

Tazewell Woodford Head Start
November 2020
Robein Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast: 1 Hard Boiled Egg ¼ cup Rice Chex Cereal ¼ cup Craisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz BBQ Rib on Whole Grain Bun ¼ cup Corn on the Cob ¼ cup Peaches 6 oz 1% milk</p>	<p>3 <u>NO SCHOOL</u></p>  <p>Election Day</p>	<p>4 Breakfast: ¼ cup Cheese Cubes ½ cup Toasted O's ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef in Spaghetti Sauce over ¼ Whole Grain Noodles 1 Whole Grain Bread Stick ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk</p>	<p>5 Breakfast: 1.5 oz Egg/Cheese Bosco Stick in Whole Grain Breading ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Breaded Chicken Patty on Whole Grain Bun ¼ cup Cooked Carrots ¼ cup Fruit 6 oz 1% milk</p>	<p>6 Breakfast: ½ cup Yogurt w/ Granola 1 Whole Grain Breakfast Bar ¼ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese Quesadilla in Whole Grain Tortilla ¼ cup Tortilla Chips w/ Salsa ¼ cup Mixed Vegetables ¼ cup Pineapple 6 oz 1% milk</p>
<p>9 Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Muffin ¼ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 pz Chicken Fries ¼ cup Romaine Lettuce Salad ¼ cup Tomato ¼ cup Applesauce 6 oz 1% milk</p>	<p>10 Breakfast: ½ cup Cottage Cheese ½ cup Corn Flakes ¼ cup Fruit Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Tenderloin on Whole Grain Bun ¼ cup Green Beans ¼ cup Mixed Berries 6 oz 1% milk</p>	<p>11 <u>NO SCHOOL</u></p> 	<p>12 <u>NO SCHOOL</u></p>  <p>Parent-Teacher Conferences</p>	<p>13 <u>NO SCHOOL</u></p>
<p>16 Breakfast: 1 Hard Boiled Egg ½ cup Mini Wheats Cereal ¼ cup Raisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Fish Sticks ¼ cup Oven Potatoes ¼ cup Applesauce ¼ cup Goldfish Crackers 6 oz 1% milk</p>	<p>17 Breakfast: 1 oz Cheese Stick 1 Whole Grain Bagel w/ Cream Cheese ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Beef w/ Cheese on ½ cup Whole Grain Tortilla Chips ¼ cup Mixed Vegetables ¼ cup Pineapple 6 oz 1% milk</p>	<p>18 Breakfast: 1.5 oz Sausage/Egg on Whole Grain Bagel ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken over ¼ cup Whole Grain Noodles 1 Whole Grain Dinner Roll ¼ cup Green Beans ¼ cup Fruit Mix 6 oz 1% milk</p>	<p>19 Breakfast: ½ cup Cottage Cheese ½ cup Kix Cereal ½ cup Fruit Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Beans ¼ cup Pears 6 oz 1% milk</p>	<p>20 Breakfast: ½ cup Yogurt 1 Whole Grain Muffin ¼ cup Dried Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Chicken on Whole Grain Bun ¼ cup Corn ¼ cup Fruit 6 oz 1% milk</p>
<p>23 Breakfast: 1 oz Cheese Stick ½ cup Corn Chex Cereal ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pulled Pork on Whole Grain Bun ¼ cup Romaine Lettuce Salad ¼ cup Tomato ¼ cup Peaches 6 oz 1% milk</p>	<p>24 Breakfast: 1.5 oz Egg Patty 2 French Toast Sticks ¼ cup Craisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham/Turkey/Cheese in Whole Grain Wrap ¼ cup Carrots w/ dip ¼ cup Apple Slices 6 oz 1% milk</p>	<p>25</p> 	<p>26</p>	<p>27</p>
<p>30 Breakfast: ¼ cup Cheese Cubes ½ cup Corn Flakes ¼ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 Cheese on 1 Whole Grain Slice Pizza Crust ¼ cup Corn ¼ cup Tropical Fruit 6 oz 1% milk</p>				

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