

Tazewell Woodford Head Start
November 2020
Pekin Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast: 1 Sausage Link ½ cup Oatmeal ½ cup Berry Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken over ¼ cup Whole Grain Noodles 1 Slice Whole Grain Bread ¼ cup Peas ¼ cup Oranges 6 oz 1% milk</p>	<p>3 <u>NO SCHOOL</u></p>  <p>Election Day</p>	<p>4 Breakfast: 1.5 oz Sausage/Eggs/Cheese on Whole Grain Tortilla ½ cup Peach Mix 6 oz 1% milk</p> <p>Lunch: 1 Sausage Link 1 Whole Grain Pancake ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk</p>	<p>5 Breakfast: ½ cup Cottage Cheese ½ cup Kix Cereal ½ cup Pineapple 6 oz 1% milk</p> <p>Lunch: 1.5 oz Fish Patty on Whole Grain Bun ¼ cup Salad Mix ¼ cup Pear Mix 6 oz 1% milk</p>	<p>6 Breakfast: 1 Sausage Link 1 Whole Grain Waffle ½ cup Berry Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Patty w/ Cheese on 1 Whole Grain Bun 6 oz 1% milk</p>
<p>9 Breakfast: 1.5 oz Ham/Cheese on Whole Grain Bread ½ cup Yogurt ½ cup Orange Mix 6 oz 1% milk</p> <p>Lunch: 2 oz Taco Meat/Cheese on Whole Grain Tortilla ¼ cup Corn ¼ cup Fruit Mix 6 oz 1% milk</p>	<p>10 Breakfast: 1 Sausage Link 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey in Whole Grain Tortilla ¼ Pasta Salad ¼ cup Green Beans ¼ cup Apricot Mix 6 oz 1% milk</p>	<p>11 <u>NO SCHOOL</u></p> 	<p>12 <u>NO SCHOOL</u></p>  <p>Parent-Teacher Conferences</p>	<p>13 <u>NO SCHOOL</u></p>
<p>16 Breakfast: 2 Eggs ½ cup Cream of Wheat ½ cup Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog in Whole Grain Bun ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>17 Breakfast: 1 Sausage Link 1 Whole Grain Pancake ½ cup Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Lima Beans ¼ cup Melons 6 oz 1% milk</p>	<p>18 Breakfast: 1.5 oz Sausage/Cheese on Whole Grain English Muffin ½ cup Grape Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham on 2 Whole Grain Bread Slices ¼ cup Baked Beans ¼ cup Pear Mix 6 oz 1% milk</p>	<p>19 Breakfast: 2 Eggs ½ cup Oatmeal Casserole ½ cup Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz 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>20 Breakfast: 2 Strips of Bacon 1 Slice French Toast w/ Peanut Butter ½ cup Peach Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Corn ¼ cup Melons 6 oz 1% milk</p>
<p>23 Breakfast: 1.5 oz Turkey/Cheese on Whole Grain Bagel ½ cup Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pepperoni/Cheese in Pizza Sauce over ½ cup Whole Grain Noodles ¼ cup Salad Mix ¼ cup Peaches 6 oz 1% milk</p>	<p>24 Breakfast: 1.5 oz Sausage Gravy over Whole Grain Biscuit ½ cup Yogurt ½ cup Melon 6 oz 1% milk</p> <p>Lunch: 2 Eggs 1 Sausage Link 1 Slice Whole Grain Bread ¼ cup Carrots ¼ cup Berry Mix 6 oz 1% milk</p>	<p>25 26 27</p> 		
<p>30 Breakfast: 1 Sausage Link ½ cup Oatmeal ½ cup Berry Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken over ¼ cup Whole Grain Noodles 1 Slice Whole Grain Bread ¼ cup Peas ¼ cup Oranges 6 oz 1% milk</p>				

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