

Tazewell Woodford Head Start
May 2019
Green Valley Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Breakfast: 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk Snack: ½ cup Goldfish, Celery Sticks, 4 oz 1% milk Lunch: 1.5 oz Hamburger w/ Cheese in 1 Whole Grain Bun ¼ cup Seasoned Green Beans ¼ cup Pears 6 oz 1% milk</p>	<p>2 Breakfast: 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk Snack: 1 Apple/Cinn. Muffin, Raisins, 4 oz 1% milk Lunch: 1.5 oz Salisbury Steak on 1 Whole Grain Bun ¼ cup Mashed Potatoes ¼ cup Mixed Fruit Medley 6 oz 1% milk</p>	<p>3 No School Career Development Day</p> 
<p>6 Breakfast: 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk Snack: ½ cup Tortilla Chips and Salsa, 4 oz 1% milk Lunch: 1.5 oz Hamburger w/ Cheese on 1 Whole Grain Bun ¼ cup Fiesta Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>7 Breakfast: 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk Snack: Apple Cinnamon Muffin, Banana, 4 oz 1% milk Lunch: 1.5 oz Hot Dog on 1 Whole Grain Bun ¼ cup Garlic Green Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p>8 Breakfast: 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk Snack: ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk Lunch: 1.5 oz Beef with Marinara on ½ cup Rotini Noodles ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p>9 Breakfast: 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk Snack: ½ cup Apples with Sun Butter, 4 oz 1% milk Lunch: 1.5 oz Cheese Quesadilla in 1 Whole Grain Tortilla ¼ cup Seasoned Black Beans ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>10 Breakfast: 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk Snack: ½ cup Goldfish Pretzels, Grapes, 4 oz 1% milk Lunch: 1.5 oz Baked Chicken Nuggets 1 Whole Grain Dinner Roll ¼ cup Potato Puffs ¼ cup Fruity Applesauce 6 oz 1% milk</p>
<p>13 Breakfast: 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk Snack: 1 English Muffin with Sun Butter, Banana 4 oz 1% milk Lunch: 1.5 oz Chicken Breaded Sandwich 1 Whole Grain Bun ¼ cup Refried Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>14 Breakfast: 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk Snack: ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk Lunch: 1.5 oz Turkey/Cheese on 1 Whole Grain Sub ¼ cup Steamed Cauliflower ¼ cup Applesauce 6 oz 1% milk</p>	<p>15 Breakfast: 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk Snack: ½ cup Goldfish, Celery Sticks, 4 oz 1% milk Lunch: 1.5 oz Pepperoni with Cheese on 1 Whole Grain Slice of Pizza Crust ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p>16 Breakfast: 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fruity Applesauce 6 oz 1% milk Snack: 1 Apple/Cinn. Muffin, Raisins, 4 oz 1% milk Lunch: 1.5 oz Cheese on 2 Slices Whole Grain Bread ¼ cup Mashed Potatoes ¼ cup Mixed Fruit Medley 6 oz 1% milk</p>	<p>17 Breakfast: 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk Snack: 1 Slice Cornbread, Apple Slices, 4 oz 1% milk Lunch: 1.5 oz Hamburger w/ Cheese in 1 Whole Grain Bun ¼ cup Seasoned Green Beans ¼ cup Fruity Applesauce 6 oz 1% milk</p>
<p>20 Breakfast: 2 tbsp Crème Cheese 1 Whole Grain Bagel ½ cup Applesauce 6 oz 1% milk Snack: ½ cup Tortilla Chips and Salsa, 4 oz 1% milk Lunch: 1.5 oz Beef Taco Meat/ Cheese on ½ cup Corn Chips ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>	<p>21 Breakfast: 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk Snack: Apple Cinnamon Muffin, Banana, 4 oz 1% milk Lunch: 1.5 oz BBQ Rib Patty on 1 Whole Grain Bun ¼ cup Potato Puffs ¼ cup Applesauce 6 oz 1% milk</p>	<p>22 Breakfast: 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk Snack: ½ cup pretzels, ½ cup carotenes, 4 oz 1% milk Lunch: 1.5 oz Beef with Marinara on ½ cup Spaghetti Noodles ¼ cup Garbanzo Beans ¼ cup Pears 6 oz 1% milk</p>	<p>23 Last Day of School Breakfast: 1.5 oz Ham/Cheese on Whole Grain Bread ¼ cup Carrots ¼ cup Apple Slices 6 oz 1% milk Snack: ½ cup Apples with Sun Butter, 4 oz 1% milk Lunch: 1.5 oz Mini Hot dogs wrapped in Whole Grain Breading ¼ cup Refried Beans ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>24 Summer Break!!!!</p> 