

Tazewell Woodford Head Start
March 2020
Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>Breakfast:</u> 1.5oz cheese slices ½ cup cereal 1 fruit muffin ½ cup pineapple 6 oz 1% milk <u>Lunch:</u> 1 fish sandwich- 1.5oz fish patty on 1 WG bun ¼ cup oven fries ¼ cup peaches ¼ cup steamed vegetables 6 oz 1% milk <u>Snack:</u> ½ cup Kid's snack mix, 4oz 1% milk</p>	<p>3</p> <p><u>Breakfast:</u> 1.5oz maple sausage ¼ cup peaches 6 oz 1% milk <u>Lunch:</u> Quesadilla- 1.5oz cheese in 1 WG tortilla w/ 2TB salsa ¼ cup Spanish rice ½ corn on the cob ¼ cup pears 6 oz 1% milk <u>Snack:</u> ½ cup zoo animal crackers, ¼ cup pudding, 4 oz 1% milk</p>	<p>4</p> <p><u>Breakfast:</u> 1.5oz cheese omelet 1 slice WG toast ½ cup pears 6 oz 1% milk <u>Lunch:</u> 1 corn dog ¼ cup baked beans ¼ cup Sweet Peas ¼ cup Cinnamon Applesauce 6 oz 1% milk <u>Snack:</u> 5 crackers with 5 cheese slices, 4 oz 1% milk</p>	<p>5</p> <p style="text-align: center;"><u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p> 	<p>6</p> <p style="text-align: center;"><u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p>
<p>9</p> <p><u>Breakfast:</u> ½ cup cereal ½ Peanut butter and jelly sandwich ½ cup pineapple 6 oz 1% milk <u>Lunch:</u> 1 Sandwich- 1.5 oz Breaded Chicken on 1 Whole Grain Bun ¼ cup potato wedges ¼ cup peaches ¼ steamed vegetables 6 oz 1% milk <u>Snack:</u> ½ cup kid's snack mix, 4 oz 1% milk</p>	<p>10</p> <p><u>Breakfast:</u> 2 sausage links ½ cup oatmeal ½ cup peaches 6 oz 1% milk <u>Lunch:</u> 1.5oz taco meat in 1 WG tortilla bowl (lettuce, cheese, salsa) ½ corn on the cob ¼ cup grapes 6 oz 1% milk <u>Snack:</u> ½ cup zoo animal crackers, ¼ cup pudding, 4 oz 1% milk</p>	<p>11</p> <p><u>Breakfast:</u> 1.5oz scrambled eggs 1 WG biscuit w/ jelly ½ cup mixed fruit 6 oz 1% milk <u>Lunch:</u> 1.5oz fish sticks ½ cup macaroni and cheese ¼ cup sweet peas ¼ cup cinnamon applesauce 6 oz 1% milk <u>Snack:</u> 5 crackers with 5 slices of cheese, 4 oz 1% milk</p>	<p>12</p> <p><u>Breakfast:</u> 1.5oz ham patty ½ cup WG biscuits and gravy ½ cup cinnamon applesauce 6 oz 1% milk <u>Lunch:</u> 1.5oz Salisbury steak 1 Whole Grain Bread Slice ¼ cup mashed potatoes w/ gravy ¼ cup green beans ¼ cup mandarin oranges 6 oz 1% milk <u>Snack:</u> ½ peanut butter & jelly sandwich, 4 oz 1% milk</p>	<p>13</p> <p><u>Breakfast:</u> ½ cup yogurt ½ cup cereal ½ cup mandarin oranges ¼ cup raisins 6 oz 1% milk <u>Lunch:</u> 1.5 oz pizza slice ¼ cup corn chips ¼ cup pineapple ¼ cup celery w/ PB 6 oz 1% milk <u>Snack:</u> ½ cup goldfish crackers, 4 oz 1% milk</p>
<p>16</p> <p><u>Breakfast:</u> 1.5oz cheese slices ½ cup cereal 1WG fruit muffin ½ cup pineapples 6 oz 1% milk <u>Lunch:</u> ½ Sandwich-1.5 oz BBQ pulled pork on 1 WG bun ¼ cup potato rounds ¼ cup peaches ¼ cup steamed vegetables 6 oz 1% milk <u>Snack:</u> ½ cup Kid's snack mix, 4 oz 1% milk</p>	<p>17</p> <p><u>Breakfast:</u> 1.5 oz sausage patty 2 Maple French Toast Sticks ½ cup mandarin oranges 6 oz 1% milk <u>Lunch:</u> Taco Salad- 1.5oz taco beef Over ½ cup lettuce w/ tomato, cheese, & salsa ¼ cup crushed tortilla chips ¼ cup sweet corn ¼ cup pears 6 oz 1% milk <u>Snack:</u> ½ cup zoo animal crackers, ¼ cup pudding, 4 oz 1% milk</p>	<p>18</p> <p><u>Breakfast:</u> 1 sandwich- 1.5oz egg patty w/ cheese on 1 WG bun ½ cup pears 6 oz 1% milk <u>Lunch:</u> 1 hot dog in 1 WG bun ¼ cup sweet peas ¼ cup cinnamon applesauce 6 oz 1% milk <u>Snack:</u> 5 crackers with 5 slices of cheese, 4 oz 1% milk</p>	<p>19</p> <p><u>Breakfast:</u> 1.5oz ham patty ½ cup WG biscuits and gravy ½ cup cinnamon applesauce 6 oz 1% milk <u>Lunch:</u> ¾ cup WG noodles w/ 1.5oz chicken & alfredo sauce 1 slice WG garlic bread ¼ cup green beans ¼ cup mashed potatoes w/ gravy ¼ cup mandarin oranges 6 oz 1% milk <u>Snack:</u> ½ peanut butter & jelly sandwich, 4 oz 1% milk</p>	<p>20</p> <p style="text-align: center;"><u>NO SCHOOL CAREER DEVELOPMENT DAY</u></p> 
<p>23</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> 	<p>24</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> 	<p>25</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> 	<p>26</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> 	<p>27</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> 
<p>30</p> <p><u>Breakfast:</u> 3Tb butter & jelly on 1 slice WG toast ½ cup cereal ½ cup pineapples 6 oz 1% milk <u>Lunch:</u> ½ cheeseburger-1.5 oz beef patty w/ cheese 1 WG bun ¼ cup coleslaw ¼ cup peaches ¼ cup steamed vegetables 6 oz 1% milk <u>Snack:</u> ½ cup Kid's snack mix, 4 oz 1% milk</p>	<p>31</p> <p><u>Breakfast:</u> 1.5oz sausage link ½ cup Oatmeal ½ cup peaches 6 oz 1% milk <u>Lunch:</u> 1 Cheese quesadilla- 1.5oz cheese in 1 WG Tortilla w/ 2 TB salsa ¼ cup Spanish Rice ¼ cup sweet corn ¼ cup pears 6 oz 1% milk <u>Snack:</u> ½ cup zoo animal crackers, ¼ cup pudding, 4 oz 1% milk</p>			

