


Tazewell Woodford Head Start
October 2020
Family Center Head Start



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1 Breakfast: 1.5 oz Sausage Gravy on 1 Whole Grain Biscuit ¼ cup Tater Tots ½ cup Cinnamon Applesauce 6 oz 1% milk Lunch: ½ Sandwich- 1.5 oz Turkey/Cheese on 1 Whole Grain Slice of Bread ¼ cup Pea & Carrot Mix ¼ cup Craisins 6 oz 1% milk | 2 Breakfast: ½ cup Vanilla Yogurt w/ Granola 1 Whole Grain Pancake ½ cup Peach/Pineapple/Mango Mix 6 oz 1% milk Lunch: ½ Sandwich- 1.5 oz Fish Patty on 1 Whole Grain Bun ¼ cup Carrots w/ Ranch ¼ cup Berry Smoothie 6 oz 1% milk |
| 5 Breakfast: ½ cup Cheese Cubes 2 Pieces Whole Grain French Toast ½ cup Orange Slices 6 oz 1% milk Lunch: ½ Sandwich-1.5 oz Hamburger with Cheese On 1 Whole Grain bun ¼ cup Cold Veggie Mix with Ranch ¼ cup Apple Slices 6 oz 1% milk | 6 Breakfast: 1-1.5 oz Egg/Cheese Omelet ½ cup Cheerios ½ Cinnamon Apples 6 oz 1% milk Lunch: ½ Sandwich- 1.5 oz Grilled Cheese on 1 Whole Grain Slice Bread, 2 Crackers ¼ cup Tomato Soup ¼ cup Red Grapes 6 oz 1% milk | 7 Breakfast: 2 Sausage Links ½ cup Pumpkin Oatmeal ½ cup Pears 6 oz 1% milk Lunch: 1-1.5 oz Meatloaf Ball 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes ¼ Cup Fruity Applesauce 6 oz 1% milk | 8 Breakfast: ½ Cup Strawberry Yogurt ½ Whole Grain English Muffin ¼ cup Raisins 6 oz 1% milk Lunch: 1.5 oz Ham/Cheese over ¼ cup Whole Grain Macaroni Noodles ¼ cup Cold Carrots/Radishes with Ranch ¼ cup Fruit Cocktail 6 oz 1% milk | 9 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY  |
| 12 NO SCHOOL Columbus Day  | 13 Breakfast: 3 Little Smokies ½ Whole Grain Bagel with Cream Cheese ½ cup Fresh Pear Slices 6 oz 1% milk Lunch: 1.5 oz Hot Dog on 1 Whole Grain Bun ¼ cup Baked Potato (Sour Cream/Cheese/Bacon/Butter) ¼ cup Grape Mix 6 oz 1% milk | 14 Breakfast: ¼ cup Cheesy Hash Brown Casserole 1 Whole Grain Biscuit ½ cup Mandarin Oranges 6 oz 1% milk Lunch: 3 Tbsp Peanut Butter and Jelly on 2 Whole Grain Slices of Bread ¼ cup Broccoli ¼ cup Peaches 6 oz 1% milk | 15 Breakfast: 1 Slice- 1.5 oz Bacon/Egg/Cheese over 1 Whole Grain Pizza Crust ¼ cup Tater Tots 1 Cutie 6 oz 1% milk Lunch: 1.5 oz Taco Beef (Lettuce/Cheese/Sour Cream) In 1 Whole Grain Tortilla ¼ cup Corn on the Cob ½ Tropical Fruit 6 oz 1% milk | 16 Breakfast: 1.5 oz Ham Slice 1 Whole Grain Pancake ½ cup Strawberry/Pineapple Mix 6 oz 1% milk Lunch: 1.5 oz Turkey Pot Roast over 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes ½ Banana 6 oz 1% milk |
| 19 Breakfast: 1.5 oz Sausage Gravy on 1 Whole Grain Biscuit ½ cup Cheese Cubes ½ cup Pineapple 6 oz 1% milk Lunch: 1.5 oz Beef/Beans in Chili Sauce 1 Whole Grain Slice of Bread, 2 Crackers ¼ cup Hot Carrots ¼ cup Watermelon/Honeydew Mix 6 oz 1% milk | 20 Breakfast: 1- 1.5 oz Egg/Cheese Omelet ½ cup Cream of Wheat ½ Banana 6 oz 1% milk Lunch: 1 Sandwich- 1.5 oz Breaded Chicken Patty on 1 Whole Grain Bun ¼ cup Green Bean/Carrot Mix ¼ Grapefruit 6 oz 1% milk | 21 Breakfast: 2 Strips Bacon ½ cup Cheerios ½ cup Peaches 6 oz 1% milk Lunch: 1.5 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Penne Pasta, 1 Slice Whole Grain Garlic Bread ¼ cup Peas ¼ cup Mandarin Oranges 6 oz 1% milk | 22 Breakfast: 1.5 oz Canadian Bacon/Cheese on ½ Whole Grain English Muffin ¼ cup Potato Smiles ½ cup Fruit Cocktail 6 oz 1% milk Lunch: 2 Sausage Links 2 Pieces Whole Grain French Toast ¼ cup Cucumber Slices ¼ cup Applesauce 6 oz 1% milk | 23 Breakfast: ½ cup Vanilla Yogurt with Granola 1 Whole Grain Fruit Muffin ½ cup Blueberries 6 oz 1% milk Lunch: 1 Sandwich- 1.5 oz Beef Sloppy Joe on 1 Whole Grain Bun ¼ cup Corn ¼ cup Orange Slices 6 oz 1% milk |
| 26 Breakfast: 1 Boiled Egg ½ cup Apple Oatmeal ½ cup Green Grapes 6 oz 1% milk Lunch: 1-1.5 oz Turkey Slice ½ cup Whole Grain Stuffing ¼ cup Mashed Sweet Potatoes ¼ cup Apricots 6 oz 1% milk | 27 Breakfast: ½ cup Cottage Cheese 4 Mini Waffles ½ cup Honeydew 6 oz 1% milk Lunch: ½ Sandwich- 1.5 oz Hot Ham and Cheese on 1 Whole Grain Bun ¼ cup Cauliflower with Ranch ¼ cup Peach/Pear Mix 6 oz 1% milk | 28 Breakfast: ½ cup Egg/Hash brown/Cheese Casserole ½ Whole Grain Slice English Muffin with Jelly ½ cup Watermelon Chunks 6 oz 1% milk Lunch: 1 Quesadilla- 1.5 oz Chicken/Cheese Quesadilla in 1 Whole Grain Tortilla ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk | 29 Breakfast: 2 Sausage Links ½ Whole Grain Bagel with Cream Cheese ½ cup Applesauce 6 oz 1% milk Lunch: 2- Breaded Fish Sticks 1 Whole Grain Bread Stick ¼ cup Cole Slaw 1 Cutie 6 oz 1% milk | 30 Breakfast: 1 Peanut Butter/Banana/Oatmeal Bake ¼ cup Oven Roasted Potatoes ½ cup Strawberries 6 oz 1% milk Lunch: 1.5 oz Sausage/Cheese on 1 Whole Grain Pizza Slice ¼ cup Steamed diced veggie ¼ cup Tropical Fruit 6 oz 1% milk |

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