

**Tazewell Woodford Head Start  
September 2021  
Eureka Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><b>Breakfast:</b> ¼ cup Cheese Cubes 1 Belgian Waffle ½ cup Fruity Applesauce 6 oz 1% milk</p> <p><b>Lunch:</b> 5 Chicken Nuggets in Whole Grain Breading ¼ cup Corn on the Cob ¼ cup Mandarin Oranges 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Animal Crackers, 4 oz 1% milk</p>	<p><b>2</b></p> <p><b>Breakfast:</b> ½ cup Blueberry Yogurt ½ cup Whole Grain Cereal ½ cup Green Grapes 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef/Bean in Chili Sauce 1 Slice Cornbread ¼ cup Pepper Slices w/ Ranch ¼ cup Fruit Salad Blend 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Whole Grain Hot Pretzels, 4 oz 1%</p>	<p><b>3</b></p> <p><b>Breakfast:</b> 1.5 oz Bacon/Egg/Cheese on 1 Slice Whole Grain Pizza Crust ¼ cup Tater Tots ½ cup Mango 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Potato (Sour Cream/Cheese/Butter/Bacon bits) ¼ cup Raspberry/Blackberry Mix 6 oz 1% milk</p> <p><b>Snack Kids Make:</b> Banana Roll up: ½ Banana, Peanut Butter, Tortilla, 4 oz 1% Milk</p>
<p><b>6</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p> <p style="text-align: center;">Labor Day</p>	<p><b>7</b></p> <p><b>Breakfast:</b> ½ cup Egg/Sausage/Cheese Burrito on Whole Grain Tortilla ¼ cup Oven Roasted Potatoes ½ Banana 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich- 1.5 oz Ham/Cheese on ½ Whole Grain Bun ¼ cup Lima Beans ¼ cup Fruity Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Veggie Mix w/ Veggie Dip, 4 oz 1% milk</p>	<p><b>8</b></p> <p><b>Breakfast:</b> 1 oz Cheese Stick 3 Mini Sausage wrapped in Whole Grain Breading ½ cup Strawberry/Blueberry Mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ground Beef Taco Meat over ¼ cup Tortilla Chips (Sour Cream/Cheese/Lettuce/Salsa) ¼ cup Hot Carrots ¼ cup Apple Slices 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Apple/Cinnamon Rice Cakes</p>	<p><b>9</b></p> <p><b>Breakfast:</b> ½ cup Cherry/Vanilla Yogurt ½ cup Whole Grain Cereal ½ cup Pineapple 6 oz 1% milk</p> <p><b>Lunch:</b> ½ Sandwich-1.5 oz Grilled Cheese on Whole Grain Bread Slice ¼ cup Tomato Soup ¼ cup Orange Slices 6 oz 1% milk</p> <p><b>Snack:</b> Turkey/Cheese Rollup, oz 1% milk</p>	<p><b>10</b></p> <p><b>Breakfast:</b> 2 Bacon Strips 4 Mini Waffles ¼ cup Craisins 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken Patty on Whole Grain Bun ¼ cup Cheesy Potatoes ¼ cup Raspberry/Peach Mix 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Wheat Thins, 1 slice of Cheese, 4 oz 1% Milk</p>
<p><b>13</b></p> <p><b>Breakfast:</b> 1.5 oz Ham Slice ½ Whole Grain Bagel w/ Cream Cheese 1 Cutie 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Fish Patty on Whole Grain Bun ¼ cup Oven Potatoes ¼ cup Fruit Cocktail 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Cucumber Slices with veggie dip, 4 oz 1% Milk</p>	<p><b>14</b></p> <p><b>Breakfast:</b> 1- 1.5 oz Egg Patty/Cheese on ½ Whole Grain English Muffin ¼ cup Oven Roasted Potatoes ½ cup Peaches 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Fajita Chicken in Whole Grain Tortilla (Sour Cream/Cheese/Lettuce/Salsa) ¼ cup Fiesta Corn/Black Beans ¼ cup Tropical Fruit</p> <p><b>Snack:</b> ½ cup Goldfish, 4 oz 1% milk</p>	<p><b>15</b></p> <p><b>Breakfast:</b> 2 Sausage Links 2 Whole Grain French Toast Sticks ½ Banana 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Meatloaf Ball 1 Whole Grain Bread Stick ¼ cup Mashed Potatoes ¼ cup Pear Slices 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Tortilla Chips w/ Salsa, 4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast:</b> ½ cup Cottage Cheese ½ cup Whole Grain Cereal ½ cup Honeydew 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Pork Stir Fry over ¼ cup Rice ¼ cup Veggie Mix ¼ cup Mango 6 oz 1% milk</p> <p><b>Snack:</b> 1 ½ cup Popcorn, 4 oz 1% milk</p>	<p><b>17</b></p> <p><b>Breakfast:</b> 1 Peanut Butter/Banana/Oatmeal Bake ¼ cup Tater Tots ¼ Red Grapes 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef Sloppy Joe on Whole Grain Bun ¼ cup Winter Blend ¼ cup Applesauce 6 oz 1% milk</p> <p><b>Snack (Kids Make):</b> Catepillars: Celery, cream cheese, grapes, 4 oz 1% milk</p>
<p><b>20</b></p> <p><b>Breakfast:</b> ½ cup Sausage Gravy over 1 Whole Grain Biscuit 1 Hash brown triangle ½ cup Fruit Cocktail 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Pepperoni/Cheese/Sauce over 1 Whole Grain Pita Bread ¼ cup Pea/Carrot Mix ¼ cup Cinnamon Applesauce 6 oz 1% milk</p> <p><b>Snack:</b> 1 ½ cup Popcorn, 4 oz 1% milk</p>	<p><b>21</b></p> <p><b>Breakfast:</b> ½ cup Scrambled Eggs w/ Cheese ½ Slice Whole Grain Toast w/ Jelly 1 Cutie 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Roast Beef w/ Cheese on 1 Whole Grain Slider Bun ¼ cup Carrots w/ Ranch ¼ cup Peach/Cherry Mix 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Pita Chips with Hummus, 4 oz 1% milk</p>	<p><b>22</b></p> <p><b>Breakfast:</b> 3 Little Smokies 4 Mini Blueberry Pancakes ½ cup Raisins 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Pasta Noodles 1 Slice Garlic Bread ¼ cup Green Beans ¼ cup Grape Mix 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Teddy Grahams 4 oz 1% milk</p>	<p><b>23</b></p> <p><b>Breakfast:</b> ½ cup Strawberry Yogurt ½ cup Whole Grain Cereal ½ cup Cantaloupe 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Beef Ravioli in Meat Sauce 1 Whole Grain Bread Slice ¼ cup Cucumber Slices w/ Ranch ¼ cup Fruit Smoothie 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Bean/Veggie Crackers, 1 oz cheese stick, 4 oz 1% milk</p>	<p><b>24</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p> <p style="text-align: center;"><b>PROFESSIONAL DEVELOPMENT DAY</b></p>
<p><b>27</b></p> <p><b>Breakfast:</b> 2 Sausage Links 4 Mini Confetti Pancakes ½ cup Peach/Pineapple/Mango mix 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Ham/Cheese over ¼ cup Whole Grain Noodles ¼ cup Cooked Vegetable Mix ¼ cup Pear Slices 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Hard Pretzels, 4 oz 1% milk</p>	<p><b>28</b></p> <p><b>Breakfast:</b> 1 Egg/Cheese Omelet ½ Slice Whole Grain Toast 1 Plum 6 oz 1% milk</p> <p><b>Lunch:</b> 1.5 oz Meatball/Cheese Subs w/ Marinara on Whole Grain Bun ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Goldfish, 4 oz 1% milk</p>	<p><b>29</b></p> <p><b>Breakfast:</b> 1.5 oz Diced Ham 1 Slice Banana Bread ½ cup Peaches 6 oz 1% milk</p> <p><b>Lunch:</b> 1 Chicken Drumstick in Whole Grain Breading ¼ cup Peas ¼ cup Orange Slices 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Cucumbers w/ Veggie Dip, 4 oz 1% Milk</p>	<p><b>30</b></p> <p><b>Breakfast:</b> ½ cup Vanilla Yogurt w/ Granola ½ cup Whole Grain Cereal ½ cup Red Grapes 6 oz 1% milk</p> <p><b>Lunch:</b> 4 Fish Nuggets in Whole Grain Breading ¼ cup Oven Potatoes ¼ cup Raspberries 6 oz 1% milk</p> <p><b>Snack:</b> ½ cup Corn Chips with Salsa, 4 oz 1% milk</p>	

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