



Tazewell Woodford Head Start  
February 2021  
Family Center Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Breakfast:</b> 1 Sausage/Egg Burrito in Whole Grain Tortilla ¼ cup Tater Tots ½ cup Pineapple 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich- 1.5 oz Hot Ham and Cheese on ½ Whole Grain Bun ¼ cup Cucumber slices w/ Ranch ¼ cup Strawberry/Banana Smoothie 6 oz 1% milk</p>	<p><b>2</b></p> <p><b>Breakfast:</b> 2 Strips of Bacon ½ Whole Grain Bagel w/ cream cheese ½ cup Mango 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Meatloaf Ball 1 Whole Grain Bread Stick ¼ cup Mashed Potatoes ¼ cup Fruit Cocktail 6 oz 1% Milk</p>	<p><b>3</b></p> <p><b>Breakfast:</b> ½ cup Cheesy Hash Brown Casserole 1 Whole Grain Biscuit ½ cup Watermelon 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef in Spaghetti Sauce over ¼ Whole Grain Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Spinach Salad ¼ cup Tomato Wedges 6 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Slice ½ cup Pumpkin Oatmeal ½ cup Raspberry/Peach Slices 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Turkey Slice ¼ cup Stuffing ¼ cup Mashed Sweet Potatoes ¼ cup Fruity Applesauce 6 oz 1% milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b> ½ cup Vanilla Yogurt w/ Granola 1 Whole Grain Pancake ½ cup Strawberries/Blueberries 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Cheese Bosco Stick in Whole Grain Breading w/ Marinara ¼ cup Green Beans ¼ cup Grapefruit 6 oz 1% milk</p>
<p><b>8</b></p> <p><b>Breakfast:</b> 2 Sausage Links ½ cup Cheerios ½ cup Red Grapes 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich- 1.5 oz Grilled Cheese on 1 Slice Whole Grain Slice Bread, 2 Crackers ¼ cup Tomato Soup ¼ cup Tropical Fruit 6 oz 1% milk</p>	<p><b>9</b></p> <p><b>Breakfast:</b> 1 Egg/Cheese Omelet ½ Slice of Toast w/ Jelly ½ cup Hot Cinnamon Apples 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich- 1.5 oz Breaded Chicken Patty on ½ Whole Grain Bun ¼ cup Broccoli/Cauliflower Mix with Ranch ¼ cup Honeydew 6 oz 1% milk</p>	<p><b>10</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage/Cheese on 1 Whole Grain Biscuit ¼ cup Potato Smiles ½ cup Orange Slices 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham/Cheese over ¼ cup Whole Grain Noodles ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> 1oz Cheese Stick 1 Whole Grain Fruit Muffin ¼ cup Craisins 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Quesadilla- 1.5 oz Chicken/Cheese Quesadilla on 1 Whole Grain Tortilla ¼ cup Wild Rice ¼ cup Pea/Carrot Mix ¼ cup Apple Slices 6 oz 1% milk</p>	<p><b>12</b></p> <p style="text-align: center;"><b><u>NO SCHOOL</u></b> <b><u>PROFESSIONAL</u></b> <b><u>DEVELOPMENT DAY</u></b></p> 
<p><b>15</b></p> <p style="text-align: center;"><b><u>NO SCHOOL</u></b> <b><u>PRESIDENT'S DAY</u></b></p> 	<p><b>16</b></p> <p><b>Breakfast:</b> ½ cup Egg/Cheese/Hash Brown Casserole ½ English Muffin w/ Jelly ½ cup Peach/Pineapple/Mango Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken Nuggets 1 Whole Grain Bread Slice ¼ cup Oven Potatoes ¼ cup Peach/Cherry Mix 6 oz 1% milk</p>	<p><b>17</b></p> <p><b>Breakfast:</b> ½ cup Strawberry Yogurt 2 Whole Grain French Toast Sticks ½ cup Blueberries 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Fajita Chicken in 1 Whole Grain Tortilla ¼ cup Corn on the Cob ¼ cup Raisins 6 oz 1% milk</p>	<p><b>18</b></p> <p><b>Breakfast:</b> 1 Boiled Egg ½ cup Cinnamon Oatmeal ½ cup Mixed Grapes 6 oz 1% Milk</p> <p><b>Lunch:</b> 1.5 oz Taco Beef ¼ cup Tortilla Chips (Sour Cream/Cheese/Lettuce) ¼ cup Refried Beans ¼ cup Cinnamon Applesauce 6 oz 1% milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b> 1 Peanut Butter/Banana/Oatmeal Bake ¼ cup Oven Roasted Potatoes ½ cup Strawberries 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Pepperoni/Cheese/Pizza Sauce on 1 Whole Grain Pita Bread ¼ cup Hot Carrots ½ Banana 6 oz 1% milk</p>
<p><b>22</b></p> <p><b>Breakfast:</b> 1 Sausage Patty 1 Slice Banana Bread ½ cup Melon Mix 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich; 1.5 oz Beef Patty w/ Cheese on ½ Whole Grain Bun ¼ cup Cucumber ¼ cup Celery Sticks w/ Ranch 6 oz 1% milk</p>	<p><b>23</b></p> <p><b>Breakfast:</b> 1.5 oz Egg/Cheese Burrito in 1 Whole Grain Tortilla ¼ cup Potato Smiles ½ cup Peach/Pear Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 3 Mini Hot Dogs wrapped in Whole Grain Breading ¼ cup Sweet Potato Fries ¼ cup Kiwi 6 oz 1% milk</p>	<p><b>24</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Slice 2 Whole Grain French Toast Sticks ½ cup Tropical Fruit 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Sausage/Cheese on 1 Whole Grain Pizza Slice ¼ Cup Spinach Salad ¼ cup Tomato Wedges 6 oz 1% milk</p>	<p><b>25</b></p> <p><b>Breakfast:</b> ½ cup Cottage Cheese ½ cup Cheerios ½ cup Mango 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Fish Patty on ½ Whole Grain Bun ¼ cup Carrots w/ Ranch ¼ cup Blueberries 6 oz 1% milk</p>	<p><b>26</b></p> <p><b>Breakfast:</b> 1 oz Cheese Stick 3 Mini Sausages wrapped in Whole Grain Pancakes ½ cup Strawberry/Pineapple Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Salisbury Steak 1 Whole Grain Dinner Roll ¼ cup Mashed Potatoes w/ Gravy ¼ cup Fruity Applesauce 6 oz 1% milk</p>



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