

**Tazewell Woodford Head Start  
May 2021  
Family Center Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Breakfast:</b> 1 Hard Boiled Egg ½ Whole Grain Bagel w/ Cream Cheese ½ cup Peach/Cherry Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham/Cheese over ½ cup Whole Grain Noodles ¼ cup Mixed Vegetables ¼ cup Raisins 6 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Patty/Cheese on Whole Grain Biscuit ¼ cup Tater Tots ½ cup Mixed Grapes 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Tuna Salad on 1 Whole Grain Bun ¼ cup Celery w/ Ranch ¼ cup Raspberries/Blackberries 6 oz 1% milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b> ½ cup Cheese/Egg/Hash Brown Casserole ½ Slice Whole Grain Toast w/ Jelly ½ cup Cinnamon Applesauce 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Fajita Chicken in 1 Whole Grain Tortilla (Sour Cream/Cheese/Lettuce/Salsa) ¼ cup Fiesta Corn &amp; Black Beans ¼ cup Kiwi 6 oz 1% milk</p>	<p><b>6</b></p> <p><b>Breakfast:</b> ¼ cup Cheese Cubes 1 Slice Banana Bread ½ cup Peach/Pineapple/Mango Mix 6 oz 1% Milk</p> <p><b>Lunch:</b> 1.5 oz Beef Ravioli 1 Slice Whole Grain Bread ¼ cup Veggie Mix ¼ cup Fruit Cocktail 6 oz 1% milk</p>	<p><b>7</b></p> <p><b>Breakfast:</b> 3 Little Smokies 2 French Toast Sticks 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 cup Pears 6 oz 1% milk</p>
<p><b>10</b></p> <p><b>Breakfast:</b> 1 oz Cheese Stick ½ cup Banana/Nut Oatmeal 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 Sweet Potato Fries ¼ cup Fruit Salad Blend 6 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage Patty 1 Whole Grain Pancake 1 Cutie 6 oz 1% milk</p> <p><b>Lunch:</b> 5 Mini Hot Dogs wrapped in Whole Grain Breading ¼ cup Veggie Mix ¼ cup Peaches 6 oz 1% milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b> 1.5 oz Egg/Cheese on Whole Grain English Muffin ¼ cup Oven Roasted Potatoes 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 Winter Blend 6 oz 1% milk</p>	<p><b>13</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Slice ½ cup Cheerios ½ cup Strawberry/Pineapple Mix 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 Fruity Applesauce 6 oz 1% milk</p>	<p><b>14</b></p> <p><b>Breakfast:</b> ½ cup Scrambled Eggs w/ Cheese ½ Slice Whole Grain Toast w/ Jelly ½ cup Mango 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich- 1.5 oz Turkey/Cheese on 1 Whole Grain Bread Slice ¼ cup Carrots w/ Ranch ¼ cup Celery Sticks 6 oz 1% milk</p>
<p><b>17</b></p> <p><b>Breakfast:</b> 1.5 oz Sausage/Egg Burrito in Whole Grain Tortilla ¼ cup Potato Smiles ¼ cup Grapes 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>	<p><b>18</b></p> <p><b>Breakfast:</b> ¼ cup Cheese Cubes 4 Mini Waffles ½ cup Fruit Cocktail 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Fish Patty on Whole Grain Bun ¼ cup Cucumbers w/ Ranch ¼ cup Blueberries 6 oz 1% milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b> 1.5 oz Bacon/Cheese/Egg on Whole Grain Pizza Slice ¼ cup Roasted Sweet Potatoes ½ cup Apple Slices 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef Sloppy Joe on Whole Grain Bun ¼ cup Corn ¼ cup Raisins 6 oz 1% milk</p>	<p><b>20</b></p> <p><b>Breakfast:</b> 1.5 oz Smoked Sausage ½ Whole Grain Bagel w/ Cream Cheese ½ cup Peach/Pear Mix 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich- 3 Tbsp Peanut Butter &amp; Jelly on 1 Slice Whole Grain Bread ¼ cup Fresh Pepper Slices w/ Ranch ½ Banana 6 oz 1% milk</p>	<p><b>21</b></p> <p><b>Breakfast:</b> ½ cup Cottage Cheese ½ cup Apple Oatmeal ½ cup Pineapple 6 oz 1% milk</p> <p><b>Lunch:</b> 4 Chicken Nuggets in Whole Grain Breading (Ranch/Ketchup/BBQ) ¼ cup Oven Potatoes ¼ cup Raspberries/Blackberries 6 oz 1% milk</p>



For menus, classroom news and more visit: [www.twhsp.org](http://www.twhsp.org)