

Tazewell Woodford Head Start
March 2020
Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Breakfast:</u> 2 Sausage Links ½ cup Pumpkin Oatmeal ½ cup Cinnamon Applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> Shepherd's Pie-1.5oz seasoned ground beef w/ ¼ cup mixed vegetables & ¼ cup mashed potatoes ½ Banana 6 oz 1% milk</p> <p><u>Snack (Kids Make):</u> Mini Ham & cheese sandwiches: 6 Ritz Crackers, 3 Ham slices, 3 cheese slices, 4 oz 1% milk</p> 	<p>3 <u>Breakfast:</u> ½ cup Yogurt with Granola 1 Belgium Waffle ½ cup Strawberry/Blueberry Mix 6 oz 1% milk</p> <p><u>Lunch:</u> ¾ cup Spaghetti-1.5 oz chicken meatballs ½ cup Spaghetti Noodles 1 WG Garlic Bread Slice ¼ cup Spinach Salad Mix 1 Cutie 6 oz 1% milk</p> <p><u>Snack:</u> 1 Sweet Roll, Spinach Artichoke Dip, 4 oz 1% milk</p>	<p>4 <u>Breakfast:</u> 3 Turkey Sausage wrapped in Whole Grain Pancakes 1 Hash Brown Patty ½ cup kiwi fruit salad, 6 oz 1% milk</p> <p><u>Lunch:</u> 1 Hotdog- 1.5 oz Turkey Dog on 1 Whole Grain Bun ¼ cup Steamed Peas ¼ cup Honeydew Melon 6 oz 1% milk</p> <p><u>Snack:</u> 1 Slice Cornbread, 4 oz 1% milk</p>	<p>5 <u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p> 	<p>6 <u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p>
<p>9 <u>Breakfast:</u> 2-Peanut Butter/Banana/Oatmeal Bake ½ cup Oven Roasted Potatoes ½ cup Pears 6 oz 1% milk</p> <p><u>Lunch:</u> 1 Sandwich- 1.5 oz Breaded Fish Patty on 1 Whole Grain Bun ¼ cup Corn ¼ cup Strawberries 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Animal Crackers, 4 oz 1% milk</p>	<p>10 <u>Breakfast:</u> 2 Strips Bacon ½ cup Cheerios ½ Banana 6 oz 1% milk</p> <p><u>Lunch:</u> ½ Sandwich-1.5 oz Turkey/Cheese on 1 Whole Grain Bread Slice ¼ cup Cole Slaw ½ cup Applesauce 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Chex Mix, 4 oz 1% milk</p>	<p>11 <u>Breakfast:</u> 1-1.5 oz Ham Slice ½ Whole Grain Bagel with cream Cheese ½ cup Hot Cinnamon Apples 6 oz 1% milk</p> <p><u>Lunch:</u> 1 Quesadilla-1.5 oz Chicken/Cheese in 1 Whole Grain Tortilla ¼ cup steamed green beans ¼ cup Blueberries 6 oz 1% milk</p> <p><u>Snack:</u> 1 Whole Grain Muffin, 4 oz 1% milk</p>	<p>12 <u>Breakfast:</u> 1 oz Cheese Stick, Turkey Sausage with Gravy on 1 Whole Grain Biscuit ½ cup Watermelon 6 oz 1% milk</p> <p><u>Lunch:</u> ½ cup-1.5 oz Turkey Pot Roast over 1 Whole Grain Bread Slice ¼ cup Mashed Potatoes ¼ cup Celery Sticks with PB 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Pita Chips w/ Hummus, 4 oz 1% milk</p>	<p>13 <u>Breakfast:</u> ¼ cup Scrambled Eggs with Cheese 1 Slice Whole Grain Toast with Jelly ½ cup Tropical Fruit Mix 6 oz 1% milk</p> <p><u>Lunch:</u> ¼ cup-1.5 oz Beef Sloppy Joe in 1 Whole Grain Bun ¼ cup Sweet Potato Fries ¼ cup Grapes 6 oz 1% milk</p> <p><u>Snack (Kids Make):</u> Fruit Pizza: 2 Graham Crackers, Yogurt, Raisins, 4 oz 1% milk</p>
<p>16 <u>Breakfast:</u> Chicken n' Waffles- 3 WG breaded chicken strips over 1 WG waffle ½ cup Mandarin Oranges 6 oz 1% milk</p> <p><u>Lunch:</u> ½ Sandwich-1.5 oz Grilled Cheese on 1 Whole Grain Bread Slice, 2 Crackers ¼ cup Tomato Soup ½ Banana 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Bean and Veggie Crackers, 1 oz Cheese Stick, 4 oz 1% milk</p>	<p>17 <u>Breakfast:</u> ½ Cheesy Hash Brown Casserole 1 Whole Grain Biscuit ½ cup Fruit Cocktail 6 oz 1% milk</p> <p><u>Lunch:</u> ¾ cup Chicken Alfredo- 1.5 oz Chicken over ½ cup Whole Grain Pasta, 1 Whole Grain Garlic Bread Slice ¼ cup Steamed Green Beans ¼ cup Berry Smoothie 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Pretzels, 4 oz 1% milk</p>	<p>18 <u>Breakfast:</u> 1 Boiled Egg 1 Whole Grain Fruit Muffin ½ cup Cantaloupe 6 oz 1% milk</p> <p><u>Lunch:</u> ¼ cup Taco Beef (Cheese/Lettuce) in 1 Whole Grain Tortilla ¼ cup Cold Broccoli with Ranch ¼ cup Pineapple 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Goldfish, 4 oz 1% milk</p>	<p>19 <u>Breakfast:</u> ½ cup Cottage Cheese 2 Pieces Whole Grain French Toast ½ cup Applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> ½ Sandwich-1.5 oz grilled Chicken on ½ Whole Grain Bun ¼ cup Cold Carrots with Hummus ¼ cup Peach/Pear Mix 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Cucumber Slices w/ Veggie Dip, 4 oz 1% milk</p>	<p>20 <u>NO SCHOOL CAREER DEVELOPMENT DAY</u></p> 
<p>23 <u>NO SCHOOL SPRING BREAK</u></p> 	<p>24 <u>NO SCHOOL SPRING BREAK</u></p> 	<p>25 <u>NO SCHOOL SPRING BREAK</u></p> 	<p>26 <u>NO SCHOOL SPRING BREAK</u></p> 	<p>27 <u>NO SCHOOL SPRING BREAK</u></p> 
<p>30 <u>Breakfast:</u> 3 Little Smokies 3 Mini Whole Grain Pancakes ½ cup Craisins 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Breaded Fish Sticks 1 Whole Grain Breadstick ¼ cup Cascade Blend (Green Bean/Carrot/ Squash) ½ Banana 6 oz 1% milk</p> <p><u>Snack (Kids Make):</u> Traffic Light - ¼ cup sliced strawberries, banana, & grapes, peanut butter, 1 graham cracker (4 sections), 4 oz 1% milk</p> 	<p>31 <u>Breakfast:</u> ½ cup Cottage Cheese 1 Whole Grain Fruit Muffin ½ cup Apple Slices 6 oz 1% milk</p> <p><u>Lunch:</u> ¼ Chicken (Lettuce/Cheese/Sour Crème) 1 Whole Grain Tortilla ¼ cup Fiesta Corn ¼ cup Pineapple 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Cheese Crackers, 4 oz 1% milk</p>			