

Tazewell Woodford Head Start
November 2020
Family Center Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast: ¼ cup Cheese Cubes 4 Mini Pancakes ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Chicken Tenders in Whole Grain Breading ¼ cup Carrots ¼ cup Fresh Fruit 6 oz 1% milk</p>	<p>3 NO SCHOOL  Election Day</p>	<p>4 Breakfast: ½ cup Fruit Yogurt ½ cup Cheerios ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Turkey Meat over ¼ cup Whole Grain Tortilla Chips ¼ cup Celery Sticks w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk</p>	<p>5 Breakfast: 1 oz Cheese Stick ½ cup Kix ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Grilled Cheese on 2 Whole Grain Slices of Bread ¼ cup Salad Mix w/ Ranch ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>6 Breakfast: ½ cup Cottage Cheese 1 Whole Grain Blueberry Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Cheese on Whole Grain Pizza Crust w/ Marinara ¼ cup Corn ¼ cup Fresh Fruit 6 oz 1% milk</p>
<p>9 Breakfast: ½ cup Fruit Yogurt ½ cup Cheerios ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Beef Patty w/ Cheese ¼ cup Tater Tots ¼ cup Applesauce 6 oz 1% milk</p>	<p>10 Breakfast: 1 oz Cheese Stick 1 Whole Grain Apple Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Turkey/Cheese on Whole Grain Sub Sandwich ¼ cup Baked Beans ¼ cup Fruit Cup 6 oz 1% milk</p>	<p>11 NO SCHOOL </p>	<p>12 NO SCHOOL  Parent-Teacher Conferences</p>	<p>13 NO SCHOOL</p>
<p>16 Breakfast: ¼ cup Cheese Cubes 4 Whole Grain Mini Waffles ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Garbanzo Bean Salad ¼ cup Diced Peaches 6 oz 1% milk</p>	<p>17 Breakfast: 1 oz Cheese Stick 1 Whole Grain Blueberry Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 2 Sausage Links 2 French Toast Sticks ¼ cup Baby Carrots ¼ cup Chilled Fruit Cup 6 oz 1% milk</p>	<p>18 Breakfast: ½ cup Fruit Yogurt ¼ cup Cheerios ½ cup Fruit Serving 6 oz 1% milk 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>19 Breakfast: 1 Hard Boiled Egg ½ cup Kix ½ cup Fruit Serving 6 oz 1% milk 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>20 Breakfast: ½ cup Cottage Cheese 1 Whole Grain Banana Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Hot Turkey on Whole Grain Bread Slices ¼ cup Corn ¼ cup Fresh Fruit 6 oz 1% milk</p>
<p>23 Breakfast: 1 Hard Boiled Egg ½ cup Kix ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Hot on Whole Grain Bun ¼ cup Carrots ¼ cup Applesauce 6 oz 1% milk</p>	<p>24 Breakfast: ½ cup Strawberry Yogurt 1 Whole Grain Strawberry Oatmeal Bar ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Turkey Slice 1 Whole Grain Dinner Roll ¼ cup Green Beans ¼ cup Fruit Cup 6 oz 1% milk</p>	<p>25</p>	<p>26</p>  <p>27</p>	
<p>30 Breakfast: 1 oz Cheese Stick 4 Mini Pancakes ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Chicken Tenders in Whole Grain Breading ¼ cup Carrots ¼ cup Fresh Fruit 6 oz 1% milk</p>				

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