

Tazewell Woodford Head Start
September 2020
Creve Coeur Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><u>Breakfast:</u> 1 Egg Omelet ½ cup Toasted O's ½ cup Peaches 6 oz 1% Milk</p> <p><u>Lunch:</u> 3 Tbsp Peanut Butter & Jelly on 2 Slices of Whole Grain Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk</p>	<p>2</p> <p><u>Breakfast:</u> 1.5 oz Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Ham/Cheese on Whole Grain Bread Slices ¼ cup Broccoli w/ ranch cup ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>3</p> <p><u>Breakfast:</u> 1.5 oz Ham on Whole Grain Biscuit ½ cup Toasted O's ½ cup Mixed Fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Pepperoni/Cheese in Whole Grain Bosco Stick ¼ cup Oven Fries ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>4</p> <p><u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Cheese on Whole Grain Tortilla ¼ cup Refried Beans ¼ cup Sweet Corn ¼ cup Grapes 6 oz 1% milk</p>
<p>7</p> <p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">HAPPY ★ <i>Labor Day</i></p>	<p>8</p> <p><u>Breakfast:</u> 1 Egg Omelet ½ cup Toasted O's ½ cup Peaches 6 oz 1% Milk</p> <p><u>Lunch:</u> 3 Tbsp Peanut Butter & Jelly on 2 Slices of Whole Grain Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk</p>	<p>9</p> <p><u>Breakfast:</u> 1.5 oz Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Ham/Cheese on Whole Grain Bread Slices ¼ cup Broccoli w/ ranch cup ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>10</p> <p><u>Breakfast:</u> 1.5 oz Ham on Whole Grain Biscuit ½ cup Toasted O's ½ cup Mixed Fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Hot Dog on 1 Whole Grain Bun ¼ cup Baked Beans ¼ cup Sweet Peas ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>11</p> <p><u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Sausage Gravy on 1 Whole Grain Biscuit ¼ cup Sweet Corn ¼ cup Grapes 6 oz 1% milk</p>
<p>14</p> <p><u>Breakfast:</u> 1 Cheese Slice 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Pepperoni in Whole Grain Bosco Stick ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>	<p>15</p> <p><u>Breakfast:</u> 1 Egg Omelet ½ cup Toasted O's ½ cup Peaches 6 oz 1% Milk</p> <p><u>Lunch:</u> 3 Tbsp Peanut Butter & Jelly on 2 Slices of Whole Grain Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk</p>	<p>16</p> <p><u>Breakfast:</u> 1.5 oz Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Ham/Cheese on Whole Grain Bread Slices ¼ cup Broccoli w/ ranch cup ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>17</p> <p><u>Breakfast:</u> 1.5 oz Ham on Whole Grain Biscuit ½ cup Toasted O's ½ cup Mixed Fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Cheese on 1 slice Whole Grain Pizza Crust ¼ cup Potato Rounds ¼ cup Peas ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>18</p> <p style="text-align: center;">NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p>
<p>21</p> <p><u>Breakfast:</u> 1 Cheese Slice 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz (Large/2small) Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>22</p> <p><u>Breakfast:</u> 1 oz Maple Sausage Stick ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk</p> <p><u>Lunch:</u> 3 Tbsp Peanut Butter & Jelly on 2 Slices of Whole Grain Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk</p>	<p>23</p> <p><u>Breakfast:</u></p> <p><u>Lunch:</u> 1.5 oz Ham/Cheese on Whole Grain Bread Slices ¼ 1.5 oz Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk cup Broccoli w/ ranch cup ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>24</p> <p><u>Breakfast:</u> 1.5 oz Ham on Whole Grain Biscuit ½ cup Toasted O's ½ cup Mixed Fruit 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Diced BBQ Chicken on 1 Whole Grain Bun ¼ cup Peas ¼ cup Mandarin Oranges 1 Cutie 6 oz 1% milk</p>	<p>25</p> <p><u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Salisbury Steak w/ Gravy 1 Slice Whole Grain Bread ¼ cup Mashed Potatoes ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk</p>
<p>28</p> <p><u>Breakfast:</u> 1 Cheese Slice 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk</p> <p><u>Lunch:</u> 1.5 oz Hot Dog wrapped in Whole Grain Breading ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>	<p>29</p> <p><u>Breakfast:</u> 1 Egg Omelet ½ cup Toasted O's ½ cup Peaches 6 oz 1% Milk</p> <p><u>Lunch:</u> 3 Tbsp Peanut Butter & Jelly on 2 Slices of Whole Grain Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk</p>	<p>30</p> <p><u>Breakfast:</u></p> <p><u>Lunch:</u> 1.5 oz Grilled Cheese on 2 Slices of Whole Grain Bread ¼ cup Tortilla Chips w/ Hummus ¼ cup Broccoli w/ ranch cup ¼ cup Mixed Fruit</p>		

For menus, classroom news and more visit: www.twhsp.org