

**Tazewell Woodford Head Start
May 2021
Green Valley Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast: ½ cup Cottage Cheese 4 Mini Pancakes ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Baby Carrots ¼ cup Fresh Fruit 6 oz 1% milk	4 Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Bagel w/ Cream Cheese ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Black Beans ¼ cup Chilled Fruit Cup 6 oz 1% milk	5 Breakfast: ½ cup Fruit Yogurt ½ cup Cheerios ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Ground Turkey on Whole Grain Tortilla ¼ cup Celery Sticks w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk	6 Breakfast: 1 oz Cheese Stick ½ English Muffin ½ cup Fruit Serving 6 oz 1% Milk Lunch: 1.5 Grilled Cheese on Whole Grain Bread ¼ cup Side Salad w/ Ranch ¼ cup Chilled Fruit Cup 6 oz 1% milk	7 Breakfast: ½ cup Yogurt 1 Whole Grain Blueberry Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Cheese on Whole Grain Pizza Crust w/ Marinara ¼ cup Corn ¼ cup Fresh Fruit 6 oz 1% milk
10 Breakfast: ½ cup Fruit Yogurt ½ cup Kix ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Tater Tots ¼ cup Applesauce 6 oz 1% milk	11 Breakfast: ½ cup Cottage Cheese 1 Whole Grain Apple Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Turkey/Cheese on Whole Grain Sub Bread ¼ cup Baked Beans ¼ cup Chilled Fruit Cup 6 oz 1% milk	12 Breakfast: 1 oz Cheese Stick ½ cup English Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Ground Turkey on Whole Grain Tortilla ¼ cup Green Pepper Strips ¼ cup Raisins/Cranberries 6 oz 1% milk	13 Breakfast: 1 Hard Boiled Egg ½ cup Cheerios ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Broccoli w/ Ranch ¼ cup Chilled Fruit Cup 6 oz 1% milk	14 Breakfast: ¼ cup Cheese Cubes ½ cup Rice Chex Cereal ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz BBQ Rib Patty on Whole Grain Bun ¼ cup Fiesta Corn ¼ cup Fresh Fruit 6 oz 1% milk
17 Breakfast: ½ cup Cottage Cheese 4 Mini Waffles ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Garbanzo Bean Salad ¼ cup Diced Peaches 6 oz 1% milk	18 Breakfast: 1 oz Cheese Stick 1 Whole Grain Blueberry Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 2 Turkey Sausage Links 2 French Toast Sticks ¼ cup Baby Carrots ¼ cup Chilled Fruit Cup 6 oz 1% milk	19 Breakfast: ½ cup Fruit Yogurt ½ cup Kix ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Cheese over ¼ cup Whole Grain Noodles (Baked Mac & Cheese) ¼ cup Cucumbers w/ Ranch ¼ cup Raisins/Cranberries 6 oz 1% milk	20 Breakfast: 1 Hard Boiled Egg ½ English Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Cheese Pizza Dippers on Whole Grain Crust w/ Marinara ¼ cup Fresh Broccoli ¼ cup Chilled Fruit Cup 6 oz 1% milk	21 Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Banana Muffin ½ cup Fruit Serving 6 oz 1% milk Lunch: 1.5 oz Hot Turkey on Whole Grain Bun ¼ cup Corn ¼ cup Fresh Fruit 6 oz 1% milk



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