


Tazewell Woodford Head Start
February 2021
Pekin Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast: 1.5 oz Turkey/Cheese on Whole Grain Bagel ½ cup Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pepperoni/Cheese/Pizza Sauce over ¼ cup Whole Grain Noodles ¼ cup Salad Mix ¼ cup Peaches 6 oz 1% milk</p>	<p>2</p> <p>Breakfast: 1.5 oz Sausage Gravy over 1 Whole Grain Biscuit ½ cup Yogurt ½ cup Melon 6 oz 1% milk</p> <p>Lunch: ½ cup Scrambled Eggs/Sausage 1 Slice Whole Grain Bread ¼ cup Carrots ¼ cup Berry Mix 6 oz 1% milk</p>	<p>3</p> <p>Breakfast: 2 Strips of Bacon 1 Whole Grain Pancake ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Salad Mix ¼ cup Apricots 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Yogurt 1 Whole Grain Fruit Muffin ½ cup Berries 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Beef in Sloppy Joe Sauce on Whole Grain Bun ¼ cup Corn ¼ cup Grape Mix 6 oz 1% milk</p>	<p>5</p> <p>Breakfast: ½ cup Scrambled Eggs 1 Whole Grain Waffle ½ cup Pineapple 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Ravioli 1 Slice Whole Grain Bread ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk</p>
<p>8</p> <p>Breakfast: 1 Sausage Link ½ cup Oatmeal ½ cup Berry Mix 6 oz 1% milk</p> <p>Lunch: 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</p>	<p>9</p> <p>Breakfast: 1.5 oz Ham/Eggs 1 Whole Grain Muffin ½ cup Melons 6 oz 1% milk</p> <p>Lunch: 1.5 oz Lunchmeat on Whole Grain Sub Sandwich ¼ cup Cukes & Carrots w/ Ranch 1 Banana 6 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1.5 oz Egg/Sausage Burrito in Whole Grain Tortilla Shell ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1 Sausage Link 1 Whole Grain Pancake ¼ cup Corn ¼ cup Grape Mix 6 oz 1% Milk</p>	<p>11</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Cereal ½ cup Pineapple</p> <p>Lunch: 1.5 oz Fish Patty on Whole Grain Bun ¼ cup Salad Mix ¼ cup Pears 6 oz 1% milk</p>	<p>12</p> <p>NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p> 
<p>15</p> <p>NO SCHOOL PRESIDENT'S DAY</p> 	<p>16</p> <p>Breakfast: 1 Sausage Link 1 Whole Grain Pancake ½ cup Berry Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Turkey in Whole Grain Tortilla ¼ cup Pasta Salad ¼ cup Green Beans ¼ cup Apricots 6 oz 1% milk</p>	<p>17</p> <p>Breakfast: 1.5 oz Sausage/Cheese on Whole Grain Biscuit ½ cup Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese/Ham over ¼ cup Whole Grain Noodles ¼ cup Peas ¼ cup Melons 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Cereal ½ cup Berry/Banana Mix 6 oz 1% milk</p> <p>Lunch: 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</p>	<p>19</p> <p>Breakfast: ½ cup Cottage Cheese 1 Whole Grain Blueberry Oatmeal Muffin ½ cup Pineapple 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog in Whole Grain Breading ¼ cup Carrots 1 Banana 6 oz 1% milk</p>
<p>22</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Cream of Wheat ½ cup Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Green Beans ¼ cup Peaches 6 oz 1% milk</p>	<p>23</p> <p>Breakfast: 1 Sausage Link 1 Whole Grain Pancake ½ cup Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets 1 Slice Whole Grain Bread ¼ cup Lima Beans ¼ cup Melons 6 oz 1% milk</p>	<p>24</p> <p>Breakfast: 1.5 oz Cheese/Sausage on Whole Grain English Muffin ½ cup Grape Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham on Whole Grain Bread Slice ¼ cup Baked Beans ¼ cup Pears 6 oz 1% milk</p>	<p>25</p> <p>Breakfast: ½ cup Scrambled Eggs ½ cup Oatmeal Casserole ½ cup Oranges 6 oz 1% milk</p> <p>Lunch: 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</p>	<p>26</p> <p>Breakfast: 2 Strips Bacon 1 Slice French Toast w/ Peanut Butter</p> <p>Lunch: 1.5 oz Beef Patty w/ Cheese on 1 Whole Grain Bun ¼ cup Corn ¼ cup Melons 6 oz 1% milk</p>



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