



Tazewell Woodford Head Start
October 2020
Pekin Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Breakfast:</u> 2 Eggs ½ cup Yogurt 1 Whole Grain Muffin ½ cup Berries 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef in Sloppy Joe on Whole Grain Bun ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk	2 <u>Breakfast:</u> 2 Eggs 1 Whole Grain Waffle ½ cup Pineapple Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Ravioli 1 Slice Whole Grain Bread ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk
5 <u>Breakfast:</u> 1 Sausage Link ½ cup Oatmeal ½ cup Berry Mix 6 oz 1% milk <u>Lunch:</u> 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	6 <u>Breakfast:</u> 1.5 oz Ham/Eggs 1 Whole Grain Muffin ½ cup Melons 6 oz 1% milk <u>Lunch:</u> 1.5 oz Lunchmeat on Whole Grain Sub Sandwich ¼ cup Cukes/Carrots w/ Ranch ½ Banana 6 oz 1% milk	7 <u>Breakfast:</u> 1.5 oz Sausage/Eggs/Cheese on Whole Grain Tortilla ½ cup Peach Mix 6 oz 1% milk <u>Lunch:</u> 1 Sausage Link 1 Whole Grain Pancake ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk	8 <u>Breakfast:</u> ½ cup Cottage Cheese ½ cup Kix Cereal ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> 1.5 oz Fish Patty on Whole Grain Bun ¼ cup Salad Mix ¼ cup Pear Mix 6 oz 1% milk	9 <u>NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</u> 
12 <u>NO SCHOOL Columbus Day</u> 	13 <u>Breakfast:</u> 1 Sausage Link 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey in Whole Grain Tortilla ¼ Pasta Salad ¼ cup Green Beans ¼ cup Apricot Mix 6 oz 1% milk	14 <u>Breakfast:</u> 1.5 oz Sausage/Cheese on Whole Grain Biscuit ½ cup Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ham/Cheese over ¼ cup Whole Grain Pasta Noodles ¼ cup Peas ¼ cup Melon 6 oz 1% milk	15 <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Kix Cereal ½ cup Berry/Banana Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef in Spaghetti Sauce over ¼ cup Whole Grain Noodles ¼ cup Salad Mix ¼ cup Peaches 6 oz 1% milk	16 <u>Breakfast:</u> ½ cup Cottage Cheese 1 Whole Grain Muffin ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog wrapped in Whole Grain Breading ¼ cup Carrots ¼ cup Pears 6 oz 1% milk
19 <u>Breakfast:</u> 2 Eggs ½ cup Cream of Wheat ½ cup Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog in Whole Grain Bun ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk	20 <u>Breakfast:</u> 1 Sausage Link 1 Whole Grain Pancake ½ cup Apple Slices 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Lima Beans ¼ cup Melons 6 oz 1% milk	21 <u>Breakfast:</u> 1.5 oz Sausage/Cheese on Whole Grain English Muffin ½ cup Grape Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ham on 2 Whole Grain Bread Slices ¼ cup Baked Beans ¼ cup Pear Mix 6 oz 1% milk	22 <u>Breakfast:</u> 2 Eggs ½ cup Oatmeal Casserole ½ cup Oranges 6 oz 1% milk <u>Lunch:</u> 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	23 <u>Breakfast:</u> 2 Strips of Bacon 1 Slice French Toast w/ Peanut Butter ½ cup Peach Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Corn ¼ cup Melons 6 oz 1% milk
26 <u>Breakfast:</u> 1.5 oz Turkey/Cheese on Whole Grain Bagel ½ cup Apple Slices 6 oz 1% milk <u>Lunch:</u> 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	27 <u>Breakfast:</u> 1.5 oz Sausage Gravy over Whole Grain Biscuit ½ cup Yogurt ½ cup Melon 6 oz 1% milk <u>Lunch:</u> 2 Eggs 1 Sausage Link 1 Slice Whole Grain Bread ¼ cup Carrots ¼ cup Berry Mix 6 oz 1% milk	28 <u>Breakfast:</u> 2 Strips Bacon 1 Whole Grain Pancake ½ cup Peach Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog in Whole Grain Bun ¼ cup Salad Mix ¼ cup Apricot Mix 6 oz 1% milk	29 <u>Breakfast:</u> ½ cup Yogurt 2 Eggs 1 Whole Grain Muffin ½ cup Berries 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef in Sloppy Joe Sauce On Whole Grain Bun ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk	30 <u>Breakfast:</u> 1.5 oz Ham/Eggs 1 Whole Grain Waffle ½ cup Pineapple Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Ravioli 1 Slice Whole Grain Bread ¼ cup Salad Mix ¼ cup Pears 6 oz 1% milk

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