



**Tazewell Woodford Head Start**  
**January 2021**  
**Creve Coeur Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Breakfast:</b>            3 Little Smokies            1 Belgian Waffle            ½ cup Raisins            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Beef Ravioli in Meat Sauce            1 Whole Grain Bread Slice            ¼ cup Pea/Carrot Mix            ¼ cup Applesauce            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Cheez-its, 4 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Whole Grain Pancake            ½ cup Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Cheese Quesadilla w/ Whole Grain Tortilla (Salsa)            ¼ cup Spanish Rice            ¼ cup Sweet Corn            ¼ cup Pears            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Tortilla Chips, 4 oz 1% milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b>            1 Egg/Cheese Omelet            1 Slice Whole Grain Toast            ½ cup Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Hot Dog in Whole Grain Breading            ¼ cup Baked Beans            ¼ cup Sweet Peas            ¼ cup Cinnamon Applesauce            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Pretzel Hearts, 4 oz 1% milk</p>	<p><b>6</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Whole Grain Biscuit w/ Gravy            ½ cup Cinnamon Applesauce            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Chicken over ¼ cup Whole Grain Noodles            1 Whole Grain Breadstick            ¼ cup Mashed Potatoes w/ Gravy            ¼ cup Green Beans            ¼ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Snack:</b>            ½ PB&amp;J Sandwich, 4 oz 1% milk</p>	<p><b>7</b></p> <p><b>Breakfast:</b>            1.5 oz Sausage/Egg/Cheese on Whole Grain Tortilla            ½ cup Whole Grain Cereal            ½ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Sausage/Cheese on Whole Grain Pizza Crust            ¼ cup Sun Chips            ¼ cup Steamed Carrots            ¼ cup Pineapples            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Cheese Crackers, 4 oz 1% milk</p>
<p><b>10</b></p> <p><b>Breakfast:</b>            1.5 oz Cheese Slices            1 Fruit Grain Bar            ½ cup Whole Grain Cereal            ½ cup Pineapple            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Breaded Chicken on Whole Grain Bun            ¼ cup Oven Fries            ¼ cup Steamed Mixed Vegetables            ¼ cup Peaches            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Zoo Animal Crackers, 4 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b>            1 Sausage Patty            ½ cup Whole Grain Cereal            ½ cup Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Taco Meat on ¼ cup Tortilla Chips (Cheese/Salsa)            ¼ cup Baked Beans &amp; Rice            ¼ cup Sweet Corn            ¼ cup Pears            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Tortilla Chips, 4 oz 1% milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b>            ½ cup Scrambled Eggs            1 slice Whole Grain Toast            ½ cup Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Ground Beef in Spaghetti Sauce over ¼ cup Whole Grain Noodles            1 Whole Grain Garlic Bread            ¼ cup Sweet Peas            ¼ cup Strawberry Cup            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Pretzel Hearts, 4 oz 1% milk</p>	<p><b>13</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Whole Grain Biscuit w/ Gravy            ½ cup Cinnamon Applesauce            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Country Fried Steak            1 Whole Grain Dinner Roll            ¼ cup Mashed Potatoes w/ Gravy            ¼ cup Green Beans            ¼ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Snack:</b>            ½ PB&amp;J Sandwich, 4 oz 1% milk</p>	<p><b>14</b></p> <p><b>Breakfast:</b>            1.5 oz Sausage/Egg/Cheese on Whole Grain Pizza Crust            ½ cup Whole Grain Cereal            ½ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Pepperoni/Cheese in Whole Grain Pizza Crust            ¼ cup Sweet Potatoes Crinkles            ¼ cup Steamed Carrots            ¼ cup Apricots            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Cheese Crackers, 4 oz 1% milk</p>
<p><b>17</b></p> <p style="text-align: center;"><b>No School</b></p> <p style="text-align: center;"><small>MARTIN LUTHER KING JR. Day</small></p> 	<p><b>18</b></p> <p><b>Breakfast:</b>            2 Sausage Links            2 French Toast Sticks            ½ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Beef/Bean w/ Whole Grain Tortilla (Salsa)            ¼ cup Spanish Rice            ¼ cup Sweet Corn            ¼ cup Pears            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Tortilla Chips, 4 oz 1% milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b>            1 Egg Patty w/ Cheese on Whole Grain Bun            ½ cup Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Oven Roasted Chicken            1 Slice Whole Grain Bread            ¼ cup Au Gratin Potatoes            ¼ cup Cinnamon Applesauce            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Pretzel Hearts, 4 oz 1% milk</p>	<p><b>20</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Whole Grain Biscuit w/ Gravy            ½ cup Cinnamon Applesauce            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Salisbury Steak            1 Slice Whole Grain Bread            ¼ cup Mashed Potatoes w/ Gravy            ¼ cup Green Beans            ¼ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Snack:</b>            ½ PB&amp;J Sandwich, 4 oz 1% milk</p>	<p><b>21</b></p> <p><b>Breakfast:</b>            1.5 oz Sausage/Cheese on Whole Grain Bagel            ½ cup Whole Grain Cereal            ½ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Sausage/Cheese on Whole Grain Pizza Crust            ¼ cup Creamy Coleslaw            ¼ cup Steamed Carrots            ¼ cup Pineapple            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Cheese Crackers, 4 oz 1% milk</p>
<p><b>24</b></p> <p><b>Breakfast:</b>            3 tbsp Peanut Butter &amp; Jelly on Whole Grain Slice of Toast            ½ cup Whole Grain Cereal            ½ cup Pineapple            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Turkey Slice on Whole Grain Bun            ¼ cup Potato Wedges            ¼ cup Steamed Mixed Vegetables            ¼ cup Peaches            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Zoo Animal Crackers, 4 oz 1% milk</p>	<p><b>25</b></p> <p><b>Breakfast:</b>            2 Sausage Links            ½ cup Whole Grain Cereal            ½ cup Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Fajita Chicken in Whole Grain Tortilla (Cheese/Salsa)            ¼ cup Sweet Corn            ¼ cup Pears            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Tortilla Chips, 4 oz 1% milk</p>	<p><b>26</b></p> <p><b>Breakfast:</b>            1 Egg/Cheese Omelet            1 Slice Whole Grain Toast            ½ cup Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Beef/Cheese over ¼ cup Whole Grain Pasta            ¼ cup Sweet Peas            ½ Banana            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Pretzel Hearts, 4 oz 1% milk</p>	<p><b>27</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Whole Grain Biscuit w/ Gravy            ½ cup Cinnamon Applesauce            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Noodles            1 Whole Grain Breadstick            ¼ cup Mashed Potatoes w/ Gravy            ¼ cup Green Beans            ¼ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Snack:</b>            ½ PB&amp;J Sandwich, 4 oz 1% milk</p>	<p><b>28</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>31</b></p> <p><b>Breakfast:</b>            1.5 oz Cheese Slices            1 Fruit Grain Bar            ½ cup Whole Grain Cereal            ½ cup Pineapple            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Beef Patty w/ Cheese on Whole Grain Bun            ¼ cup Potato Rounds            ¼ cup Mixed Vegetables            ¼ cup Peaches            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Zoo Animal Crackers, 4 oz 1% milk</p>				