




Tazewell Woodford Head Start
January 2021
Robein 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 Kix Cereal ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 3 tbsp Peanut Butter & Jelly on 2 Whole Grain Bread Slices ¼ cup Cucumber Slices ½ Banana 6 oz 1% milk	5. <u>Breakfast:</u> 1 Hard Boiled Egg ½ cup Toasted O's ½ cup Tropical Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz BBQ Rib Patty on Whole Grain Bun ¼ cup Corn on the Cob ¼ cup Apricots 6 oz 1% Milk	6. <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Kix Cereal ½ cup Fruit Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Chicken Strips ¼ cup Tortilla Chips (Cheese) ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk	7. <u>Breakfast:</u> ¼ cup Cheese Cubes 1 Whole Grain Muffin ½ cup Peaches 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Sloppy Joe on Whole Grain Bun ¼ cup Oven Potatoes ¼ cup Applesauce 6 oz 1% milk	8. <u>Breakfast:</u> ½ cup Yogurt w/ Granola 1 Piece Whole Grain Breakfast Bake ¼ cup Dried Apple Slices 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese on Whole Grain Pizza Slice ¼ cup Mixed Vegetables ¼ cup Peaches 6 oz 1% milk
11. <u>Breakfast:</u> ½ cup Cottage Cheese ½ cup Rice Chex Cereal ½ cup Apricots 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Taco in 1 Whole Grain Tortilla Shell (cheese/sour cream) ¼ cup Romaine Lettuce ¼ cup Pineapple 6 oz 1% milk	12. <u>Breakfast:</u> 1 Hard Boiled Egg ½ cup Mini Wheats Cereal ½ cup Blueberries 6 oz 1% milk <u>Lunch:</u> 1.5 oz Pulled Pork w/ BBQ on 1 Whole Grain Bun ¼ cup Cooked Carrots ¼ cup Applesauce 6 oz 1% milk	13. <u>Breakfast:</u> 1.5 oz Sausage Patty 1 Whole Grain Waffle ½ cup Pears 6 oz 1% milk <u>Lunch:</u> 1.5 oz Ground Beef over ¼ cup Whole Grain Noodles 1 slice Corn Bread ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk	14. <u>Breakfast:</u> ¼ cup Cheese Cubes 1 Whole Grain Bagel w/ Cream Cheese ½ cup Fruit Mix 6 oz 1% Milk <u>Lunch:</u> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Beans ¼ cup Peaches 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> ¼ cup Cheese Cubes 1 Whole Grain Muffin ¼ cup Raisins 6 oz 1% milk <u>Lunch:</u> 1.5 oz Tenderloin on Whole Grain Bun ¼ cup Peas ¼ cup Hot Apples 6 oz 1% milk	20. <u>Breakfast:</u> 1.5 oz Sausage/Egg/Cheese on 1 Slice Whole Grain Pizza Slice ½ cup Tropical Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Mashed Potatoes w/ Gravy ¼ cup Peaches 6 oz 1% milk	21. <u>Breakfast:</u> 1 oz Cheese Sticks ½ cup Corn Flakes ½ cup Mandarin Oranges 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Quesadilla in Whole Grain Tortilla ¼ cup Tortilla Chips w/ Salsa ¼ cup Corn ¼ cup Tropical Fruit 6 oz 1% milk	22. <u>Breakfast:</u> ½ cup Yogurt w/ Granola 1 Piece Whole Grain Breakfast Bake ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Mini Corndogs in Whole Grain Breading ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk
25. <u>Breakfast:</u> 1 oz Cheese Stick ½ cup Corn Chex Cereal ½ cup Fruit Mix 6 oz 1% milk <u>Lunch:</u> 1.5 oz Cheese Bosco Stick in Whole Grain Breading w/ Marinara ¼ cup Romaine Lettuce Salad ¼ cup Tomato ¼ cup Pears 6 oz 1% milk	26. <u>Breakfast:</u> ¼ cup Cheese Cubes ½ cup Crisp Rice Cereal ½ cup Apricots 6 oz 1% milk <u>Lunch:</u> 1.5 oz Beef Patty on Whole Grain Bun w/ Pickles ¼ cup Oven Potatoes ¼ cup Fruit Mix 6 oz 1% milk	27. <u>Breakfast:</u> 1.5 oz Sausage Patty 1 Whole Grain Pancake ½ cup Applesauce 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Cheese on 2 Whole Grain Bread Slices ¼ cup Tomato Soup ¼ cup Carrots w/ dip ¼ cup Apple Slices 6 oz 1% milk	28. <u>Breakfast:</u> ½ cup Cottage Cheese 1 Whole Grain Muffin ½ cup Blueberries 6 oz 1% milk <u>Lunch:</u> 1.5 oz Meat Sauce over ¼ cup Whole Grain Spaghetti Noodles 1 Whole Grain Bread Stick ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk	29. <u>Breakfast:</u> 1.5 oz Egg/Cheese Bosco Stick in Whole Grain Breading ½ cup Tropical Fruit 6 oz 1% milk <u>Lunch:</u> 1.5 oz Grilled Chicken on Whole Grain Bun ¼ cup Corn ¼ cup Apricots 6 oz 1% milk

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