

Tazewell Woodford Head Start  
May 2019  
Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <b>Breakfast:</b> 1.5 oz Eggs with Cheese (w/ Salsa) 1 Whole Grain Tortilla ½ cup Peach Mix 6 oz 1% milk <b>Snack:</b> ½ cup Banana, Graham Crackers, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Sausage links ½ Pancakes ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk</p>	<p>2 <b>Breakfast:</b> ½ cup Cottage Cheese 1 Waffle ½ cup Pineapple 6 oz 1% milk <b>Snack:</b> ½ PB Sandwich on Whole Grain Bread, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Chili over ½ cup Whole Grain Noodles ¼ cup Green Beans ¼ cup Oranges 6 oz 1% milk</p>	<p>3 <b>No School Career Development Day</b></p> 
<p>6 <b>Breakfast:</b> 1.5 oz Slice Turkey Breast with Gravy 1 Whole Grain Biscuit 1 Hash Brown Casserole ½ cup Mixed Fruit 6 oz 1% milk <b>Snack:</b> ½ cup Kids Snack Mix, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Slice Turkey Breast with Gravy 1 W.G. Dinner Roll, ½ cup Stuffing 1 Sweet Potato Casserole ½ cup Mixed Fruit 6 oz 1% milk</p>	<p>7 <b>Breakfast:</b> 1.5 oz Egg and Cheese over 1 Whole Grain Tortilla ½ cup Berry Mix 6 oz 1% milk <b>Snack:</b> ½ cup Grapes, Goldfish, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken Strips ½ Whole Grain Bread Slice ¼ cup Carrots/Tomatoes ¼ cup Peach Mix 6 oz 1% milk</p>	<p>8 <b>Breakfast:</b> 1.5 oz Bacon 1 Blueberry Pancake ½ cup Pear Mix 6 oz 1% milk <b>Snack:</b> ½ cup Peanut Butter Crackers, Jell-O, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Hot Ham/Cheese over 2 Slices Whole Grain Bread ¼ cup Green Beans ¼ cup Berry Mix 6 oz 1% milk</p>	<p>9 <b>Breakfast:</b> 1.5 Canadian Bacon/Cheese over ½ Croissant ½ cup Melons 6 oz 1% milk <b>Snack:</b> ½ cup Mixed Veggies with Ranch, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken over 1 Whole Grain Tortilla ¼ cup Salad ¼ cup Grapes 6 oz 1% milk</p>	<p>10 <b>Breakfast:</b> ½ cup Hash Brown Casserole 1 Slice Whole Grain Bread ½ cup Peaches with Cherries 6 oz 1% milk <b>Snack:</b> ½ cup Pretzels, ½ Cheese Sandwich on Whole Grain Bread, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese with marinara sauce over 1 slice of pizza crust ¼ cup Peppers/Carrots ¼ cup Pear Mix 6 oz 1% milk</p>
<p>13 <b>Breakfast:</b> 1.5 oz Cheese/Canadian Bacon over 1 English Muffin ½ cup Grape Mix 6 oz 1% milk <b>Snack:</b> ½ cup Crackers w/ Cheese, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Pork Tenderloin in 1 Whole Grain Bun ¼ cup Salad ¼ cup Pineapple 6 oz 1% milk</p>	<p>14 <b>Breakfast:</b> 1.5 oz Bacon ½ cup Baked Oatmeal Casserole ½ cup Orange Mix 6 oz 1% milk <b>Snack:</b> ½ cup Apple Slices, ½ cup Cheerios, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Hamburger Bake 1 Whole Grain Bread Slice ¼ cup Green Beans ¼ cup Oranges 6 oz 1% milk</p>	<p>15 <b>Breakfast:</b> 1.5 oz Egg, Sausage, and Cheese over 1 Slice Whole Grain Crust ½ cup Grape Mix 6 oz 1% milk <b>Snack:</b> ½ cup Celery with Peanut Butter, Raisins 4 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken with ½ cup Whole Grain Noodles ¼ cup Carrots ¼ cup Grape Mix 6 oz 1% milk</p>	<p>16 <b>Breakfast:</b> 1.5 oz Sausage 1 Slice Whole Grain French Toast ½ cup Berry Mix 6 oz 1% milk <b>Snack:</b> ½ cup Chex Mix, ½ cup Carrots, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Turkey and Cheese on 2 Slices Whole Grain Bread ¼ cup Peas ¼ cup Apples 6 oz 1% milk</p>	<p>17 <b>Breakfast:</b> 1.5 oz Eggs with Ham ½ Whole Grain Bagel ½ cup Apricot Mix 6 oz 1% milk <b>Snack:</b> ½ cup Grapes, ½ Peanut Butter and Jelly Sandwich, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese stuffed in ½ cup Ravioli Noodles, Dinner Roll ¼ cup Tossed Salad ¼ cup Pears 6 oz 1% milk</p>
<p>20 <b>Breakfast:</b> 6 oz Yogurt, 1.5 oz Ham/Cheese on 2 Slices Whole Wheat Bread ½ cup Orange Mix 6 oz 1% milk <b>Snack:</b> ½ cup Animal Crackers, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Taco Ground Beef 1 Whole Grain Tortilla ¼ cup Corn ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>21 <b>Breakfast:</b> 1.5 oz Sausage 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk <b>Snack:</b> ½ cup Apple Slices with Peanut Butter, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Turkey in 1 Whole Grain Tortilla ½ cup Whole Grain Pasta Mix ¼ cup Green Beans ¼ cup Apricot Mix 6 oz 1% milk</p>	<p>22 <b>Breakfast:</b> 1.5 oz Sausage and Cheese on 1 Biscuit ½ Banana 6 oz 1% milk <b>Snack:</b> ½ cup Melon Chunks, 4 oz 1% milk <b>Lunch:</b> 1.5 oz Ham with Cheese Sauce over ½ cup Whole Grain Macaroni Noodles ¼ cup Peas ¼ cup Berry Mix 6 oz 1% milk</p>	<p>23 <b>Last Day of School Breakfast:</b> 1.5 oz Ham/Cheese on Whole Grain Bread ¼ cup Carrots ¼ cup Apple Slices 6 oz 1% milk <b>Snack (Kids Make):</b> ½ cup Chex Mix, 4 oz 100% Juice <b>Lunch:</b> 1.5 oz Ham/Cheese on Whole Grain Bread ¼ cup Carrots ¼ cup Apple Slices 6 oz 1% milk</p>	<p>24 <b>Summer Break!!!!</b></p> 