

Tazewell Woodford Head Start
March 2020
Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Breakfast:</u> 1 Sand-1.5 oz Cheese/Canadian Bacon over 1 English Muffin ½ cup Grape Mix 6 oz 1% milk <u>Lunch:</u> 1 Sand- 1.5 oz Pork Tenderloin in 1 Whole Grain Bun ¼ cup Salad ¼ cup Pineapple 6 oz 1% milk <u>Snack:</u> ½ cup Crackers w/ Cheese, 4 oz 1% milk</p>	<p>3 <u>Breakfast:</u> 2 strips Bacon ½ cup Baked Oatmeal Casserole ½ cup Orange Mix 6 oz 1% milk <u>Lunch:</u> ½ cup-1.5 oz Hamburger Bake 1 Whole Grain Bread Slice ¼ cup Green Beans ¼ cup Oranges 6 oz 1% milk <u>Snack:</u> ½ cup Apple Slices, ½ cup Cheerios, 4 oz 1% milk</p>	<p>4 <u>Breakfast:</u> 1.5 oz Egg, Sausage, and Cheese over 1 Slice Whole Grain Pizza Crust ½ cup Grape Mix 6 oz 1% milk <u>Lunch:</u> ¾ cup Pasta- 1.5 oz Chicken with ½ cup Whole Grain Noodles ¼ cup Carrots ¼ cup Grape Mix 6 oz 1% milk <u>Snack:</u> ½ cup Celery with Peanut Butter, Raisins 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> 6 oz Yogurt, 1.5 oz Ham/Cheese on 2 Slices Whole Wheat Bread ½ cup Orange Mix 6 oz 1% milk <u>Lunch:</u> ¼ cup Taco Ground Beef 1 Whole Grain Tortilla ¼ cup Corn ¼ cup Mixed Fruit 6 oz 1% milk <u>Snack:</u> ½ cup Animal Crackers, 4 oz 1% milk</p>	<p>10 <u>Breakfast:</u> 1-1.5 oz Sausage 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk <u>Lunch:</u> 1 Wrap- 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 <u>Snack:</u> ½ cup Apple Slices with Peanut Butter, 4 oz 1% milk</p>	<p>11 <u>Breakfast:</u> 1 Sand- 1.5 oz Sausage and Cheese on 1 Biscuit ½ Banana 6 oz 1% milk <u>Lunch:</u> ¾ cup pasta-1.5 oz Ham with Cheese Sauce over ½ cup Whole Grain Noodles ¼ cup Peas ¼ cup Berry Mix 6 oz 1% milk <u>Snack:</u> ½ cup Melon Chunks, 4 oz 1% milk</p>	<p>12 <u>Breakfast:</u> 6 oz Yogurt, 1 oz Cheese Stick ½ cup Kix Cereal ½ cup Apricots 6 oz 1% milk <u>Lunch:</u> ¾ cup Pasta-1.5 oz Beef and Spaghetti Sauce ½ cup Whole Grain Spaghetti Noodles 1 Dinner Roll ¼ cup Salad ¼ cup Peaches 6 oz 1% milk <u>Snack:</u> ½ cup Pudding with Banana Slices, 4 oz 1% milk</p>	<p>13 <u>Breakfast:</u> ½ cup Cottage Cheese 1 Muffin ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> ½ cup-1.5 oz Ground beef/Cheese in Tater tots with Crème of Mushroom 1 Whole Grain Bread Slice ¼ cup Carrots ¼ cup Pineapple Mix 6 oz 1% milk <u>Snack:</u> ½ Bagel with Peanut Butter, 4 oz 1% milk</p>
<p>16 <u>Breakfast:</u> ¼ cup Scrambled Eggs ½ cup Crème of Wheat ½ cup Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef with Sauce over ½ cup Noodles 1 slice of Whole Grain Bread ¼ cup Peas ½ cup Mixed Berries 6 oz 1% milk <u>Snack:</u> ½ cup Vanilla Wafers, Pudding, 4 oz 1% milk</p>	<p>17 <u>Breakfast:</u> 1-1.5 oz Sausage 1 Pancake ½ cup Apple Slices 6 oz 1% milk <u>Lunch:</u> ¼ cup- 1.5 oz Chicken Strips 1 Whole Grain Bread Slice ¼ cup Lima Beans ¼ cup Melons 6 oz 1% milk <u>Snack:</u> ½ cup Pretzels, 1 oz Cheese Stick, 4 oz 1% milk</p>	<p>18 <u>Breakfast:</u> 1 Sand- 1.5 oz Cheese/Sausage over 1 English Muffin ½ cup Grape Mix 6 oz 1% milk <u>Lunch:</u> ½ Sandwich-1.5 oz Ham in 1 Slices Whole Wheat Bread ¼ cup Baked Beans ¼ cup Berries 6 oz 1% milk <u>Snack:</u> ½ Peanut Butter Sandwich on Whole Wheat Bread, 4 oz 1% milk</p>	<p>19 <u>Breakfast:</u> ¼ cup- 1.5 oz Eggs/Sausage 1 slice Whole Wheat Bread ½ cup Berry Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Turkey on 1 Slice Whole Wheat Bread ¼ cup Mashed Potatoes with Carrots ¼ cup Berry Mix 6 oz 1% milk <u>Snack:</u> ½ cup Orange Sections, 4 oz 1% milk</p>	<p>20 <u>NO SCHOOL CAREER DEVELOPMENT DAY</u></p> 
<p>23 <u>Breakfast:</u> 1 Sandwich- 1.5 oz Turkey/Cheese on ½ Whole Wheat Bagel ½ cup Apple Slices 6 oz 1% milk <u>Lunch:</u> ¾ cup Pasta- 1.5 oz Tuna with ½ cup Noodles ¼ cup Salad ¼ cup Berry Mix 6 oz 1% milk <u>Snack:</u> ½ cup Grapes, Cheese, Crackers, 4 oz 1% milk</p>	<p>24 <u>Breakfast:</u> ¾ cup Yogurt, 1.5 oz Sausage with Gravy Over 1 Biscuit ½ cup Melons 6 oz 1% milk <u>Lunch:</u> ¼ cup-1.5 oz Chicken Breast ½ cup Brown Rice ¼ cup Peas ¼ cup Melons 6 oz 1% milk <u>Snack:</u> ½ cup Raisins, 2 Graham Crackers, 4 oz 1% milk</p>	<p>25 <u>Breakfast:</u> 2 Slices Bacon 1 Pancake ½ cup Peach Mix 6 oz 1% milk <u>Lunch:</u> ¼ cup-1.5 oz Scrambles Eggs/Sausage 1 Whole Grain Bread Slice ¼ cup Carrots ¼ cup Orange Mix 6 oz 1% milk <u>Snack:</u> 1 Banana, Vanilla Wafers, 4 oz 1% milk</p>	<p>26 <u>Breakfast:</u> ¼ cup-1.5 oz Eggs, 6 oz Yogurt 1 Muffin ½ cup Apples 6 oz 1% milk <u>Lunch:</u> ¼ cup- 1.5 oz Sloppy Jo Ground Beef on 1 Whole Grain Bun ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk <u>Snack:</u> ½ cup Pretzels, 1 oz Cheese Stick, 4 oz 1% milk</p>	<p>27 <u>Breakfast:</u> ¼ cup- 1.5 oz Ham and Eggs 1 Waffle ½ cup Pineapple Mix 6 oz 1% milk <u>Lunch:</u> ¾ cup Ravioli- 1.5 oz Beef in ½ cup Noodles 1 Whole Grain Bread Slice ¼ cup Salad ¼ cup Pears 6 oz 1% milk <u>Snack:</u> ½ cup Animal Crackers, Oranges, 4 oz 1% milk</p>
<p>30 <u>Breakfast:</u> 1-1.5 oz Sausage Patty ½ cup Oatmeal ½ cup Grape Mix 6 oz 1% milk <u>Lunch:</u> ¾ cup-1.5 oz Ham/ Au Gratin Potatoes 1 oz Whole Grain Breadstick ¼ cup Romain Salad Mix ¼ cup Watermelon/Cantaloupe Mix 6 oz 1% milk <u>Snack:</u> ½ cup Animal Crackers, ½ cup Mandarin Oranges, 4 oz 1% milk</p>	<p>31 <u>Breakfast:</u> ¼ cup Ham and Eggs 1 Muffin ½ cup Melon Mix 6 oz 1% milk <u>Lunch:</u> 1 Sand-1.5 oz Lunchmeat with Cheese over 2 Slices Whole Wheat Bread ¼ cup Celery ¼ cup Apricots 6 oz 1% milk <u>Snack:</u> ½ cup Crackers w/ Cheese, 4 oz 1% milk</p>			

