

Tazewell Woodford Head Start
February 2021
Creve Coeur Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Pineapples 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Patty on Whole Grain Bun ¼ cup Oven Fries ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>2</p> <p>Breakfast: 2 Sausage Links 1 Whole Grain Pancake ¼ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Fajita Chicken in Whole Grain Tortilla Shell (Lettuce/Cheese/Salsa) ¼ cup Red Beans & Rice ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% Milk</p>	<p>3</p> <p>Breakfast: 1.5 oz Egg Omelet ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Celery Sticks w/ Peanut Butter ¼ cup Strawberry Cup 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: 1.5 oz Ham Slice on 1 Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Oven Roasted Chicken 1 Whole Grain Slice Bread ¼ cup Green Beans ¼ cup Mashed Sweet Potatoes ¼ cup Cinnamon Apple Slices 6 oz 1% milk</p>	<p>5</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pepperoni/Cheese Bosco Stick in Whole Grain Breading ¼ cup Pasta Salad ¼ cup Mixed Vegetables ¼ cup Mixed Fruit 6 oz 1% milk</p>
<p>8</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Pineapples 6 oz 1% milk</p> <p>Lunch: 1.5 oz Fish Sticks ¼ cup Corn Chips w/ Hummus ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>9</p> <p>Breakfast: 1.5 oz Sausage Patty ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: Walking Tacos- 1.5 oz Ground Beef ¼ cup Corn Chips (Lettuce/Cheese/Salsa) ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1.5 oz Egg Omelet ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Celery Sticks w/ Peanut Butter ¼ cup Strawberry Cup 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: 1.5 oz Egg Patty on Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Salisbury Steak 1 Slice Whole Grain Bread ¼ cup Green Beans ¼ cup Mashed Potatoes w/ Gravy ¼ cup Applesauce 6 oz 1% milk</p>	<p>12</p> <p style="text-align: center;">NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p> 
<p>15</p> <p style="text-align: center;">NO SCHOOL PRESIDENT'S DAY</p> 	<p>16</p> <p>Breakfast: 2 Sausage Links 2 French Toast Sticks ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 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</p>	<p>17</p> <p>Breakfast: 1.5 oz Egg Omelet ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Celery Sticks w/ Peanut Butter ¼ cup Strawberry Cup 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: 1.5 oz Egg Patty on Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% Milk</p> <p>Lunch: 1.5 oz Chicken over ¼ cup Whole Grain Noodles 1 Whole Grain Bread Stick ¼ cup Green Beans ¼ cup Mashed Potatoes w/ Gravy ¼ cup Applesauce 6 oz 1% milk</p>	<p>19</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Toasted O's ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz BBQ Pulled Pork on Whole Grain Bun ¼ cup Oven Fries ¼ cup Mixed Vegetables ¼ cup Mixed Fruit 6 oz 1% milk</p>
<p>22</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Toasted O's ¼ cup Pineapples 6 oz 1% milk</p> <p>Lunch: 1.5 oz Tenderloin on Whole Grain Bun ¼ cup Potato Wedges ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>23</p> <p>Breakfast: 2 Sausage Links ½ cup Toasted O's ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef/Bean Burrito in Whole Grain Tortilla Shell w/ Salsa ¼ cup Spanish Rice ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk</p>	<p>24</p> <p>Breakfast: 1.5 oz Egg Omelet ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey/Cheese on Whole Grain Bun ¼ cup Celery Sticks w/ Peanut Butter ¼ cup Strawberry Cup 6 oz 1% milk</p>	<p>25</p> <p>Breakfast: 1.5 oz Egg Patty on Whole Grain Biscuit ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Salisbury Steak 1 Slice Whole Grain Bread ¼ cup Green Beans ¼ cup Mashed Potatoes w/ Gravy ¼ cup Applesauce 6 oz 1% milk</p>	<p>26</p> <p>Breakfast: 1 oz Cheese Stick 3 Mini Sausages wrapped in Whole Grain Pancakes ½ cup Strawberry/Pineapple Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Beef/Cheese/Sauce on Whole Grain Bun ¼ cup Potato Rounds ¼ cup Mixed Vegetables ¼ cup Mixed Fruit 6 oz 1% milk</p>



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