

**Tazewell Woodford Head Start**  
**September 2020**  
**Eureka Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>Breakfast:</b>            1-1.5 oz Egg/Cheese Omelet            ½ cup Cheerios            ½ cups Cinnamon Apples            6 oz 1% milk</p> <p><b>Lunch:</b>            ½ Sandwich- 1.5 oz Grilled Cheese on            1 Whole Grain Slice Bread, 2 Crackers            ¼ cup Tomato Soup            ¼ cup Red Grapes            6 oz 1% milk            6 oz 1% milk</p>	<p><b>2</b></p> <p><b>Breakfast:</b>            3 Little Smokies            ½ cup Pumpkin Oatmeal            ½ cup Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1-1.5 oz Meatloaf Ball            1 Whole Grain Breadstick            ¼ cup Mashed Potatoes            ¼ Cup Fruity Applesauce            6 oz 1% milk</p>	<p><b>3</b></p> <p><b>Breakfast:</b>            ½ Cup Strawberry Yogurt            1 Whole Grain Fruit Muffin            ¼ cup Raisins            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Ham/Cheese over            ½ cup Whole Grain Macaroni Noodles            ¼ cup Cold Carrots/Radishes with Ranch            ¼ cup Fruit Cocktail            6 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b>            1-1.5 oz Sausage/Cheese on            1 Whole Grain Biscuit            ¼ cup Potato Smiles            ½ cup Strawberry/Blueberry Mix            6 oz 1% milk</p> <p><b>Lunch:</b>            3 Mini Corndogs- 1.5 oz Turkey Dog wrapped            In Whole Grain Breading            ¼ cup Cinnamon Carrots            ¼ cup Cantaloupe Wedge            6 oz 1% milk</p>
<p><b>7</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p> <p style="text-align: center;">HAPPY    <b>Labor Day</b></p>	<p><b>8</b></p> <p><b>Breakfast:</b>            2 Sausage Links            ½ Whole Grain Bagel with Cream Cheese            ½ cup Fresh Pear Slices            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Hot Dog on            1 Whole Grain Bun            ¼ cup Baked Potato            (Sour Cream/Cheese/Bacon/Butter)            ¼ cup Grape Mix            6 oz 1% milk</p>	<p><b>9</b></p> <p><b>Breakfast:</b>            ½ cup Cheesy Hash Brown Casserole            1 Whole Grain Biscuit            ½ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Lunch:</b>            3 Tbsp Peanut Butter and Jelly on            2 Whole Grain Slices of Bread            ¼ cup Broccoli            ¼ Cantaloupe            6 oz 1% milk</p>	<p><b>10</b></p> <p><b>Breakfast:</b>            1 Slice- 1.5 oz Bacon/Egg/Cheese over            1 Whole Grain Pizza Crust            ¼ cup Tater Tots            1 Cutie            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Taco Beef (Lettuce/Cheese/Sour Cream)            In 1 Whole Grain Tortilla            ¼ cup Corn on the Cob            ½ Tropical Fruit            6 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b>            1.5 oz Ham Slice            1 Whole Grain Pancake            ½ cup Strawberry/Pineapple Mix            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Turkey Pot Roast over            1 Whole Grain Dinner Roll            ¼ cup Mashed Potatoes            ½ Banana            6 oz 1% milk</p>
<p><b>14</b></p> <p><b>Breakfast:</b>            1.5 oz Sausage Gravy on            1 Whole Grain Biscuit            ½ cup Cheese Cubes            ½ cup Pineapple            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Beef/Beans in Chili Sauce            1 Whole Grain Slice of Bread, 2 Crackers            ¼ cup Hot Carrots            ¼ cup Watermelon/Cantaloupe Mix            6 oz 1% milk</p>	<p><b>15</b></p> <p><b>Breakfast:</b>            1-1.5 oz Egg/Cheese Omelet            4 Mini Whole Grain Waffles            ½ Banana            6 oz 1% milk</p> <p><b>Lunch:</b>            1 Sandwich- 1.5 oz Breaded Chicken Patty on 1            Whole Grain Bun            ¼ cup Green Bean/Carrot Mix            ¼ Grapefruit            6 oz 1% milk</p>	<p><b>16</b></p> <p><b>Breakfast:</b>            2 Strips Bacon            1 Whole Grain Pancake            ½ cup Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Chicken in Alfredo Sauce over            ½ cup Whole Grain Penne Pasta, 1 Slice            Whole Grain Garlic Bread            ¼ cup Peas            ¼ cup Mandarin Oranges            6 oz 1% milk</p>	<p><b>17</b></p> <p><b>Breakfast:</b>            1.5 oz Canadian Bacon/Cheese on            ½ Whole Grain English Muffin            ¼ cup Potato Smiles            ½ cup Fruit Cocktail            6 oz 1% milk</p> <p><b>Lunch:</b>            2 Sausage Links            2 Pieces Whole Grain French Toast            ¼ cup Cucumber Slices            ¼ cup Applesauce            6 oz 1% milk</p>	<p><b>18</b></p> <p style="text-align: center;"><b>NO SCHOOL</b>  <b>PROFESSIONAL</b>  <b>DEVELOPMENT DAY</b></p> <p style="text-align: center;"></p>
<p><b>21</b></p> <p><b>Breakfast:</b>            2 strips Bacon            ½ cup Apple Oatmeal            ½ cup Green Grapes            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz (Large/2small) Chicken Nuggets            1 Slice Whole Grain Bread            ¼ cup Sweet Potato Fries            ¼ cup Apricots            6 oz 1% milk</p>	<p><b>22</b></p> <p><b>Breakfast:</b>            ½ cup Vanilla Yogurt with Granola            4 Mini Waffles            ½ cup Honeydew            6 oz 1% milk</p> <p><b>Lunch:</b>            1 Sandwich- 1.5 oz Hot Ham and Cheese on            1 Whole Grain Bun            ¼ cup Cauliflower with Ranch            ¼ cup Peach/Pear Mix            6 oz 1% milk</p>	<p><b>23</b></p> <p><b>Breakfast:</b>            ½ cup Egg/Hash brown/Cheese Casserole            1 Whole Grain Slice of Toast with Jelly            ½ Banana            6 oz 1% milk</p> <p><b>Lunch:</b>            1 Quesadilla- 1.5 oz Chicken/Cheese Quesadilla in            1 Whole Grain Tortilla            ¼ cup Corn            ¼ cup Pineapple            6 oz 1% milk</p>	<p><b>24</b></p> <p><b>Breakfast:</b>            2 Sausage Links            ½ Whole Grain Bagel with Cream Cheese            ½ cup Applesauce            6 oz 1% milk</p> <p><b>Lunch:</b>            2- Breaded Fish Sticks            1 Whole Grain Bread Stick            ¼ cup Cole Slaw            1 Cutie            6 oz 1% milk</p>	<p><b>25</b></p> <p><b>Breakfast:</b>            1 Peanut Butter/Banana/Oatmeal Bake            ¼ cup Oven Roasted Potatoes            ½ cup Strawberries            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Sausage/Pepperoni/Cheese on            1 Whole Grain Pizza Slice            ¼ cup Steamed diced mixed veggies            ¼ cup Tropical Fruit            6 oz 1% milk</p>
<p><b>28</b></p> <p><b>Breakfast:</b>            ½ cup Scrambled Eggs with Cheese            1 Slice Whole Grain Toast            ½ cup Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Beef Ravioli            1 Slice Whole Grain Garlic Bread            ¼ cup Spinach Salad            ¼ cup Mandarin Oranges            6 oz 1% milk</p>	<p><b>29</b></p> <p><b>Breakfast:</b>            1 oz Cheese Stick            3 mini Turkey Sausage wrapped in            Whole Grain Pancakes            ½ cup Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Chicken (Lettuce/Cheese/Sour            Cream)            In 1 whole Grain Tortilla            ¼ cup Green Beans            ½ Banana            6 oz 1% milk</p>	<p><b>30</b></p> <p><b>Breakfast:</b>            1 Boiled Egg            1 Slice Banana Bread            ½ cup Grapefruit            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Rib Patty            1 Slice Whole Grain Cornbread            ¼ cup Baked Beans            ¼ cup Watermelon chunks            6 oz 1% milk</p>		

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