

Tazewell Woodford Head Start
September 2020
Family Center Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Breakfast: 1-1.5 oz Egg/Cheese Omelet ½ cup Cheerios ½ cups Cinnamon Apples 6 oz 1% milk</p> <p>Lunch: 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</p>	<p>2</p> <p>Breakfast: 3 Little Smokies ½ cup Pumpkin Oatmeal ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1-1.5 oz Meatloaf Ball 1 Whole Grain Breadstick ¼ cup Mashed Potatoes ¼ Cup Fruity Applesauce 6 oz 1% milk</p>	<p>3</p> <p>Breakfast: ½ Cup Strawberry Yogurt 1 Whole Grain Fruit Muffin ¼ cup Raisins 6 oz 1% milk</p> <p>Lunch: 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>4</p> <p>Breakfast: 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>Lunch: 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>7</p> <p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">HAPPY Labor Day</p>	<p>8</p> <p>Breakfast: 2 Sausage Links ½ Whole Grain Bagel with Cream Cheese ½ cup Fresh Pear Slices 6 oz 1% milk</p> <p>Lunch: 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>9</p> <p>Breakfast: ½ cup Cheesy Hash Brown Casserole 1 Whole Grain Biscuit ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Lunch: 3 Tbsp Peanut Butter and Jelly on 2 Whole Grain Slices of Bread ¼ cup Broccoli ¼ Cantaloupe 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: 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>Lunch: 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>11</p> <p>Breakfast: 1.5 oz Ham Slice 1 Whole Grain Pancake ½ cup Strawberry/Pineapple Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey Pot Roast over 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes ½ Banana 6 oz 1% milk</p>
<p>14</p> <p>Breakfast: 1.5 oz Sausage Gravy on 1 Whole Grain Biscuit ½ cup Cheese Cubes ½ cup Pineapple 6 oz 1% milk</p> <p>Lunch: 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>15</p> <p>Breakfast: 1-1.5 oz Egg/Cheese Omelet 4 Mini Whole Grain Waffles ½ Banana 6 oz 1% milk</p> <p>Lunch: 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>16</p> <p>Breakfast: 2 Strips Bacon 1 Whole Grain Pancake ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 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>17</p> <p>Breakfast: 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>Lunch: 2 Sausage Links 2 Pieces Whole Grain French Toast ¼ cup Cucumber Slices ¼ cup Applesauce 6 oz 1% milk</p>	<p>18</p> <p style="text-align: center;">NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p> <p style="text-align: center;"></p>
<p>21</p> <p>Breakfast: 2 strips Bacon ½ cup Apple Oatmeal ½ cup Green Grapes 6 oz 1% milk</p> <p>Lunch: 1.5 oz (Clarge/2small) Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Sweet Potato Fries ¼ cup Apricots 6 oz 1% milk</p>	<p>22</p> <p>Breakfast: ½ cup Vanilla Yogurt with Granola 4 Mini Waffles ½ cup Honeydew 6 oz 1% milk</p> <p>Lunch: 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>23</p> <p>Breakfast: ½ cup Egg/Hash brown/Cheese Casserole 1 Whole Grain Slice of Toast with Jelly ½ Banana 6 oz 1% milk</p> <p>Lunch: 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>24</p> <p>Breakfast: 2 Sausage Links ½ Whole Grain Bagel with Cream Cheese ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 2- Breaded Fish Sticks 1 Whole Grain Bread Stick ¼ cup Cole Slaw 1 Cutie 6 oz 1% milk</p>	<p>25</p> <p>Breakfast: 1 Peanut Butter/Banana/Oatmeal Bake ¼ cup Oven Roasted Potatoes ½ cup Strawberries 6 oz 1% milk</p> <p>Lunch: 1.5 oz Sausage/Cheese on 1 Whole Grain Pizza Slice ¼ cup Steamed diced mixed veggies ¼ cup Tropical Fruit 6 oz 1% milk</p>
<p>28</p> <p>Breakfast: ½ cup Scrambled Eggs with Cheese 1 Slice Whole Grain Toast ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef in Spaghetti Sauce over ½ cup Whole Grain Spaghetti Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Spinach Salad ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>29</p> <p>Breakfast: 1 oz Cheese Stick 3 mini Turkey Sausage wrapped in Whole Grain Pancakes ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 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>30</p> <p>Breakfast: 1 Boiled Egg 1 Slice Banana Bread ½ cup Grapefruit 6 oz 1% milk</p> <p>Lunch: 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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