

Tazewell Woodford Head Start
 March 2020
 Green Valley Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>NO SCHOOL CASIMIR PULASKI DAY</u></p>	<p>3</p> <p><u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><u>Lunch:</u> Maple Madness Pancakes 1.5oz turkey sausage ¼ cup potato puffs ¼ cup applesauce 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup pretzels, ¼ cup carrots, ranch, 4 oz 1% milk</p>	<p>4</p> <p><u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk</p> <p><u>Lunch:</u> ¾ cup Spaghetti with meat sauce 1 roll ¼ cup seasoned green beans ¼ cup pears 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup goldfish, ¼ cup celery, 4 oz 1% milk</p>	<p>5</p> <p><u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p> 	<p>6</p> <p><u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p>
<p>9</p> <p><u>Breakfast:</u> 2 tbsp Cream Cheese 1 Whole Grain Bagel ½ cup applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz hamburger with 1 slice of cheese ¼ cup fiesta beans ¼ cup sweet peaches 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup corn chips with 2 TB of salsa, 4 oz 1% milk</p>	<p>10</p> <p><u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz popcorn chicken 1 dinner roll ¼ cup garlic green beans 1 Apple 6 oz 1% milk</p> <p><u>Snack:</u> 1 apple cinnamon muffin, ½ banana, 4 oz 1% milk</p>	<p>11</p> <p><u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk</p> <p><u>Lunch:</u> ¾ cup Rotini w/ 1.5oz meatsauce 1 dinner roll ¼ cup sweet corn ¼ cup pears 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup mini pretzels, ¼ cup carrots, ranch, 4oz 1% milk</p>	<p>12</p> <p><u>Breakfast:</u> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fresh Fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1 hot dog 1 WG bun ¼ cup seasoned black beans ¼ cup mixed fruit medley 6 oz 1% milk</p> <p><u>Snack:</u> 1 apple, 2 TB sun butter, 4oz 1% milk</p>	<p>13</p> <p><u>Breakfast:</u> 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz fish nuggets ¼ cup potato puffs ¼ cup fruity applesauce 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup goldfish pretzels, ¼ cup grapes, 4 oz 1% milk</p>
<p>16</p> <p><u>Breakfast:</u> 2 tbsp Cream Cheese 1 Whole Grain Bagel ½ cup applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz crispy chicken 1 sandwich bun ¼ cup refried beans ¼ cup sweet peaches 6 oz 1% milk</p> <p><u>Snack:</u> 1 english muffin with 2TB sunbutter, 1 banana, 4 oz 1% milk</p>	<p>17</p> <p><u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><u>Lunch:</u> Turkey sub with toppings ¼ cup steamed cauliflower ½ cup applesauce 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup pretzels, ¼ cup carrots, ranch, 4oz 1% milk</p>	<p>18</p> <p><u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk</p> <p><u>Lunch:</u> ¾ cup Chicken alfredo bake 1 dinner roll ¼ cup sweet corn ¼ cup pears 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup goldfish, ¼ cup celery, 4 oz 1% milk</p>	<p>19</p> <p><u>Breakfast:</u> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fresh Fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1 grilled cheese sandwich ¼ cup mashed potatoes ¼ cup mixed fruit medley 6 oz 1% milk</p> <p><u>Snack:</u> 1 apple cinnamon muffin, ¼ cup raisins, 4oz 1% milk</p>	<p>20</p> <p><u>NO SCHOOL CAREER DEVELOPMENT DAY</u></p> 
<p>23</p> <p><u>Breakfast:</u> 2 tbsp Cream Cheese 1 Whole Grain Bagel ½ cup applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 2 WG French Toast Sticks ¼ cup seasoned corn ¼ cup sweet peaches 6oz 1% milk</p> <p><u>Snack:</u> ½ cup corn chips, 2 TB salsa, 4oz 1% milk</p>	<p>24</p> <p><u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Rib Patty on 1 Whole Grain Bun ¼ cup Potato Puffs ½ cup applesauce</p> <p><u>Snack:</u> 1 apple cinnamon muffin, ½ banana, 4oz 1% milk</p>	<p>25</p> <p><u>Breakfast:</u> 2 tbsp Sun Butter 1 Mini Maple Waffle Pack ½ cup Mixed Fruit Medley 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz meaty lasagna ¼ cup Garbonzo Beans ¼ cup Pears 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup pretzels, ¼ cup carrots, ranch, 4oz 1% milk</p>	<p>26</p> <p><u>Breakfast:</u> 1.5 oz Cheese and Sausage over 1 Slice Whole Grain Crust ½ cup Fresh Fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1 hot dog 1 WG bun ¼ cup seasoned black beans ¼ cup mixed fruit medley 6 oz 1% milk</p> <p><u>Snack:</u> 1 apple, 2 TB sun butter, 4oz 1% milk</p>	<p>27</p> <p><u>Breakfast:</u> 2 tbsp Sun Butter Strawberry Pancakes ½ cup Pears 6 oz 1% milk</p> <p><u>Lunch:</u> 1 slice WG cheese pizza ¼ cup garden salad ¼ cup fruity applesauce 6oz 1% milk</p> <p><u>Snack:</u> 1 slice of combread, 1 apple, 4oz 1% milk</p>
<p>30</p> <p><u>Breakfast:</u> 2 tbsp Cream Cheese 1 Whole Grain Bagel ½ cup applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz hamburger with 1 slice of cheese ¼ cup BBQ veggie beans ¼ cup sweet peaches 6 oz 1% milk</p> <p><u>Snack:</u> 1 english muffin with 2TB sunbutter, 1 banana, 4 oz 1% milk</p>	<p>31</p> <p><u>Breakfast:</u> 1.5 oz Sausage Patty ½ Whole Grain Biscuit ½ cup Peaches 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz mini corn dogs ¼ cup steamed carrot coins ½ cup applesauce 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup pretzels, ¼ cup carrots, ranch, 4 oz 1% milk</p>			