

**Tazewell Woodford Head Start
May 2021
Creve Coeur Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</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 Hot Dog wrapped in Whole Grain Breading ¼ cup Baked Beans ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: 1.5 oz Sausage/Cheese on Whole Grain Bun ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Sloppy Joe on Whole Grain Bun ¼ cup Potato Rounds ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk</p>	<p>5</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 w/ Peanut Butter ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>6</p> <p>Breakfast: 1.5 oz Egg/Ham on Whole Grain Bun ½ cup Mixed Fruit 6 oz 1% Milk</p> <p>Lunch: 1.5 oz Salisbury Steak 1 Slice Whole Grain Bread ¼ cup Mashed Potatoes & Gravy ¼ cup Green Beans ¼ cup Cinnamon Applesauce 6 oz 1% milk</p>	<p>7</p> <p>Breakfast: 1.5 oz Sausage/Egg/Cheese on Whole Grain Pizza Crust ½ cup Cinnamon Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese on 1 Whole Grain Pizza Crust ¼ cup Tortilla Chips ¼ cup Mixed Vegetables ¼ cup Mixed Fruit 6 oz 1% milk</p>
<p>10</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 w/ Cheese on Whole Grain Bun ¼ cup Oven Fries ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: 1.5 oz Sausage Patty 1 Whole Grain Pancake ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Fajita Chicken in Whole Grain Tortilla (lettuce/cheese/salsa) ¼ cup Red Beans & Rice ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk</p>	<p>12</p> <p>Breakfast: 1.5 oz Egg Patty/Cheese ½ cup Toasted O's ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Macaroni and Cheese ¼ cup Carrot Sticks ¼ cup Mixed Fruit 6 oz 1% milk</p>	<p>13</p> <p>Breakfast: 1.5 oz Egg/Ham on Whole Grain Bun ½ cup Mixed Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Country Fried Steak 1 Slice Whole Grain Bread ¼ cup Mashed Potatoes & Gravy ¼ cup Green Beans ¼ cup Cinnamon Applesauce 6 oz 1% milk</p>	<p>14</p> <p>Breakfast: 1.5 oz Bacon/Egg/Cheese Scrambler on 1 Whole Grain Pizza slice ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pepperoni/Cheese Bosco Stick in Whole Grain Breading ¼ cup Potato Rounds ¼ cup Mixed Vegetables ¼ cup Pineapple 6 oz 1% milk</p>
<p>17</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 Meatball/Cheese w/ Marinara on Whole Grain Bun ¼ cup Potato Wedges ¼ cup Sweet Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: 1 Sausage Patty 2 French Toast Sticks ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese Quesadilla on Whole Grain Tortilla w/ Salsa ¼ cup Red Beans and Rice ¼ cup Sweet Corn ¼ cup Pears 6 oz 1% milk</p>	<p>19</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Kix ½ Banana 6 oz 1% milk</p> <p>Lunch: 3 Tbsp Peanut Butter & Jelly on Whole Grain Bread Slice ¼ cup Carrots ¼ cup Raisins 6 oz 1% milk</p>	<p>20</p> <p>Breakfast: ½ cup Strawberry Yogurt ½ cup Shredded Wheat ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: ½ Sandwich- 1.5 oz Turkey/Cheese on 1 Whole Grain Bread Slice ¼ cup Green Pepper Slices ¼ cup Mandarin Oranges 6 oz 1% milk</p>	<p>21</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Cheerios ½ cup Fruit Mix 6 oz 1% milk</p> <p>Lunch: 4 Chicken Nuggets in Whole Grain Breading ¼ cup Oven Potatoes ¼ cup Raspberries/Blackberries 6 oz 1% milk</p>



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