

Tazewell Woodford Head Start
March 2020
Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>Breakfast:</u> ½ cup cottage cheese ½ cup Crispix Cereal ½ cup tropical fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz chicken fries ¼ cup Romaine lettuce salad ¼ cup applesauce ¼ cup grahams 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup popcorn, 4 oz 1% milk</p>	<p>3</p> <p><u>Breakfast:</u> 1.5oz cheese cubes 1 WG muffin ½ cup pears 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz sausage links 2 WG French Toast Sticks ¼ cup oven roasted potatoes ¼ cup mango cubes 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup Ritz Bits Cheese Crackers, 4 oz 1% milk</p>	<p>4</p> <p><u>Breakfast:</u> ½ cup yogurt 1 WG bagel w 3TB cream cheese ½ cup apricots 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz Beef Tenderloin on 1 WG bun ¼ cup fresh veggies ¼ cup pears 6 oz 1% milk</p> <p><u>Snack:</u> 1 Slice of Cornbread, 4 oz 1% milk</p>	<p>5</p> <p style="text-align: center;"><u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p> <div data-bbox="1143 380 1435 554" data-label="Image"> </div>	<p>6</p> <p style="text-align: center;"><u>NO SCHOOL PARENT/TEACHER CONFERENCES</u></p>
<p>9</p> <p><u>Breakfast:</u> 1 Hard Boiled Egg ½ cup Mini Wheats Cereal ½ cup tropical fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz chicken In 1 WG taco w/ (tomato & sour cream) ¼ cup romaine lettuce salad ¼ cup pineapple 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup Goldfish Grahams, 4 oz 1% milk</p>	<p>10</p> <p><u>Breakfast:</u> 1.5oz bacon 2 WG pancakes ½ cup peaches 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz beef in 3/4cup Macaroni 1 slice of corn bread ¼ cup green beans ¼ cup fresh veggies w/ dip ¼ cup apricots 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup animal crackers, 4 oz 1% milk</p>	<p>11</p> <p><u>Breakfast:</u> ½ cup cottage cheese ½ cup corn chex cereal ½ cup applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz cheese on 2 slices WG bread ¼ cup tomato/chicken noodle soup ¼ cup crackers ¼ cup carrots w/ dip ¼ cup grapes 6 oz 1% milk</p> <p><u>Snack:</u> ½cup pretzels, 4 oz 1% milk</p>	<p>12</p> <p><u>Breakfast:</u> 1 Egg & cheese Bosco Stick ½ cup Fruit Mix 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz beef patty on 1 WG bun ¼ cup oven potatoes ¼ cup pears 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup Apple Delights, 4 oz 1% milk</p>	<p>13</p> <p><u>Breakfast:</u> 1.5oz cheese cubes ½ cup Crisp Rice Cereal ½ cup apricots 6 oz 1% milk</p> <p><u>Lunch:</u> Sack Lunch: 1 uncrushable sandwich 1 bag teddy grahams 1 apple ½ cup carrots with ranch dip 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup Ritz Bits w/ Peanut Butter, 4 oz 1% milk</p>
<p>16</p> <p><u>Breakfast:</u> 1 Hard Boiled Egg ½ cup Toasted O's Cereal 6 oz 1% milk</p> <p><u>Lunch:</u> 3 WG mini Corn Dogs ½ cup Mac & Cheese ¼ cup Mixed Vegetables ¼ cup strawberry cup 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup Teddy Grahams, 4 oz 1% milk</p>	<p>17</p> <p><u>Breakfast:</u> 1 Sausage Patty 2 WG French Toast Sticks ½ cup mandarin oranges 6 oz 1% milk</p> <p><u>Lunch:</u> 1 Bosco Stick w/ Marinara sauce ¼ cup corn ¼ cup peaches 6 oz 1% milk</p> <p><u>Snack:</u> 1/2cup popcorn, 4 oz 1% milk</p>	<p>18</p> <p><u>Breakfast:</u> ½ cup yogurt 1 WG muffin ½ cup peaches 6 oz 1% milk</p> <p><u>Lunch:</u> 1 hot dog in 1 WG bun ¼ cup baked beans ¼ cup fresh veggies w/ dip ¼ cup fruit mix 6 oz 1% milk</p> <p><u>Snack:</u> ½ cup Strawberry Grahams, 4 oz 1% milk</p>	<p>19</p> <p><u>Breakfast:</u> 1.5oz breakfast sausage on 1 WG bagel ½ cup fruit mix 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5oz taco beef Over ½ cup corn chips w/ ¼ cup cheese, tomato, sour cream ¼ cup pineapple 6 oz 1% milk</p> <p><u>Snack:</u> 5 crackers w/ 5 slices of cheese, 4 oz 1% milk</p>	<p>20</p> <p style="text-align: center;"><u>NO SCHOOL CAREER DEVELOPMENT DAY</u></p> <div data-bbox="1365 1125 1511 1262" data-label="Image"> </div>
<p>23</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> <div data-bbox="45 1423 342 1549" data-label="Image"> </div>	<p>24</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> <div data-bbox="347 1423 677 1549" data-label="Image"> </div>	<p>25</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> <div data-bbox="677 1423 990 1549" data-label="Image"> </div>	<p>26</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> <div data-bbox="990 1423 1287 1549" data-label="Image"> </div>	<p>27</p> <p style="text-align: center;"><u>NO SCHOOL SPRING BREAK</u></p> <div data-bbox="1287 1423 1586 1549" data-label="Image"> </div>
<p>30</p> <p><u>Breakfast:</u> 1.5oz cheese stick ½ cup Crispix Cereal ¼ cup Craisins 6oz 1% milk</p> <p><u>Lunch:</u> 1.5oz breaded chicken on 1 WG bun ½ corn on the cob ¼ cup Fruit mix</p> <p><u>Snack:</u> 1/2cup Cheese Crackers w/ 2TB peanut butter, 4oz 1% milk</p>	<p>31</p> <p><u>Breakfast:</u> 1.5oz cheese cubes 1 WG waffle ½ cup pineapple 6oz 1% milk</p> <p><u>Lunch:</u> 1.5oz mini pizza bagels ¼ cup corn ¼ cup tropical fruit 1 cookie</p> <p><u>Snack:</u> ½ cup Snack Mix, 4oz 1% milk</p>			