

Tazewell Woodford Head Start
May 2022
Family Center Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Breakfast: ½ cup Sausage Gravy over 1 Whole Grain Biscuit ¼ cup Hashbrown Rounds ½ cup Peach Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pepperoni/Cheese/Sauce on 2 Pita Bread ¼ cup Green Beans ¼ cup Cinnamon Applesauce 6 oz 1% milk</p> <p>Snack: ¼ cup Vanilla Yogurt w/ Berries, 4 oz 1% milk</p>	<p>3</p> <p>Breakfast: ½ cup Scrambled Eggs w/ Cheese 1 Slice Whole Grain Toast w/ Jelly 1 Banana 6 oz 1% milk</p> <p>Lunch: 1.5 oz Meatloaf Ball 1 Whole Grain Bread Stick ¼ cup Oven Potatoes ¼ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack: ½ oz Cheese w/ Crackers, 4 oz 1% milk</p>	<p>4</p> <p>Breakfast: 3 Little Smokies 1 Whole Grain Pancake ½ cup Pineapple/Strawberry/ Peach/Mango Mix 6 oz 1% milk</p> <p>Lunch: 5 Chicken Nuggets in Whole Grain Breading ¼ cup Cucumber Slices w/ Ranch ¼ cup Raspberries 6 oz 1% milk</p> <p>Snack: ½ cup Cauliflower/Broccoli w/ Ranch, 4 oz 1% milk</p>	<p>5</p> <p>Breakfast: ½ cup Blueberry Yogurt ½ cup Kix Cereal ½ cup Mango 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Beef Taco Meat in 1 Whole Grain Tortilla Shell ¼ cup Fiesta Corn/Black Beans ½ cup Pineapple Fruit Smoothie 6 oz 1% milk</p> <p>Snack: ½ oz Teddy Grahams, 4 oz 1% milk</p>	<p>6</p> <p>Breakfast: ½ cup Cheese/Sausage/Hashbrown Casserole ½ English Muffin w/ Jelly ½ cup Strawberries 6 oz 1% milk</p> <p>Lunch: 2 tbsp Peanut Butter/Jelly on 1 Whole Grain Bread Slice 1 oz Cheese Stick ¼ cup Carrots w/ Ranch 1 Cutie 6 oz 1% milk</p> <p>Snack: 1 Banana w/ Graham Crackers, 4 oz 1% milk</p>
<p>9</p> <p>Breakfast: 1.5 oz Sausage/Cheese Burrito on Whole Grain Tortilla ¼ cup O'Brien Potatoes ½ cup Peach Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Meatball/Cheese Subs w/ Marinara on Whole Grain Bun ¼ cup Corn ¼ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack: ¼ cup Vanilla Yogurt w/ Berries, 4 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1.5 oz Sausage Patty/Cheese on 1 Whole Grain English Muffin ½ cup Pineapple/Strawberry/ Peach/Mango Mix 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ham/Cheese over ¼ cup Whole Grain Noodles ¼ cup California Blend Vegetable ¼ cup Strawberry/Blueberry Mix 6 oz 1% milk</p> <p>Snack: ½ oz Cheese w/ Crackers, 4 oz 1% milk</p>	<p>11</p> <p>Breakfast: ½ cup Scrambled Eggs w/ Cheese 2 Whole Grain Waffle Sticks ½ cup Berry Blend 6 oz 1% milk</p> <p>Lunch: 1 Chicken Drumstick in Whole Grain Breading ¼ cup Hot Carrots ¼ cup Pineapple 6 oz 1% milk</p> <p>Snack: ½ cup Cucumbers/Cherry Tomatoes w/ Ranch, 4 oz 1% milk</p>	<p>12</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Blueberry Cheerios Cereal ½ cup Mango 6 oz 1% milk</p> <p>Lunch: 1.5 oz Beef/Bean in Chili Sauce 1 Cornbread Muffin ¼ cup Pepper Slices w/ Ranch ¼ cup Pears 6 oz 1% milk</p> <p>Snack: ½ oz Goldfish Pretzels, 4 oz 1% milk</p>	<p>13</p> <p>Breakfast: 1.5 oz Diced Ham 1 Whole Grain Banana Muffin ½ cup Green Grapes 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hot Dog on Whole Grain Bun ¼ cup Oven Potatoes ¼ cup Raspberry/Blackberry Mix 6 oz 1% milk</p> <p>Snack: 1 Banana w/ Graham Crackers, 4 oz 1% milk</p>
<p>16</p> <p>Breakfast: 2 Sausage Links 1 Whole Grain Blueberry/Oatmeal Muffin ½ cup Peach Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Hamburger Patty on 1 Whole Grain Bun (Cheese) ¼ cup Baked Beans ¼ cup Kiwi 6 oz 1% milk</p> <p>Snack: ¼ cup Vanilla Yogurt w/ Berries, 4 oz 1% milk</p>	<p>17</p> <p>Breakfast: ½ cup Scrambled Eggs w/ Spinach & Feta Cheese ½ Whole Grain Bagel w/ PB ½ cup Berry Blend 6 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Cheese on Whole Grain Bread 1 cup Tomato Soup ¼ cup Orange Slices 6 oz 1% milk</p> <p>Snack: ½ oz Cheese w/ Crackers, 4 oz 1% milk</p>	<p>18</p> <p>Breakfast: 1.5 oz Smoked Sausage 2 Whole Grain French Toast Sticks ½ cup Fruity Applesauce 6 oz 1% milk</p> <p>Lunch: 3 Cheese Ravioli in Whole Grain Pasta w/ Sauce 1 Slice Whole Grain Garlic Bread ¼ cup Green Beans ¼ cup Cantaloupe 6 oz 1% milk</p> <p>Snack: ½ cup Cauliflower/Broccoli w/ Ranch, 4 oz 1% milk</p>	<p>19</p> <p>Breakfast: ½ cup Blueberry Yogurt w/ Granola ½ cup Kix Cereal ½ cup Red Grapes 6 oz 1% milk</p> <p>Lunch: 1.5 oz Turkey/Cheese on Slider Bun ¼ cup Celery Sticks w/ Ranch ¼ cup Watermelon Slices 6 oz 1% milk</p> <p>Snack: ½ oz Teddy Grahams, 4 oz 1% milk</p>	<p>20</p> <p>Breakfast: ½ cup Sausage Gravy over 1 Whole Grain Biscuit ¼ cup Potato Smiles ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Stir Fry over ¼ cup Brown Rice ¼ cup Stir Fry Veggie Mix ¼ cup Fresh Peach Slices 6 oz 1% milk</p> <p>Snack: 1 Banana w/ Graham Crackers, 4 oz 1% milk</p>
 <h1 style="text-align: center;">Have a fantastic summer!!!</h1>				

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