




Tazewell Woodford Head Start
January 2021
Pekin Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
				1. <u>NO SCHOOL</u> <u>HAPPY NEW YEARS</u> 
4. <u>Breakfast:</u> 1.5 oz Turkey/Cheese on Whole Grain Bagel ½ cup Apple Slices 6 oz 1% milk <u>Lunch:</u> 1.5 oz Pepperoni/Cheese/Pizza Sauce over ¼ cup Whole Grain Noodles ¼ cup Salad Mix ¼ cup Peaches 6 oz 1% milk	5. <u>Breakfast:</u> 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Yogurt ½ cup Melon 6 oz 1% milk <u>Lunch:</u> ½ cup Scrambled Eggs/Sausage 1 Slice Whole Grain Bread ¼ cup Carrots ¼ cup Berry Mix 6 oz 1% milk	6. <u>Breakfast:</u> 2 Strips of Bacon 1 Whole Grain Pancake ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Salad Mix ¼ cup Apricots 6 oz 1% milk	7. <u>Breakfast:</u> ½ cup Scrambled Eggs ½ cup Yogurt 1 Whole Grain Fruit Muffin ½ cup Berries 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ground Beef in Sloppy Joe Sauce on Whole Grain Bun ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk	8. <u>Breakfast:</u> ½ cup Scrambled Eggs 1 Whole Grain Waffle ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Ravioli 1 Slice Whole Grain Bread ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk
11. <u>Breakfast:</u> 1 Sausage Link ½ cup Oatmeal ½ cup Berry Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken over ¼ cup Whole Grain Noodles 1 Slice Whole Grain Bread ¼ cup Peas ¼ cup Oranges 6 oz 1% milk	12. <u>Breakfast:</u> 1.5 oz Ham/Eggs 1 Whole Grain Muffin ½ cup Melons 6 oz 1% milk <u>Lunch:</u> 1.5 oz Lunchmeat on Whole Grain Sub Sandwich ¼ cup Cukes & Carrots w/ Ranch 1 Banana 6 oz 1% milk	13. <u>Breakfast:</u> 1.5 oz Egg/Sausage Burrito in Whole Grain Tortilla Shell ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1 Sausage Link 1 Whole Grain Pancake ¼ cup Corn ¼ cup Grape Mix 6 oz 1% Milk	14. <u>Breakfast:</u> ½ cup Cottage Cheese ½ cup Cereal ½ cup Pineapple <u>Lunch:</u> 1.5 oz Fish Patty on Whole Grain Bun ¼ cup Salad Mix ¼ cup Pears 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 Sausage Link 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ground Turkey in Whole Grain Tortilla ¼ cup Pasta Salad ¼ cup Green Beans ¼ cup Apricots 6 oz 1% milk	20. <u>Breakfast:</u> 1.5 oz Sausage/Cheese on Whole Grain Biscuit ½ cup Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese/Ham over ¼ cup Whole Grain Noodles ¼ cup Peas ¼ cup Melons 6 oz 1% milk	21. <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Cereal ½ cup Berry/Banana Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ground Beef in Spaghetti Sauce over ¼ cup Whole Grain Noodles ¼ cup Salad Mix ¼ cup Peaches 6 oz 1% milk	22. <u>Breakfast:</u> ½ cup Cottage Cheese 1 Whole Grain Blueberry Oatmeal Muffin ½ cup Pineapple 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog in Whole Grain Breading ½ cup Carrots 1 Banana 6 oz 1% milk
25. <u>Breakfast:</u> ½ cup Scrambled Eggs ½ cup Cream of Wheat ½ cup Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk	26. <u>Breakfast:</u> 1 Sausage Link 1 Whole Grain Pancake ½ cup Apple Slices 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Lima Beans ¼ cup Melons 6 oz 1% milk	27. <u>Breakfast:</u> 1.5 oz Cheese/Sausage on Whole Grain English Muffin ½ cup Grape Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ham on Whole Grain Bread Slice ¼ cup Baked Beans ¼ cup Pears 6 oz 1% milk	28. <u>Breakfast:</u> ½ cup Scrambled Eggs ½ cup Oatmeal Casserole ½ cup Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Turkey Slice w/ Gravy 1 Whole Grain Slice of Bread ¼ cup Mashed Potatoes ¼ cup Peas ¼ cup Apples 6 oz 1% milk	29. <u>Breakfast:</u> 2 Strips Bacon 1 Slice French Toast w/ Peanut Butter ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Patty w/ Cheese on 1 Whole Grain Bun ¼ cup Corn ¼ cup Melons 6 oz 1% milk

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