



Tazewell Woodford Head Start
October 2020
Robein Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Breakfast:</u> ½ cup Cottage Cheese ½ cup Mini Wheats Cereal ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ground Beef w/ Cheese on ½ cup Whole Grain Tortilla Chips ¼ cup Corn ¼ Tropical Fruit 6 oz 1% milk	2 <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Crisp Rice Cereal ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese in Whole Grain Bosco Stick w/ Marinara ¼ cup Mixed Vegetables ¼ cup Fruit 6 oz 1% milk
5 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Kix Cereal ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Chicken Strips ¼ Romain Lettuce Salad w/ Tomato ¼ cup Apple Betty 6 oz 1% milk	6 <u>Breakfast:</u> 1 Boiled Egg 1 Whole Grain Fruit Muffin ½ cup Tropical Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Quesadilla in Whole Grain Tortilla ½ cup Tortilla Chips w/ Salsa ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk	7 <u>Breakfast:</u> ½ cup Yogurt w/ Granola 1 Whole Grain Breakfast Bar ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Sloppy Joe on 1 Whole Grain Bun (pickles) ¼ cup Cooked Carrots ¼ cup Peaches 6 oz 1% milk	8 <u>Breakfast:</u> 2 Sausage Links 4 Mini Waffles ½ cup Mandarin Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Cheese on Whole Grain Bread Slices ¼ cup Ham Cubes ¼ cup Carrots/Celery w/ Dip ¼ cup Mixed Berries 6 oz 1% milk	9 <u>NO SCHOOL</u> <u>PROFESSIONAL</u> <u>DEVELOPMENT DAY</u> 
12 <u>NO SCHOOL</u> <u>Columbus Day</u> 	13 <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Toasted O's ¼ cup Raisins 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef/Cheese over ½ cup Whole Grain Noodles 1 Slice Whole Grain Cornbread ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk	14 <u>Breakfast:</u> 1 Egg/Cheese Bosco Stick In Whole Grain Breading ½ cup Fruit Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Chicken on Whole Grain Bun ¼ cup Corn on the Cob ¼ cup Strawberries 6 oz 1% milk	15 <u>Breakfast:</u> 1oz Cheese Stick 1 Whole Grain Bagel w/ Cream Cheese 1/2 cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Sausage/Egg/Cheese on Whole Grain Biscuit ¼ cup Cheesy Potatoes ¼ cup Mandarin Oranges 6 oz 1% milk	16 <u>Breakfast:</u> 1 Boiled Egg ½ cup Rice Chex Cereal ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Beans ¼ cup Fruit ¼ cup Goldfish 6 oz 1% milk
19 <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Crisp Rice Cereal ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Taco Beef/Cheese/Sour Cream in Whole Grain Tortilla ¼ cup Romaine Lettuce/Tomato ¼ cup Pineapple 6 oz 1% milk	20 <u>Breakfast:</u> 3 Sausage Poppers wrapped In Whole Grain Pancake ½ cup Fruit Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Patty on Whole Grain Bun (Pickles) ¼ cup Oven Potatoes ¼ cup Tomato ¼ cup Pears 6 oz 1% milk	21 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Mini Wheats Cereal ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 3 Mini Hot dogs wrapped in Whole Grain Breading ¼ cup Mac & Cheese ¼ cup Green Beans ¼ cup Fresh Fruit 6 oz 1% milk	22 <u>Breakfast:</u> ½ cup Yogurt w/ Granola 1 Whole Grain Breakfast Bar ½ cup Tropical Fruit Mix 6 oz 1% milk <u>Lunch:</u> 2 Sausage Links 2 Pieces Whole Grain French Toast ¼ cup Cucumber Slices ¼ cup Applesauce 6 oz 1% milk	23 <u>Breakfast:</u> ½ cup Vanilla Yogurt with Granola 1 Whole Grain Fruit Muffin ½ Banana 6 oz 1% milk <u>Lunch:</u> 3 tbsp Peanut Butter & Jelly on 2 Whole Grain Slices of Bread ¼ cup Cucumber Slices 1 Cutie 6 oz 1% milk
26 <u>Breakfast:</u> ¼ cup Cheese Cubes 1 Whole Grain Muffin ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Mashed Potatoes w/ Gravy ¼ Fruit Mix 6 oz 1% milk	27 <u>Breakfast:</u> 1.5 oz Sausage/Egg on Whole Grain Bagel ½ cup Mandarin Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Pulled Pork on Whole Grain Bun ¼ cup Peas ¼ cup Applesauce ¼ cup Shaped Grahams 6 oz 1% milk	28 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Kix Cereal ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese on Whole Grain Pizza Slice ¼ cup Corn ¼ cup Tropical Fruit 6 oz 1% milk	29 <u>Breakfast:</u> 2 Sausage Links 2 French Toast Sticks ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ham/Turkey/Cheese on Whole Grain Sub Sandwich ¼ cup Carrots w/ Dip ¼ cup Dried Apple Slices 6 oz 1% milk	30 <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Corn Flakes Cereal ¼ cup Raisins 6 oz 1% milk <u>Lunch:</u> 3 tbsp Peanut Butter & Jelly on 2 Whole Grain Slices of Bread ¼ cup Broccoli ¼ cup Applesauce 6 oz 1% milk

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