



Tazewell Woodford Head Start
October 2020
Creve Coeur Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Breakfast:</u> 1.5 oz Ham slice on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef/Cheese Ravioli ¼ cup Corn Chips w/ Hummus ¼ cup Steamed Carrot Slices ¼ cup Mandarin Oranges 6 oz 1% milk	2 <u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz BBQ Chicken on Whole Grain Bun ¼ cup Sweet Peas ¼ cup Pineapples 6 oz 1% milk
5 <u>Breakfast:</u> 2 Cheese Slices 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk <u>Lunch:</u> 1.5 oz Pepperoni/Cheese Stuffed Pizza in Whole Grain Breading ¼ cup Celery Sticks ¼ cup Peaches 6 oz 1% milk	6 <u>Breakfast:</u> 1 Egg Omelet ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 3 Tbsp Peanut Butter and Jelly on 2 Whole Grain Slices of Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk	7 <u>Breakfast:</u> 2 Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey/Cheese on 2 Whole Grain Slices of Bread ¼ cup Broccoli w/ Ranch cup ¼ cup Mixed Fruit 6 oz 1% milk	8 <u>Breakfast:</u> 1.5 oz Ham slice on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Pasta Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Mashed Potatoes w/ Gravy ¼ cup Mandarin Oranges 6 oz 1% milk	9 <u>NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</u> 
12 <u>NO SCHOOL Columbus Day</u> 	13 <u>Breakfast:</u> 1 Egg Omelet ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 3 Tbsp Peanut Butter and Jelly on 2 Whole Grain Slices of Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk	14 <u>Breakfast:</u> 2 Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ham/Cheese on 2 Whole Grain Slices of Bread ¼ cup Broccoli w/ Ranch cup ¼ cup Mixed Fruit 6 oz 1% milk	15 <u>Breakfast:</u> 1.5 oz Ham slice on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% Milk <u>Lunch:</u> 1.5 oz Cheese Quesadilla in 1 Whole Grain Tortilla w/ Salsa ¼ cup Rice ¼ cup Red Beans ¼ cup Mandarin Oranges 6 oz 1% milk	16 <u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese on 1 Whole Grain Pizza Slice ¼ cup Potato Rounds ¼ cup Mixed Vegetables ¼ cup Pineapple 6 oz 1% milk
19 <u>Breakfast:</u> 2 Cheese Slices 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese in Whole Grain Pizza Pretzel Stick ¼ cup Celery Sticks ¼ cup Peaches 6 oz 1% milk	20 <u>Breakfast:</u> 1.5 oz Maple sausage wrapped In Whole Grain Breading ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 3 Tbsp Peanut Butter and Jelly on 2 Whole Grain Slices of Bread ¼ cup Carrot Sticks ¼ cup Banana 6 oz 1% milk	21 <u>Breakfast:</u> 2 Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ham/Cheese on 2 Whole Grain Slices of Bread ¼ cup Broccoli w/ Ranch cup ¼ cup Mixed Fruit 6 oz 1% milk	22 <u>Breakfast:</u> 1.5 oz Ham slice on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% Milk <u>Lunch:</u> 1.5 oz Country Fried Steak 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes w/ Gravy ¼ cup Mandarin Oranges 6 oz 1% milk	23 <u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Shredded BBQ Pork on Whole Grain Bun ¼ cup Sweet Peas ¼ cup Pineapples 6 oz 1% milk
26 <u>Breakfast:</u> 2 Cheese Slices 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk <u>Lunch:</u> 1.5 oz Pepperoni/Cheese in Whole Grain Breading ¼ cup Celery Sticks ¼ cup Peaches 6 oz 1% milk	27 <u>Breakfast:</u> 1 Egg Omelet ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 3 Tbsp Peanut Butter and Jelly on 2 Whole Grain Slices of Bread ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk	28 <u>Breakfast:</u> 2 Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ham/Cheese on 2 Whole Grain Slices of Bread ¼ cup Broccoli w/ Ranch cup ¼ cup Mixed Fruit 6 oz 1% milk	29 <u>Breakfast:</u> 1.5 oz Ham slice on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Teriyaki Dippers ¼ cup Green Beans ¼ cup Fresh Oranges 6 oz 1% milk	30 <u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef/Bean Burrito in Whole Grain Tortilla w/ Salsa ¼ cup Spanish Rice ¼ cup Sweet Peas ¼ cup Pineapple 6 oz 1% milk

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