

Tazewell Woodford Head Start
May 2019
Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Breakfast: 1.5 oz Ham Patty ½ cup Mini Waffles ½ cup Pears 6 oz 1% milk</p> <p>Snack (Kids Make): ½ cup Chex Mix, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog with Chili on 1 Whole Grain Bun ¼ cup Oven Fries with Cheese ¼ cup Pears 6 oz 1% milk</p>	<p>2</p> <p>Breakfast: 1.5 oz Cheese and Sausage in Whole Grain Pizza Crust ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Vanilla Wafers, 4 oz 1% milk</p> <p>Lunch: Grilled (1.5 oz) Cheese 1 Whole Grain Bread ¼ cup Cherry Tomatoes ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>3</p> <p style="color: red; font-weight: bold; text-align: center;">No School Career Development Day</p> 
<p>6</p> <p>Breakfast: 1.5 oz Egg/Sausage/Cheese in Whole Grain Tortilla, Salsa ½ cup Applesauce 6 oz 1% milk</p> <p>Snack: 1 Whole Grain Muffin, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese/Taco Meat/Salsa over ½ cup Tortilla Chips ¼ cup Corn ¼ cup Applesauce 6 oz 1% milk</p>	<p>7</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Pretzels, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Patty on 1 whole grain bun ¼ cup Roasted Potatoes ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>8</p> <p>Breakfast: 1.5 oz Sausage Links ½ cup Mini Pancakes ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack (Kids Make): ½ Whole Grain PB&J, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Sausage Links ½ cup Mini French Toast Sticks ¼ cup Carrots ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>9</p> <p>Breakfast: 1.5 oz Cheese and Sausage in Whole Grain Pizza Crust ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Ritz Crackers, 4 oz 1% milk</p> <p>Lunch: 2.5 oz Turkey Mini Corndogs in Whole Grain Wrap ¼ cup Steamed Broccoli ¼ cup Pears 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1.5 oz Sausage wrapped in Whole Grain Pancake ½ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ cup White Cheddar Popcorn, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese and Marinara over 1 Whole Grain Pizza Bread Slice ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>
<p>13</p> <p>Breakfast: 1.5 oz Scrambled Eggs, Bacon 1 Slice Whole Grain Toast ½ cup Orange Wedges 6 oz 1% milk</p> <p>Snack: ½ cup Crackers, 1 oz Cheese, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Meatballs on 1 Whole Grain Sub Bread ¼ cup Green Beans ¼ cup Orange Wedges 6 oz 1% milk</p>	<p>14</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Orange Wedges, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets 1 Slice Whole Grain Bread w/ Butter ¼ cup Mashed Potatoes w/ Gravy ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>15</p> <p>Breakfast: 1.5 oz Ham Slice ½ cup Mini French Toast Sticks ½ cup Apple Slices Snack (Kids Make): ½ cup Pretzels, 1% milk</p> <p>Lunch: 1.5 oz Hot Turkey and Cheese on ½ Whole Grain Croissant ¼ cup Coleslaw ¼ cup Sliced Apples 6 oz 1% milk</p>	<p>16</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 Apple Slices, 4 oz 1% milk</p> <p>Lunch: ½ cup Yogurt 1 Whole Grain Dutch Waffle ¼ cup Celery with Peanut Butter ¼ cup Peaches 6 oz 1% milk</p>	<p>17</p> <p>Breakfast: ½ cup Yogurt 1 Whole Grain Muffin ½ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Chex Mix 4 oz 1% milk</p> <p>Lunch: 1.5 oz Pepperoni/Cheese in Whole Grain Pizza Rolls ¼ cup Steamed Carrots 4.4 oz Pears 6 oz 1% milk</p>
<p>20</p> <p>Breakfast: 1.5 oz Egg/Sausage/Cheese in Whole Grain Tortilla, Salsa ½ Pineapple 6 oz 1% milk</p> <p>Snack: ½ cup Cranberries, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Meat Sauce ½ cup Toasted Ravioli ¼ cup Tossed Salad ½ Pineapple 6 oz 1% milk</p>	<p>21</p> <p>Breakfast: 1.5 oz Sausage with Gravy over 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Sun Chips, 4 oz 1% milk</p> <p>Lunch: Fajita (Lettuce/Cheese/Grilled chicken) on 6" whole grain tortilla ¼ cup Cold Colored Pepper Slices ¼ cup Cinnamon Applesauce</p>	<p>22</p> <p>Breakfast: 1.5 oz Sausage Links ½ cup Mini Waffles ½ cup Strawberries 6 oz 1% milk</p> <p>Snack (Kids Make): 2 Graham Crackers, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese Stick, Cheese Sauce w/ 1 Whole Grain Soft Pretzel ¼ cup Tossed Salad ¼ cup Strawberries 6 oz 1% milk</p>	<p>23</p> <p style="color: red; font-weight: bold;">Last Day of School</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 Mixed Berries, 4 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese with Macaroni 1 Garlic Cheddar Biscuit ¼ cup Mixed Veggies ¼ cup Peaches 6 oz 1% milk</p>	<p>24</p> <p style="color: red; font-weight: bold; text-align: center;">Summer Break!!!!</p> 