

**Tazewell Woodford Head Start
May 2021
Robein Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Honey Nut Chex Cereal ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Giggle in Whole Grain Breading ¼ cup Mixed Vegetables ¼ cup Fruit Mix 6 oz 1% milk</p>	<p>4</p> <p>Breakfast: ½ cup Cottage Cheese 1 Whole Grain Muffin ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Beef/Cheese over ¼ cup Whole Grain Pasta Noodles 1 Slice Corn Bread ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk</p>	<p>5</p> <p>Breakfast: 1.5 oz Egg/Cheese Bosco in Whole Grain Breading ½ cup Apricots 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pulled Pork on Whole Grain Bun ¼ cup Cooked Carrots ¼ cup Applesauce 6 oz 1% milk</p>	<p>6</p> <p>Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Bagel w/ Cream Cheese ½ cup Tropical Fruit 6 oz 1% Milk</p> <p>Lunch: 2 Sausage Links 1 Whole Grain Pancake ¼ cup Oven Potatoes ¼ cup Strawberries 6 oz 1% milk</p>	<p>7</p> <p>Breakfast: ½ cup Yogurt w/ Granola 1 Whole Grain Breakfast Bake ¼ cup Dried Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Breaded Chicken Patty on Whole Grain Bun ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p>
<p>10</p> <p>Breakfast: 1 Hard Boiled Egg ½ cup Crisp Rice Cereal ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef in Spaghetti Sauce over ¼ cup Whole Grain Spaghetti Noodles 1 Whole Grain Bread Stick ¼ cup Mixed Vegetables ¼ cup Fruit Mix 6 oz 1% milk</p>	<p>11</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Kix Cereal ½ cup Blueberries 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Beef over ¼ cup Corn Chips (Cheese/SourCream/Lettuce/Tomato) ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk</p>	<p>12</p> <p>Breakfast: 1.5 oz Sausage Patty 1 Whole Grain Pancake ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Nuggets in Whole Grain Breading ¼ cup Mashed Potatoes w/ Gravy ¼ cup Peaches 6 oz 1% milk</p>	<p>13</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Toasted O's Cereal ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef Patty on Whole Grain Bun ¼ cup Green Beans ¼ cup Fruit Mix 6 oz 1% milk</p>	<p>14</p> <p>Breakfast: ½ cup Yogurt 1 Whole Grain Muffin ¼ cup Craisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham/Turkey/Cheese in Whole Grain Wrap ¼ cup Carrots w/ Dip ¼ cup Fresh Fruit 6 oz 1% milk</p>
<p>17</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Rice Chex Cereal ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Chicken on Whole Grain Bun ¼ cup Romaine Lettuce Salad w/ Tomato ¼ cup Pears 6 oz 1% milk</p>	<p>18</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Honey Nut Chex Cereal ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 4 Mini Corndogs in Whole Grain Breading ¼ cup Mixed Vegetables ¼ cup Peaches 6 oz 1% milk</p>	<p>19</p> <p>Breakfast: 1 Hard Boiled Egg 1 Whole Grain Muffin ½ cup Strawberries 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese Pizza on 1 Whole Grain Pizza Slice ¼ cup Cooked Carrots ¼ cup Tropical Fruit 6 oz 1% milk</p>	<p>20</p> <p>Breakfast: ¼ cup Cheese Cubes ½ cup Corn Flakes ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz BBQ Rib on Whole Grain Bun ¼ cup Corn on the Cob ¼ cup Pears 6 oz 1% milk</p>	<p>21</p> <p>Breakfast: ½ cup Yogurt w/ Granola 1 Whole Grain Breakfast Bake ¼ cup Dried Apple Slices 6 oz 1% milk</p> <p>Lunch: 1 Sausage Patty 2 French Toast Sticks ¼ cup Cheesy Potatoes ¼ cup Strawberries 6 oz 1% milk</p>



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