




Tazewell Woodford Head Start
January 2021
Creve Coeur Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>NO SCHOOL</u> <u>HAPPY NEW YEARS</u> 
4 <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Cheerios ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 3 tbsp Peanut Butter & Jelly on 2 Slices of Whole Grain Bread ¼ cup Carrots ¼ cup Raisins 6 oz 1% milk	5 <u>Breakfast:</u> 1 Hard Boiled Egg ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog wrapped in Whole Grain Breading ¼ cup Macaroni & Cheese ¼ cup Sweet Corn ¼ cup Strawberry Cup 6 oz 1% milk	6 <u>Breakfast:</u> ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Broccoli w/ Ranch Cup ¼ cup Mixed Fruit 6 oz 1% milk	7 <u>Breakfast:</u> 1.5 oz Egg Patty 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Salisbury Steak 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes w/ Gravy ¼ cup Green Beans ¼ cup Applesauce 6 oz 1% milk	8 <u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Stuffed Pizza on Whole Grain Pizza Slice ¼ cup Mashed Potato Crinkles ¼ cup Mixed Vegetables ¼ cup Pineapple 6 oz 1% milk
11 <u>Breakfast:</u> 1 oz Cheese Slices 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk <u>Lunch:</u> 1.5 oz Fun Fish in Whole Grain Breading ¼ cup Goldfish ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk	12 <u>Breakfast:</u> 2 Sausage Links 1 Whole Grain Pancake ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Quesadilla in Whole Grain Tortilla w/ Salsa ¼ cup Red Beans & Rice ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk	13 <u>Breakfast:</u> ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Broccoli w/ Ranch Cup ¼ cup Mixed Fruit 6 oz 1% Milk	14 <u>Breakfast:</u> 1.5 oz Egg Patty 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Mashed Potatoes w/ Gravy ¼ cup Green Beans ¼ cup Applesauce 6 oz 1% milk	15 <u>NO SCHOOL</u> <u>PROFESSIONAL</u> <u>DEVELOPMENT DAY</u> 
18 <u>NO SCHOOL</u> <u>Martin Luther King Jr</u> <u>Day</u> 	19 <u>Breakfast:</u> 1 Boiled Egg ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Corn Chips ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk	20 <u>Breakfast:</u> ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Broccoli w/ Ranch Cup ¼ cup Mixed Fruit 6 oz 1% Milk	21 <u>Breakfast:</u> 1.5 oz Egg Patty 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef in Spaghetti Sauce over ¼ cup Whole Grain Noodles 1 Whole Grain Breadstick ¼ cup Steamed Broccoli ¼ cup Applesauce 6 oz 1% milk	22 <u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Steamed Carrot Slices ¼ cup Pineapples 6 oz 1% milk
25 <u>Breakfast:</u> 1 oz Cheese Slices 1 Whole Grain Fruit Muffin ½ cup Pineapples 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Sweet Peas ¼ cup Creamy Cole Slaw ¼ cup Peaches 6 oz 1% milk	26 <u>Breakfast:</u> 2 Sausage Links ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef/Beans in Chili Sauce 1 Whole Grain Grilled Cheese Sandwich ¼ cup Carrot Sticks ¼ cup Pears 6 oz 1% milk	27 <u>Breakfast:</u> ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Broccoli w/ Ranch Cup ¼ cup Mixed Fruit 6 oz 1% milk	28 <u>Breakfast:</u> 1.5 oz Egg Patty 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Salisbury Steak 1 Whole Grain Dinner Roll ¼ cup Au gratin Potatoes w/ Diced Ham ¼ cup Green Beans ¼ cup Applesauce 6 oz 1% milk 6 oz 1% milk	29 <u>Breakfast:</u> ½ cup Yogurt ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Pizza on Whole Grain Pizza Crust ¼ cup Pasta Salad ¼ cup Mixed Vegetables ¼ cup Pineapples 6 oz 1% milk

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