

Tazewell Woodford Head Start
November 2020
Eureka Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Breakfast: ½ cup Scrambled Eggs w/ Cheese ½ Slice Whole Grain Toast w/ Jelly ½ Banana 6 oz 1% milk</p> <p>Lunch: 1.5 oz Rib Patty 1 slice Cornbread ¼ cup Baked Beans ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>3</p> <p><u>NO SCHOOL</u></p>  <p>Election Day</p>	<p>4</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Pumpkin Oatmeal ½ cup Peach/Pineapple/Mango Mix 6 oz 1% milk</p> <p>Lunch: 2 Breaded Fish Sticks 1 Whole Grain Breadstick ¼ cup Cole Slaw ¼ cup Fruit Cocktail 6 oz 1% milk</p>	<p>5</p> <p>Breakfast: 1.5 oz Bacon/Cheese/Egg on 1 Whole Grain Pizza Slice ¼ cup Roasted Sweet Potatoes ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Potato (Sour Cream/Cheese/Butter/Bacon Bits) ¼ cup Fruity Applesauce 6 oz 1% milk</p>	<p>6</p> <p>Breakfast: 2 Sausage Links ½ cup of Cream of Wheat ½ cup Strawberry/Pineapple Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef/Bean in Chili Sauce ½ Peanut Butter Sandwich on 1 Slice Whole Grain bread ¼ cup Celery w/ Ranch ¼ cup Mixed Grapes 6 oz 1% milk</p>
<p>9</p> <p>Breakfast: ½ Sausage/Egg Burrito in Whole Grain Tortilla ¼ cup Tater Tots ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: ½ Sandwich- 1.5 oz Hot Ham and Cheese on ½ Whole Grain Bun ¼ cup Cucumber slices w/ Ranch ¼ cup Plums 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: 2 Strips of Bacon 4 Mini Waffles ½ cup Pear Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Fajita Chicken in 1 Whole Grain Tortilla ¼ cup Corn on the Cob ¼ cup Apricots 6 oz 1% milk</p>	<p>11</p> <p><u>NO SCHOOL</u></p>  <p>VETERAN'S DAY</p>	<p>12</p> <p><u>NO SCHOOL</u></p>  <p>Parent-Teacher Conferences</p>	<p>13</p> <p><u>NO SCHOOL</u></p>
<p>16</p> <p>Breakfast: 2 Sausage Links ½ cup Cheerios ½ cup Kiwi 6 oz 1% milk</p> <p>Lunch: ½ Sandwich- 1.5 oz Grilled Cheese on 1 Slice Whole Grain Slice Bread, 2 Crackers ¼ cup Tomato Soup ¼ cup Peach/Pear Mix 6 oz 1% milk</p>	<p>17</p> <p>Breakfast: 1 Egg/Cheese Omelet ½ Slice of Toast w/ Jelly ½ Banana 6 oz 1% milk</p> <p>Lunch: ½ Sandwich- 1.5 oz Breaded Chicken Patty on ½ Whole Grain Bun ¼ cup Broccoli/Cauliflower Mix with Ranch ¼ cup Grapes 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: ½ cup Strawberry Yogurt 2 Whole Grain French Toast Sticks ½ cup Cinnamon Apples 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham/Cheese over ¼ cup Whole Grain Noodles ¼ cup Corn ¼ cup Pear/Apple Mix 6 oz 1% milk</p>	<p>19</p> <p>Breakfast: 1oz Cheese Stick 1 Whole Grain Fruit Muffin ¼ cup Craisins 6 oz 1% milk</p> <p>Lunch: ½ Quesadilla- 1.5 oz Chicken/Cheese Quesadilla on 1 Whole Grain Tortilla ¼ cup Wild Rice ¼ cup Lima Beans ¼ cup Applesauce 6 oz 1% milk</p>	<p>20</p> <p>Breakfast: 1.5 oz Canadian Bacon/Cheese on ½ Whole Grain English Muffin ¼ cup Tater Tots ½ cup Strawberries 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey Pot Roast 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes ¼ cup Orange Slices 6 oz 1% milk</p>
<p>23</p> <p>Breakfast: 3 Little Smokies 1 Belgium Waffle ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pulled Pork w/ BBQ on 1 Whole Grain Bun ¼ cup Pea/Carrot Mix ¼ cup Strawberry/Banana Smoothie 6 oz 1% milk</p>	<p>24</p> <p>Breakfast: ½ cup Egg/Cheese/Hash Brown Casserole ½ English Muffin w/ Jelly ½ cup Mango 6 oz 1% milk</p> <p>Lunch: 1.5 oz Taco Beef ¼ cup Tortilla Chips (Sour Cream/Cheese/Lettuce) ¼ cup Refried Beans ¼ cup Red Grapes 6 oz 1% milk</p>	<p>25</p>	<p>26</p>	<p>27</p>  <p>Fall Break HAPPY THANKSGIVING</p>
<p>30</p> <p>Breakfast: 1 Sausage Patty 1 Slice Banana Bread ½ Cup Grapefruit 6 oz 1% milk</p> <p>Lunch: ½ Sandwich; 1.5 oz Beef Patty w/ Cheese on ½ Whole Grain Bun ¼ cup Cucumber ¼ cup Celery Sticks w/ Ranch 6 oz 1% milk</p>				

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