

**Tazewell Woodford Head Start
May 2021
Pekin Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast: ½ cup Scrambled Eggs 1 Sausage Link 1 Whole Grain Slice of Toast ½ cup Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef in Spaghetti Sauce over ¼ cup Whole Grain Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Side Salad w/ Ranch ¼ cup Mango 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: 1 oz Diced Ham .5 oz Sausage Gravy over Whole Grain Biscuit ½ cup Grapes 6 oz 1% milk</p> <p>Lunch: 1.5 oz Fajita Chicken (Sour Cream/Cheese/Lettuce) 1 Whole Grain Tortilla ¼ cup Coleslaw ¼ cup Peaches 6 oz 1% milk</p>	<p>5</p> <p>Breakfast: 1.5 oz Scrambled Eggs/Sausage 1 Whole Grain Tortilla (Cheese/Salsa) ½ cup Oranges Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Oven Fries ¼ cup Berry Mix 6 oz 1% milk</p>	<p>6</p> <p>Breakfast: ½ cup Sausage/Egg/Cheese/Bread Casserole 1 Whole Grain Fruit Muffin ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey/Cheese on Whole Grain Bread Slice ¼ cup Corn ¼ cup Pears 6 oz 1% milk</p>	<p>7</p> <p>Breakfast: 1.5 oz Sausage/Cheese on Whole Grain English Muffin ½ cup Mango 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham/Salami/Cheese on Whole Grain Bread ¼ cup Potato Salad ½ Apple 6 oz 1% milk</p>
<p>10</p> <p>Breakfast: ½ cup Scrambled Eggs w/ Cheese ½ Slice Whole Grain Toast w/ Jelly 1 Cutie 6 oz 1% milk</p> <p>Lunch: 1.5 oz Rib Patty on Whole Grain Bun ¼ cup Green Beans ¼ cup Apple Slices 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: 1 Sausage Link 1 Whole Grain Pancake ½ cup Berries 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Pasta Noodles 1 Slice Whole Grain Garlic Bread ¼ cup Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>12</p> <p>Breakfast: 1.5 oz Diced Ham Slice ½ cup Cream of Wheat ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Waffle Fries ¼ cup Berries 6 oz 1% milk</p>	<p>13</p> <p>Breakfast: ½ cup Strawberry Yogurt w/ Granola 1 Whole Grain Waffle ½ cup Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken on 1 Whole Grain Tortilla (Cheese/Sour Cream/Salsa) ¼ cup Spanish Rice ¼ cup Carrots ¼ cup Melon 6 oz 1% milk</p>	<p>14</p> <p>Breakfast: 2 Strips Bacon ½ Bagel w/ Peanut Butter ½ cup Apricots 6 oz 1% milk</p> <p>Lunch: ½ Sandwich: 1.5 oz Grilled Cheese on 1 Slice Whole Grain Bread, 2 Crackers ¼ cup Tomato Soup ¼ cup Grapes 6 oz 1% milk</p>
<p>17</p> <p>Breakfast: ½ cup Scrambled Egg 1 Sausage Link ½ English Muffin ½ cup Pineapple 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham/Cheese on Whole Grain Bread Slices ¼ Cucumbers/Carrots w/ Ranch ¼ cup Berries 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: 2 Strips of Bacon 1 Slice Whole Grain French Toast ½ cup Mango 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Ravioli 1 Whole Grain Breadstick ¼ cup Green Beans ¼ cup Orange Slices 6 oz 1% milk</p>	<p>19</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Cereal ½ cup Melon 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog wrapped in Whole Grain Breading ¼ cup Peas ¼ cup Peaches 6 oz 1% milk</p>	<p>20</p> <p>Breakfast: 1.5 oz Scrambled Eggs/Ham 1 Slice Whole Grain Toast 1 Cutie 6 oz 1% milk</p> <p>Lunch: 1.5 oz BBQ Pork 1 Slice Whole Grain Bread ¼ cup Potatoes ¼ cup Corn ¼ cup Raisins 6 oz 1% milk</p>	<p>21</p> <p>Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Fruit Muffin ½ cup Grapes 6 oz 1% milk</p> <p>Lunch: ½ Sandwich- 3 tbsps Peanut Butter & Jelly on 1 Slice Whole Grain Bread ¼ cup Carrots/Green Pepper Strips w/ Ranch ¼ cup Apple Slices 6 oz 1% milk</p>



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