




Tazewell Woodford Head Start
January 2021
Family Center Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>NO SCHOOL</u> <u>HAPPY NEW YEARS</u> 
4 <u>Breakfast:</u> ½ Sausage/Egg Burrito in Whole Grain Tortilla ¼ cup Tater Tots ½ cup Tropical Fruit 6 oz 1% milk <u>Lunch:</u> ½ Sandwich- 1.5 oz Hot Ham and Cheese on ½ Whole Grain Bun ¼ cup Cucumber slices w/ Ranch ¼ cup Fruit Salad Blend 6 oz 1% milk	5 <u>Breakfast:</u> 2 Strips of Bacon ½ cup Pumpkin Oatmeal ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Fajita Chicken in 1 Whole Grain Tortilla ¼ cup Corn on the Cob ¼ cup Apricots 6 oz 1% milk	6 <u>Breakfast:</u> ½ cup Cheesy Hash Brown Casserole 1 Whole Grain Biscuit ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef in Spaghetti Sauce over ¼ Whole Grain Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Spinach Salad 1 Cutie 6 oz 1% milk	7 <u>Breakfast:</u> 1.5 oz Ham Slice ¼ Whole Grain Bagel w/ Cream Cheese ½ cup Fruit Cocktail 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey Slice ¼ cup Stuffing ¼ cup Mashed Sweet Potatoes ¼ cup Mangos 6 oz 1% milk	8 <u>Breakfast:</u> ½ cup Vanilla Yogurt w/ Granola 1 Whole Grain Pancake ½ cup Strawberries/Blueberries 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Bosco Stick in Whole Grain Breading w/ Marinara ¼ cup Green Beans ¼ cup Raisins 6 oz 1% milk
11 <u>Breakfast:</u> 3 Little Smokies 1 Belgium Waffle ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Pulled Pork w/ BBQ on 1 Whole Grain Bun ¼ cup Pea/Carrot Mix ¼ cup Strawberry/Banana Smoothie 6 oz 1% milk	12 <u>Breakfast:</u> ½ cup Egg/Cheese/Hash Brown Casserole ½ English Muffin w/ Jelly ½ cup Mango 6 oz 1% milk <u>Lunch:</u> 1.5 oz Taco Beef ¼ cup Tortilla Chips (Sour Cream/Cheese/Lettuce) ¼ cup Refried Beans ¼ cup Red Grapes 6 oz 1% milk	13 <u>Breakfast:</u> 1.5 oz Sausage/Cheese on 1 Whole Grain Biscuit ¼ cup Potato Smiles ½ cup Cinnamon Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Meatloaf Ball 1 Whole Grain Bread Stick ¼ cup Mashed Potatoes ¼ cup Mandarin Oranges 6 oz 1% Milk	14 <u>Breakfast:</u> 1 Boiled Egg ½ cup Cinnamon Oatmeal ½ cup Peaches <u>Lunch:</u> 1.5 oz Chicken Nuggets 1 Whole Grain Bread Slice ¼ cup Oven Potatoes ¼ cup Blueberries 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> 1.5 oz Egg/Cheese Burrito in 1 Whole Grain Tortilla ¼ cup Tropical Fruit 6 oz 1% milk <u>Lunch:</u> 3 Mini Hot Dogs wrapped in Whole Grain Breading ¼ cup Sweet Potato Fries ¼ cup Cinnamon Apples 6 oz 1% milk	20 <u>Breakfast:</u> 1.5 oz Ham Slice 2 Whole Grain French Toast Sticks ¼ cup Orange Slices 6 oz 1% milk <u>Lunch:</u> 1.5 oz Sausage/Cheese on 1 Whole Grain Pizza Slice ¼ Cup Spinach Salad ¼ cup Tomato Wedges 6 oz 1% milk	21 <u>Breakfast:</u> ½ cup Cottage Cheese ½ cup Cheerios ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> ½ Sandwich-1.5 oz Fish Patty on ½ Whole Grain Bun ¼ Carrots w/ Ranch ¼ cup Fruity Applesauce 6 oz 1% milk	22 <u>Breakfast:</u> 3 Mini Sausages wrapped in Whole Grain Pancakes ½ cup Strawberry/Banana Mix 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 Raisins 6 oz 1% milk
25 <u>Breakfast:</u> ½ cup Scrambled Eggs w/ Cheese ½ Slice Whole Grain Toast w/ Jelly ½ Banana 6 oz 1% milk <u>Lunch:</u> 1.5 oz Rib Patty 1 slice Cornbread ¼ cup Baked Beans ¼ cup Peach/Pineapple/Mango 6 oz 1% milk	26 <u>Breakfast:</u> 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit 1 Hash Brown Patty ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Pasta Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Peas ¼ cup Apple Slices 6 oz 1% milk	27 <u>Breakfast:</u> ¼ cup Cheese Cubes 4 Mini Waffles ½ cup Mandarin Oranges 6 oz 1% milk <u>Lunch:</u> 2 Breaded Fish Sticks 1 Whole Grain Breadstick ¼ cup Cole Slaw ¼ cup Fruit Cocktail 6 oz 1% milk	28 <u>Breakfast:</u> 1.5 oz Bacon/Cheese/Egg on 1 Whole Grain Pizza Slice ¼ cup Roasted Sweet Potatoes ½ cup Pear slices 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Potato (Sour Cream/Cheese/Butter/Bacon Bits) ¼ cup Fruity Applesauce 6 oz 1% milk	29 <u>Breakfast:</u> 2 Sausage Links ½ cup Cream of Wheat ½ cup Strawberry/Pineapple Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef/Bean in Chili Sauce ½ Peanut Butter Sandwich on 1 Slice Whole Grain bread ¼ cup Celery w/ Ranch ¼ cup Mixed Grapes 6 oz 1% milk

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