

Tazewell Woodford Head Start  
September 2020  
Pekin Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Yogurt ½ cup Melon 6 oz 1% milk</p> <p><b>Lunch:</b> 1 Sausage Link 1.5 oz Scrambled Eggs 1 Slice Whole Grain Bread ¼ cup Peas ¼ cup Berries 6 oz 1% milk</p>	<p><b>2</b></p> <p><b>Breakfast:</b> 2 Strips Bacon 1 Whole Grain Pancake ½ cup Peach Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Salad Mix ¼ cup Apricot Mix 6 oz 1% milk</p>	<p><b>3</b></p> <p><b>Breakfast:</b> 1.5 oz Scrambled Eggs ½ cup Yogurt 1 Whole Grain Muffin ½ cup Peach Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef in Sloppy Joe on Whole Grain Bun ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> 1.5 oz Ham/Eggs 1 Whole Grain Waffle ½ cup Pineapple Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef Ravioli 1 Slice Whole Grain Bread ¼ cup Salad Mix ¼ cup Pear Mix 6 oz 1% milk</p>
<p><b>7</b></p> <p><b>NO SCHOOL</b></p> <p><b>HAPPY Labor Day</b></p>	<p><b>8</b></p> <p><b>Breakfast:</b> 1 Sausage Link ½ cup Oatmeal ½ cup Berry Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken over ½ cup Whole Grain Noodles 1 Slice Whole Grain Bread ¼ cup Peas ¼ cup Oranges 6 oz 1% milk</p>	<p><b>9</b></p> <p><b>Breakfast:</b> 1.5 oz Ham/Eggs 1 Whole Grain Muffin ½ cup Melon 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Lunch Meat on Whole Grain Bun ¼ cup Cukes/Carrots w/ Ranch 1 Banana 6 oz 1% milk</p>	<p><b>10</b></p> <p><b>Breakfast:</b> 1.5 oz Ham/Egg/Cheese in Whole Grain Burrito ¼ cup Peach Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1 Sausage Link 1 Whole Grain Pancake ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> ½ cup Cottage Cheese ½ cup Kix Cereal ½ cup Pineapple 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Fish Patty on Whole Grain Bun ¼ cup Salad Mix ¼ cup Pear Mix 6 oz 1% milk</p>
<p><b>14</b></p> <p><b>Breakfast:</b> 1.5 oz Ham/Cheese on Whole Grain Biscuit ½ cup Yogurt ½ cup Orange Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Taco Beef in Whole Grain Tortilla ¼ cup Corn ¼ cup Fruit Mix 6 oz 1% milk</p>	<p><b>15</b></p> <p><b>Breakfast:</b> 1 Sausage Link 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Turkey in Whole Grain Tortilla ¼ cup Pasta Salad ¼ cup Green Beans ¼ cup Apricot Mix 6 oz 1% milk</p>	<p><b>16</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage/Cheese on Whole Grain Biscuit 1 Banana 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham/Cheese over ½ cup Whole Grain Noodles ¼ cup Peas ¼ cup Melons 6 oz 1% milk</p>	<p><b>17</b></p> <p><b>Breakfast:</b> ½ cup Cheese Cubes ½ cup Kix Cereal ½ cup Berry Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef in Spaghetti Sauce over ½ cup Whole Grain Noodles ¼ cup Salad Mix ¼ cup Peaches 6 oz 1% milk</p>	<p><b>18</b></p> <p><b>NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</b></p>
<p><b>21</b></p> <p><b>Breakfast:</b> ½ cup Scrambled Eggs ½ cup Cream of Wheat ½ cup Oranges 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hot Dog in Whole Grain Bun ¼ cup Peas ¼ cup Peaches 6 oz 1% milk</p>	<p><b>22</b></p> <p><b>Breakfast:</b> 1 Sausage Link 1 Whole Grain Pancake ½ cup Apple Slices 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Lima Beans ¼ cup Melon 6 oz 1% milk</p>	<p><b>23</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage/Cheese on Whole Grain English Muffin ½ cup Grape Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham Slice on Whole Grain Bread Slice ¼ cup Baked Beans ¼ cup Pear Mix 6 oz 1% milk</p>	<p><b>24</b></p> <p><b>Breakfast:</b> ½ cup Scrambled Eggs ½ cup Oatmeal Casserole ½ cup Mandarin Oranges 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hot Turkey w/ Gravy 1 Slice Whole Grain Bread ¼ cup Mashed Potatoes ¼ cup Peas ¼ cup Apple slices 6 oz 1% milk</p>	<p><b>25</b></p> <p><b>Breakfast:</b> ½ cup Yogurt 1 Slice French Toast w/ Peanut Butter ½ cup Peach Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Corn ¼ cup Melon 6 oz 1% milk</p>
<p><b>28</b></p> <p><b>Breakfast:</b> 1.5 oz Turkey/Cheese on Whole Grain Bagel ½ cup Apple Slices 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Pepperoni in Pizza Sauce over ½ cup Whole Grain Noodles ¼ cup Salad Mix ¼ cup Peaches 6 oz 1% milk</p>	<p><b>29</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Gravy over Whole Grain Biscuit ½ cup Yogurt ½ cup Melon 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Scrambled Eggs/Sausage 1 Whole Grain Slice of Bread ¼ cup Peas ¼ cup Berries 6 oz 1% milk</p>	<p><b>30</b></p> <p><b>Breakfast:</b> 2 Strips Bacon 1 Whole Grain Pancake ½ cup Peach Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hot Dog in Whole Grain Bun ¼ cup Salad Mix ¼ cup Apricot Mix 6 oz 1% milk</p>		

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