

Tazewell Woodford Head Start
September 2020
Green Valley Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Breakfast: ½ cup Cottage Cheese 1 Strawberry Oatmeal Bar ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Black Beans ¼ cup Chilled fruit cup 6 oz 1% milk</p>	<p>2</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey on ½ cup Whole Grain Tortillas ¼ cup Celery w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk</p>	<p>3</p> <p>Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Apple Muffin ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Cheese on 2 Slices of Whole Grain Bread ¼ cup Salad Mix w/ Ranch ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Honey Scooters ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese on Whole Grain Pizza Slice (Marinara) ¼ cup Corn ¼ cup Fresh Fruit 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>Breakfast: ½ cup Cottage Cheese 1 Whole Grain Bagel w/ Cream Cheese ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey/Cheese on Whole Grain Sub Sandwich ¼ cup Baked Beans ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>9</p> <p>Breakfast: ½ cup Yogurt ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey on ½ cup Whole Grain Tortillas ¼ cup Green Pepper w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1 oz Cheese Stick 1 Slice Banana Bread ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Broccoli w/ Ranch ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Blueberry Muffin ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Rib Patty on Whole Grain Bun ¼ cup Fiesta Corn ¼ cup Fresh Fruit 6 oz 1% milk</p>
<p>14</p> <p>Breakfast: 1 Oz Cheese Stick ½ cup Graham bears ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Patty w/ Cheese ¼ cup Garbanzo Bean Salad ¼ cup Diced Peaches 6 oz 1% milk</p>	<p>15</p> <p>Breakfast: ½ cup Cottage Cheese 1 Whole Grain Apple Muffin ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 2 Sausage Links 2 French Toast Sticks ¼ cup Baby Carrots ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>16</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese over ½ cup Whole Grain Noodles (Baked Mac&Cheese) ¼ cup Cucumbers w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk</p>	<p>17</p> <p>Breakfast: ½ cup Yogurt 1 Blueberry Pomegranate Oatmeal Bar ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese Pizza Dipper on Whole Grain Crust w/ Marinara ¼ cup Broccoli ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>18</p> <p style="text-align: center;">NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p>
<p>21</p> <p>Breakfast: ¼ cup Cheese Cubes 4 Mini Waffles ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Carrots ¼ cup Applesauce 6 oz 1% milk</p>	<p>22</p> <p>Breakfast: ½ cup Cottage Cheese 1 Whole Grain Blueberry Muffin ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Garbanzo Bean Salad ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>23</p> <p>Breakfast: ½ cup Yogurt ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey Taco Meat in Whole Grain Tortilla Shell ¼ cup Salad Mix w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk</p>	<p>24</p> <p>Breakfast: 1 oz Cheese Stick 1 Whole Grain Bagel w/ Cream Cheese ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets ¼ cup Broccoli ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>25</p> <p>Breakfast: ½ cup Yogurt 1 Whole Grain Banana Muffin ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Cheese on 2 Slice Whole Grain Bread ¼ cup Spring Pea Salad ¼ cup Fresh Fruit 6 oz 1% milk</p>
<p>28</p> <p>Breakfast: 1 oz Cheese Stick ¼ cup Graham Bears ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 2 Chicken Tenders in Whole Grain Breading ¼ cup Carrots ¼ cup Fresh Fruit 6 oz 1% milk</p>	<p>29</p> <p>Breakfast: ½ cup Cottage Cheese 1 Strawberry Oatmeal Bar ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Black Beans ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>30</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Fruit Serving 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Turkey on ½ cup Whole Grain Tortilla Chips ¼ cup Celery w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk</p>		

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

Tazewell Woodford Head Start
September 2020
Green Valley Head Start

