

Tazewell Woodford Head Start
May 2019
Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Breakfast: 1.5 oz Bacon ½ cup Pumpkin Oatmeal ½ cup Pears 6 oz 1% milk Snack (Kids Make): Raisin Pizza (Raisin/Yogurt/Graham Crackers) 4 oz 1% milk Lunch: 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</p>	<p>2 Breakfast: 1.5 oz Scrambled Eggs ½ Whole Grain English Muffin ½ cup Dried Fruit Mix 6 oz 1% milk Snack: 1 slice Cornbread, 4 oz 1% milk Lunch: 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</p>	<p>3 No School Career Development Day</p> 
<p>6 Breakfast: 1.5 oz Turkey Sausage ½ cup Peach Cheerios ½ cup Green Grapes 6 oz 1% milk Snack: ½ cup Whole Grain Pita w/ Hummus, 4 oz 1% milk Lunch: 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</p>	<p>7 Breakfast: 2 oz Cheese Omelet, Sun Butter on ½ Whole Grain English Muffins ½ cup Pineapple/Strawberry Mix 6 oz 1% milk Snack: Cold Carrots with Garden Italian Dressing, 4 oz 1% milk Lunch: 2 oz Cheeseburger on ½ whole grain bun ¼ cup Baked Sweet Potato Fries ¼ cup Pineapple/Strawberry Mix 6 oz 1% milk</p>	<p>8 Breakfast: 1.5 oz Cheese Cubes 1 slice Sausage/Cheese Whole Grain Breakfast Pizza ½ cup Cinnamon Applesauce 6 oz 1% milk Snack (Kids Make): Pizza Crackers-3 Crackers/Pizza sauce/Shredded Cheese, 4 oz 1% milk Lunch: Fajita (Lettuce/Cheese/Grilled chicken) on 6" whole grain tortilla ¼ cup Cold Colored Pepper Slices ¼ cup Cinnamon Applesauce 6 oz 1% milk</p>	<p>9 Breakfast: ½ cup Cottage Cheese 1.2 oz Whole Grain Pancake ½ cup Cantaloupe Pieces 6 oz 1% milk Snack: 1 Whole Grain Hot Pretzel, 4 oz 1% milk Lunch: 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</p>	<p>10 Breakfast: 1.5 oz Egg and Sausage in 6" Whole Grain Tortilla ½ cup Baked Apples ¼ cup Green Peppers 6 oz 1% milk Snack: ½ cup Chex Mix, 4 oz 1% milk Lunch: 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</p>
<p>13 Breakfast: 6 oz Fruit Yogurt 1.5 oz Whole Grain Waffles ½ cup Watermelon Pieces 6 oz 1% milk Snack: ½ cup Corn Chips w/ Salsa, 4 oz 1% milk Lunch: 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</p>	<p>14 Breakfast: 1.5 oz Bacon Slices ½ English Muffin ½ cup Tropical Fruit 6 oz 1% milk Snack: ½ cup Whole Grain Animal Crackers, 4 oz 1% milk Lunch: 3 oz Beef Spaghetti Sauce ¼ cup Whole Grain Spaghetti ¼ cup Spinach Salad Mix ¼ cup Tropical Fruit 6 oz 1% milk</p>	<p>15 Breakfast: ½ cup Yogurt 1 Whole Grain Bagel (Sun Butter, Cream Cheese) 1 Cutie 6 oz 1% milk Snack: ½ cup Teddy Grahams, 4 oz 100% Juice Lunch: 1 oz Cheese Stick, Peanut Butter and Jelly on Whole Grain Bread ¼ cup Carrots ¼ cup Grapes 6 oz 1% milk</p>	<p>16 Breakfast: 1 large Boiled Egg 2 oz Sausage Patty with Cheese on 1 Whole Grain Biscuit ½ cup Apricots 6 oz 1% milk Snack: 1 Whole Grain Muffin, 4 oz 1% milk Lunch: 1.5 oz Turkey Roast with Mashed Potatoes Over 1 slice Corn Bread ¼ cup Cold Broccoli ¼ cup Apricots 6 oz 1% milk</p>	<p>17 Breakfast: 1.5 oz Scrambled Eggs with Ham Hunks ½ Slice Whole Grain French Toast ½ cup Fruit Smoothie 6 oz 1% milk Snack: 3 crackers, Cheese Slice, 4 oz 1% milk Lunch: 1.5 oz Turkey and Cheese on 1 Slice Whole Grain Bread ¼ cup Corn (on the cob) ½ cup Fruit Smoothie 6 oz 1% milk</p>
<p>20 Breakfast: 2 oz Cheese Omelet ½ Cup Apple Oatmeal ½ Bananas 6 oz 1% milk Snack: ½ cup cold veggie mix, 4 oz 1% milk Lunch: 1.5 oz Italian Beef on ½ Whole Gain Bun ¼ cup Cold Cucumber slices ½ Bananas 6 oz 1% milk</p>	<p>21 Breakfast: 1.5 oz Cheese and Canadian Bacon on ½ Whole Grain English Muffin ½ cup Red Grapes, ¼ cup Potato Smiles 6 oz 1% milk Snack: ½ cup Whole Grain Goldfish, 4 oz 1% milk Lunch: 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</p>	<p>22 Breakfast: 1.5 oz Turkey Sausage link ½ Slice Whole Grain Toast ½ cup Pears 6 oz 1% milk Snack (Kids Make): Boiled Egg Mouse (Almond Ears/Pretzel Tail) 4 oz 1% milk Lunch: 1.5 oz Turkey Breast ¼ cup Whole Grain Stuffing ¼ cup Steamed Country Mix (Gr. Bean/Carrot/Corn) ¼ cup Pears 6 oz 1% milk</p>	<p>23 Last Day of School Breakfast: 1 oz Cheese Stick 1 Whole Grain Bagel (Sun Butter, Cream Cheese) 1 Cutie 6 oz 1% milk Snack (Kids Make): ½ cup Teddy Grahams, 4 oz 100% Juice Lunch: 1 oz Cheese Stick, Peanut Butter and Jelly on Whole Grain Bread ¼ cup Carrots ¼ cup Grapes 6 oz 1% milk</p>	<p>24 Summer Break!!!!</p> 