

**Tazewell Woodford Head Start
September 2020
Roebin Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Breakfast: ½ cup Cottage Cheese 4 Mini Whole Grain Waffle ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese Quesadilla in 1 Whole Grain Tortilla ¼ cup Tortilla Chips w/ Salsa ¼ cup Green Beans ¼ cup Pineapple 6 oz 1% milk</p>	<p>2</p> <p>Breakfast: 1 Hard Boiled Egg ½ cup Rice Chex Cereal ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Strips in Whole Grain Breading ¼ cup Goldfish Crackers ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>	<p>3</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Kix Cereal ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 2 Sausage Links 4 Mini Whole Grain Waffles ¼ cup Oven Potatoes ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: ½ cup Yogurt w/ Granola ½ cup Mini Wheats Cereal ¼ cup Raisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham/Turkey/Cheese on Whole Grain Sub ¼ cup Carrots/dip 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 ½ cup Toasted O's ½ cup Pineapple 6 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Chicken on 1 Whole Grain Bun ¼ cup Mixed Vegetables ¼ cup Tomato ¼ cup Applesauce 6 oz 1% milk</p>	<p>9</p> <p>Breakfast: 1 oz Cheese Stick ½ Whole Grain Bagel w/ Cream Cheese ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese Stick in Whole Grain Bosco Stick w/ Marinara ¼ cup Green Beans ¼ cup Fresh Veggies w/ dip ¼ cup Peaches 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: ½ cup Yogurt w/ Granola 1 Whole Grain Muffin ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Beans ¼ cup Carrots w/ dip ¼ cup Peaches 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Corn Flakes ¼ cup Raisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef over ½ cup Whole Grain Macaroni Noodles 1 Slice Cornbread ¼ cup Mixed Veggies ¼ cup Fruit Mix 6 oz 1% milk</p>
<p>14</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Kix Cereal ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Taco Meat/Cheese in Whole Grain Tortilla (Sour Cream) ¼ cup Lettuce & Tomato ¼ cup Tropical Fruit 6 oz 1% milk</p>	<p>15</p> <p>Breakfast: 1.5 oz Sausage/Egg on 1 Whole Grain Bagel ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz BBQ Rib Patty on Whole Grain Bun ¼ cup Corn on the Cob ¼ cup Fresh Veggies w/ Dip ¼ cup Pears 6 oz 1% milk</p>	<p>16</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Mini Wheats ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: 2 Fish Sticks w/ Tartar Sauce ¼ cup Carrots w/ Dip ¼ cup Applesauce 6 oz 1% milk</p>	<p>17</p> <p>Breakfast: 1.5 oz Egg/Cheese in Whole Grain Bosco Stick ½ cup Fruit Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Breaded Chicken Patty on Whole Grain Bun ¼ cup Peas ¼ cup Fruit Mix ¼ cup Shaped Graham 6 oz 1% milk</p>	<p>18</p> <p style="text-align: center;">NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p>
<p>21</p> <p>Breakfast: 1 Hard Boiled Egg ½ cup Corn Chex Cereal ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Oven Roasted Chicken 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes w/ Gravy ¼ cup Pears 6 oz 1% milk</p>	<p>22</p> <p>Breakfast: 2 Sausage Links 2 French Toast Sticks ¼ cup Craisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese on Whole Grain Cheese Stuffed Pizza Crust ¼ cup Corn ¼ cup Carrots w/ dip ¼ cup Pineapple 6 oz 1% milk</p>	<p>23</p> <p>Breakfast: ½ cup Yogurt w/ Granola 1 Whole Grain Muffin ¼ cup Dried Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Patty on Whole Grain Bun (Tomato/Pickles) ¼ cup Cooked Carrots ¼ cup Hot Apples 6 oz 1% milk</p>	<p>24</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Crisp Rice Cereal ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 2 Sausage Links 3 Mini Whole Grain Pancakes ¼ cup Oven Potatoes ¼ cup Orange Juice 6 oz 1% milk</p>	<p>25</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Corn Flakes ¼ cup Raisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken over ½ cup Whole Grain Noodles ¼ cup Green Beans ¼ cup Cherry Crisp 6 oz 1% milk</p>
<p>28</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Rice Chex Cereal ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Tenderloin on Whole Grain Bun ¼ cup Romaine Lettuce Salad, Tomato ¼ cup Carrots w/ dip ¼ cup Pears 6 oz 1% milk</p>	<p>29</p> <p>Breakfast: 2 Sausage Links 3 Mini Whole Grain Pancakes ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 Beef in Spaghetti Sauce over ½ cup Whole Grain Noodles 1 Whole Grain Bread Stick ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>30</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Toasted O's ½ cup Pineapple 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Dummies 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes w/ Gravy ¼ cup Pears 6 oz 1% milk</p>		

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

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