


Tazewell Woodford Head Start
December 2020
Creve Coeur Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: 1.5 oz Scrambled Eggs ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk Lunch: 1.5 Cheese Stuff Pizza on Whole Grain Pizza Slice ¼ cup Corn ¼ cup Pears 6 oz 1% milk	2 Breakfast: 2 Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk Lunch: 1.5 oz Turkey/Cheese on 2 Whole Grain Bread Slices ¼ cup Broccoli w/ Ranch cup ¼ cup Mixed Fruit 6 oz 1% milk	3 Breakfast: 1.5 oz Egg Patty on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk Lunch: 1.5 oz Grilled Chicken on Whole Grain Bun ¼ cup Baked Beans ¼ cup Green Beans ¼ cup Applesauce 6 oz 1% milk	4 Breakfast: ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk Lunch: 1.5 oz Chicken Nuggets 1 Whole Grain Bread Slice ¼ cup Oven Fries ¼ cup Steamed Carrots ¼ cup Pineapples 6 oz 1% milk
7 Breakfast: 1 oz Cheese Stick 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk Lunch: 1.5 oz Fun Fish ¼ cup Corn Chips w/ Hummus ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk	8 Breakfast: ½ cup Scrambled Eggs ½ cup Toasted O's ¼ cup Peaches 6 oz 1% milk Lunch: 1.5 oz Hot Dog wrapped in Whole Grain Breading ¼ cup Macaroni and Cheese ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk	9 Breakfast: 2 Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk Lunch: 1.5 oz Turkey/Cheese on 2 Whole Grain Bread Slices ¼ cup Broccoli w/ Ranch cup ¼ cup Mixed Fruit 6 oz 1% milk	10 Breakfast: 1.5 oz Egg Patty on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk Lunch: 1.5 oz Country Fried Steak 1 Whole Grain Bread Slice ¼ cup Mashed Potatoes w/ Gravy ¼ cup Green Beans ¼ cup Applesauce 6 oz 1% milk	11 NO SCHOOL Professional Development Day 
14 Breakfast: 1 oz Cheese Stick 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk Lunch: 1.5 oz Cheese Quesadilla in Whole Grain Tortilla w/ Salsa ¼ cup Confetti Beans ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk	15 Breakfast: ½ cup Scrambled Eggs ½ cup Toasted O's ¼ cup Peaches 6 oz 1% milk Lunch: 1.5 oz Fajita Chicken Wrap in Whole Grain Tortilla (Lettuce/Cheese/Salsa) ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk	16 Breakfast: 2 Sausage Links ½ cup Toasted O's ½ cup Pears 6 oz 1% milk Lunch: 1.5 oz Turkey/Cheese on 2 Whole Grain Bread Slices ¼ cup Broccoli w/ Ranch cup ¼ cup Mixed Fruit 6 oz 1% milk	17 Breakfast: 1.5 oz Egg Patty on Whole Grain Biscuits ¼ cup Mixed Fruit 6 oz 1% milk Lunch: 1.5 oz Glazed Ham 1 Whole Grain Dinner Roll ¼ cup Au Gratin Potatoes ¼ cup Green Beans ¼ cup Applesauce 6 oz 1% milk	18 Breakfast: ½ cup Yogurt ½ cup Toasted O's ¼ cup Applesauce 6 oz 1% milk Lunch: 1.5 oz BBQ Shredded Pork on Whole Grain Bun ¼ cup Potato Rounds ¼ cup Mixed Vegetables ¼ cup Pineapples 6 oz 1% milk

School closed December 21st through January 1st. School resumes January 4th.



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