



Tazewell Woodford Head Start
 October 2020
 Green Valley Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Breakfast:</u> ½ cup Fruit Yogurt ½ cup Kix ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Cheese on 2 Slices Whole Grain Bread ¼ cup Salad Mix w/ Ranch ¼ cup Fruit Cup 6 oz 1% milk	2 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Honey Scooters Cereal ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese on Whole Grain Pizza Crust w/ Marinara ¼ cup Corn ¼ cup Fresh Fruit 6 oz 1% milk
5 <u>Breakfast:</u> ½ cup Cottage Cheese 4 Mini Waffles ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Patty w/ Cheese ¼ cup Tater Tots ¼ cup Applesauce 6 oz 1% milk	6 <u>Breakfast:</u> ¼ cup Cheese Cubes 1 Whole Grain Bagel w/ Cream Cheese ½ cup Fruit Serving 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey/Cheese on Whole Grain Sub Sandwich ¼ cup Baked Beans ¼ cup Fruit Cup 6 oz 1% milk	7 <u>Breakfast:</u> ½ cup Fruit Yogurt ½ cup Cheerios ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ground Turkey over ½ cup Whole Grain Tortilla ¼ cup Green Pepper Strips ¼ cup Raisins/Craisins 6 oz 1% milk	8 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Kix ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Broccoli w/ Ranch ¼ cup Fruit Cup 6 oz 1% milk	9 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY 
12 NO SCHOOL Columbus Day 	13 <u>Breakfast:</u> ½ cup Yogurt 1 Whole Grain Apple Muffin ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 2 Sausage Links 2 French Toast Sticks ¼ cup Baby Carrots ¼ cup Chilled Fruit Cup 6 oz 1% milk	14 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Cheerios ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 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	15 <u>Breakfast:</u> 1 Boiled Egg ½ cup Cheerios ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Pizza Dipper on Whole Grain Crust w/ Marinara ¼ cup Broccoli ¼ cup Chilled Fruit Cup 6 oz 1% milk	16 <u>Breakfast:</u> ½ cup Cottage Cheese ½ cup Rice Chex Cereal ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Turkey on Whole Grain Bread Slices ¼ cup Corn ¼ cup Fresh Fruit 6 oz 1% milk
19 <u>Breakfast:</u> ½ cup Cheese Cubes 4 Mini Waffles ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot on Whole Grain Bun ¼ cup Carrots ¼ cup Applesauce 6 oz 1% milk	20 <u>Breakfast:</u> ½ cup Cottage Cheese 1 Whole Grain Blueberry Muffin ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Garbanzo Bean Salad ¼ cup Chilled Fruit Cup 6 oz 1% milk	21 <u>Breakfast:</u> ½ cup Fruit Yogurt ½ cup Cheerios ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey Taco Meat on 1 Whole Grain Tortilla ¼ cup Side Salad w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk	22 <u>Breakfast:</u> 1 Boiled Egg ½ cup Kix ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Broccoli ¼ cup Chilled Fruit Cup 6 oz 1% milk	23 <u>Breakfast:</u> ½ cup Vanilla Yogurt 1 Whole Grain Banana Muffin ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Cheese on Whole Grain Bread Slices ¼ cup Spring Pea Salad ¼ cup Fresh Fruit 6 oz 1% milk
26 <u>Breakfast:</u> 1 Boiled Egg ½ cup Kix ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Tenders in Whole Grain Breading ¼ cup Carrots ¼ cup Fresh Fruit 6 oz 1% milk	27 <u>Breakfast:</u> ½ cup Cottage Cheese 1 Whole Grain Strawberry Oatmeal Bar ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Black Beans ¼ cup Chilled Fruit Cup 6 oz 1% milk	28 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Cheerios ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ground Turkey on ½ cup Whole Grain Tortilla Chips ¼ cup Celery w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk	29 <u>Breakfast:</u> ½ cup Fruit Yogurt ½ cup Kix ½ cup Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Cheese on Whole Grain Bread Slices ¼ cup Side Salad w/ Ranch ¼ cup Chilled Fruit Cup 6 oz 1% milk	30 <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Cheerios ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 3 tbsp Peanut Butter & Jelly on 2 Whole Grain Slices of Bread ¼ cup Carrots ½ Banana 6 oz 1% milk

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