

**Tazewell Woodford Head Start**  
**September 2021**  
**Robein Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Breakfast:</b> 1 oz Cheese Stick ½ cup Toasted O's ¼ cup Mandarin Oranges 6 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese Bosco Stick in Whole Grain Breading w/ Marinara ¼ cup Corn ¼ cup Strawberries 6 oz 1% milk <b>Snack:</b> ½ cup Sport Bites, 4 oz 1% milk	2 <b>Breakfast:</b> ¼ cup Cheese Cubes ½ cup Honey Nut Chex Cereal ½ cup Applesauce 6 oz 1% milk <b>Lunch:</b> 4 Mini Hot Dogs in Whole Grain Breading ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk <b>Snack:</b> ½ cup Goldfish, 4 oz 1%	3 <b>Breakfast:</b> ½ cup Yogurt 1 Whole Grain Muffin ½ cup Blueberries 6 oz 1% milk <b>Lunch:</b> 1.5 oz Ham/Turkey/Cheese on Whole Grain Sub Sandwich Bread ¼ cup Carrots w/ dip ¼ cup Fresh Fruit ¼ cup Sun Chips 6 oz 1% milk <b>Snack:</b> Teddy Grahams, 4 oz 1% Milk
6 <b>NO SCHOOL</b>  Labor Day	7 <b>Breakfast:</b> 1 oz Cheese Stick ½ cup Corn Flakes ¼ cup Craisins 6 oz 1% milk <b>Lunch:</b> 1.5 oz Beef/Cheese over ¼ cup Whole Grain Noodles ¼ cup Mixed Vegetables ¼ cup Fruit Mix 6 oz 1% milk <b>Snack:</b> ½ cup Snack Mix, 4 oz 1% milk	8 <b>Breakfast:</b> 1 Hard Boiled Egg 1 Whole Grain Bagel w/ Cream Cheese ½ cup Tropical Fruit 6 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken Drumsticks 1 Whole Grain Roll ¼ cup Mashed Potatoes w/ Gravy ¼ cup Mixed Berries 6 oz 1% milk <b>Snack:</b> ½ cup Strawberry Graham Crackers, 4 oz 1% Milk	9 <b>Breakfast:</b> ½ cup Cottage Cheese ½ cup Kix Cereal ½ cup Pineapple 6 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese Quesadilla in Whole Grain Tortilla ¼ cup Tortilla Chips w/ Salsa ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk <b>Snack:</b> ¼ cup Popcorn, 4 oz 1% milk	10 <b>Breakfast:</b> ½ cup Yogurt w/ Granola 1 Slice Whole Grain Breakfast Bake ¼ cup Dried Apple Slices 6 oz 1% milk <b>Lunch:</b> 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Baked Beans ¼ cup Carrots w/ dip ¼ cup Peaches 6 oz 1% milk <b>Snack:</b> ½ cup Cheese Crackers, 4 oz 1% Milk
13 <b>Breakfast:</b> ¼ cup Cheese Cubes ½ cup Crisp Rice Cereal ¼ cup Peaches 6 oz 1% milk <b>Lunch:</b> 1.5 Taco Beef/Cheese in Whole Grain Tortilla (Lettuce/Tomato/Sour Cream) ¼ cup Mixed Vegetables ¼ cup Tropical Fruit 6 oz 1% milk <b>Snack:</b> ½ cup Sliced Apples, 4 oz 1% Milk	14 <b>Breakfast:</b> 1 oz Cheese Stick ½ cup Mini Wheats Cereal ½ cup Fruit Mix 6 oz 1% milk <b>Lunch:</b> 1.5 oz Breaded Chicken Patty on Whole Grain Bun ¼ cup Peas ¼ cup Peaches ¼ cup Shaped Grahams <b>Snack:</b> ½ cup Sports Bites, 4 oz 1% milk	15 <b>Breakfast:</b> 1 Sausage Patty 1 Whole Grain Pancake ½ cup Applesauce 6 oz 1% milk <b>Lunch:</b> 1.5 oz Fish Sticks in Whole Grain Breading ¼ cup Carrots w/ dip ¼ cup Applesauce 6 oz 1% milk <b>Snack:</b> ½ cup Pretzels, 4 oz 1% Milk	16 <b>Breakfast:</b> ½ cup Cottage Cheese 1 Whole Grain Muffin ½ cup Mandarin Oranges 6 oz 1% milk <b>Lunch:</b> 1.5 oz BBQ Rib on Whole Grain Bun ¼ cup Corn on the Cob ¼ cup Pears 6 oz 1% milk <b>Snack:</b> ½ cup Goldfish, 4 oz 1% milk	17 <b>Breakfast:</b> 1 Hard Boiled Egg ½ cup Corn Chex Cereal ¼ cup Raisins 6 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken Fries in Whole Grain Breading ¼ cup Green Beans ¼ cup Sliced Apples 6 oz 1% milk <b>Snack:</b> ½ cup Scooby Doo Grahams, 4 oz 1% milk
20 <b>Breakfast:</b> 1 oz Cheese Stick ½ cup Toasted O's ¼ cup Pears 6 oz 1% milk <b>Lunch:</b> 1.5 oz Ground Beef in Spaghetti Sauce over ¼ cup Whole Grain Noodles 1 Whole Grain Bread Stick ¼ cup Salad w/ Tomato ¼ cup Pears 6 oz 1% milk <b>Snack:</b> ½ cup Dino Bites, 4 oz 1% milk	21 <b>Breakfast:</b> 1 Egg Patty ½ cup Honey Nut Chex Cereal ½ cup Applesauce 6 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken Strips in Whole Grain Breading ¼ cup Carrots w/ Dip ¼ cup Hot Apples 6 oz 1% milk <b>Snack:</b> 1 Whole Grain Muffin, 4 oz 1% milk	22 <b>Breakfast:</b> ¼ cup Cheese Cubes ½ cup Oatmeal Rounds ¼ cup Craisins 6 oz 1% milk <b>Lunch:</b> 1.5 oz Beef Patty on Whole Grain ¼ cup Cooked Carrots ¼ cup Fruit Mix 6 oz 1% milk <b>Snack:</b> ½ cup Teddy Grahams 4 oz 1% milk	23 <b>Breakfast:</b> ½ cup Yogurt w/ Granola 1 Slice Whole Grain Breakfast Bake ¼ cup Dried Apple Slices 6 oz 1% milk <b>Lunch:</b> 2 Sausage Links 4 Mini Waffles ¼ cup Oven Potatoes ¼ cup Orange Juice 6 oz 1% milk <b>Snack:</b> ½ cup Snack Mix, 4 oz 1% milk	24 <b>NO SCHOOL</b> <b>PROFESSIONAL DEVELOPMENT DAY</b> 
27 <b>Breakfast:</b> ¼ cup Cheese Cubes ½ cup Kix ¼ cup Dried Apples 6 oz 1% milk <b>Lunch:</b> 1.5 oz Cheese over Whole Grain Pizza Crust ¼ cup Corn ¼ cup Carrots w/ Dip ¼ cup Pineapple 6 oz 1% milk <b>Snack:</b> ½ cup Strawberry Grahams, 4 oz 1% milk	28 <b>Breakfast:</b> ½ cup Cottage Cheese ½ cup Rice Chex Cereal ½ cup Pears 6 oz 1% milk <b>Lunch:</b> 1.5 oz Chicken over ¼ cup Whole Grain Noodles 1 Roll ¼ cup Green Beans ¼ cup Fruit Mix 6 oz 1% milk <b>Snack:</b> ¾ cup Popcorn, 4 oz 1% milk	29 <b>Breakfast:</b> 1.5 oz Egg/Cheese Bosco Stick in Whole Grain Breading ½ cup Fruit Mix 6 oz 1% milk <b>Lunch:</b> 1.5 oz Ground Beef/Cheese over ¼ cup Tortilla Chips ¼ cup Mixed Vegetables ¼ cup Applesauce 6 oz 1% milk <b>Snack:</b> ½ cup Sliced Apples, 4 oz 1% Milk	30 <b>Breakfast:</b> 1 oz Cheese Stick ½ cup Mini Wheats ¼ cup Raisins 6 oz 1% milk <b>Lunch:</b> 1.5 oz Grilled Chicken Patty on Whole Grain Bun ¼ cup Cooked Carrots ¼ cup Peaches 6 oz 1% milk <b>Snack:</b> ½ cup Scooby Doo Grahams, 4 oz 1% milk	