whole Grain Bagel Slice ½ cup Watermelon Pieces 6 oz 1% milk <u>Snack:</u> ½ cup Whole Grain Animal Crackers, 4 oz 1% milk <u>Lunch:</u> 3 oz Beef Spaghetti Sauce ¼ cup Whole Grain Spaghetti, Garlic Bread ¼ cup Spinach Salad Mix ¼ cup Orange Slices 6 oz 1% milk	<b>15</b> <u>Breakfast:</u> 2 oz Turkey Sausage wrapped in Whole grain pancakes ½ cup Orange Slices, ¼ cup Snap Peas 6 oz 1% milk <u>Snack (Kids Make):</u> Ants on a log (1/2 cup Celery/Sun Butter/Raisins) 1% milk <u>Lunch:</u> 1.5 oz Grilled Chicken Patty on ½ Whole Grain Bun ¼ cup Sw. Potato Puffs ¼ cup Tropical Fruit Mix 6 oz 1% milk	<b>16</b> <u>Breakfast:</u> 1 large Boiled Egg 2 oz Sausage Patty with Cheese on 1 Whole Grain Biscuit ½ cup Tropical Fruit Mix 6 oz 1% milk <u>Snack:</u> 1 Whole Grain Muffin, 4 oz 1% milk <u>Sack Lunch:</u> 1.5 oz Turkey and Cheese on 2 Slice Whole Grain Bread ¼ cup Cold Broccoli 1 Banana 6 oz 1% milk	<b>17</b> <u>Breakfast:</u> 1.5 oz Scrambled Eggs with Ham Hunks ½ Slice Whole Grain French Toast ½ cup Apricots 6 oz 1% milk <u>Snack:</u> 3 crackers, 1 oz string cheese 4 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey Roast, Mashed Potatoes 1 Whole Grain Dinner Roll ¼ cup Corn (on the cob) ½ cup Fruit Smoothie 6 oz 1% milk
<b>20</b> <u>Breakfast:</u> 2 oz Cheese Omelet ½ Cup Apple Oatmeal ½ cup Fruit Smoothie 6 oz 1% milk <u>Snack:</u> ½ cup cold veggie mix, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Italian Beef on ½ Whole Grain Bun ¼ cup Cold Cucumber slices ½ Bananas 6 oz 1% milk	<b>21</b> <u>Breakfast:</u> 1.5 oz Cheese and Canadian Bacon on ½ Whole Grain English Muffin ½ Banana, ¼ cup cold carrots 6 oz 1% milk <u>Snack:</u> ½ cup Whole Grain Goldfish, 4 oz 1% milk <u>Lunch:</u> 1.5 oz Whole Grain Breaded Fish Patty on ½ Whole Grain Bun ¼ cup Steamed Peas ¼ cup Red Grapes 6 oz 1% milk	<b>22</b> <u>Breakfast:</u> 1.5 oz Turkey Sausage link ½ Slice Whole Grain Toast ½ cup Red Grapes 6 oz 1% milk <u>Snack (Kids Make):</u> Boiled Egg Mouse (Almond Ears/Pretzel Tail) 4 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey Breast ¼ cup Whole Grain Stuffing ¼ cup Steamed Country Mix (Gr. Bean/Carrot/Corn) ¼ cup Cherry Tomatoes 6 oz 1% milk	<b>23</b> <u>Last Day of School Breakfast:</u> 1 oz Cheese Stick ½ cup Peach Cheerios 1 Cutie 6 oz 1% milk <u>Snack:</u> 1 Whole Grain Hot Pretzel, 4 oz 1% milk <u>Lunch:</u> 3 tbsps. Sun Butter and Jelly on 2 Slices of whole Grain Bread ¼ cup Cold Cauliflower ¼ cup Peaches 6 oz 1% milk	<b>24</b> <u>Summer Break!!!!</u> 