

**Tazewell Woodford Head Start**  
**May 2022**  
**Hensey Head Start**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Breakfast:</b>            3 Mini Sausage wrapped in Whole Grain Breading            ½ cup Diced Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            1 oz Egg/Cheese on Whole Grain Pizza Crust            ½ cup Whole Grain Animal Crackers            ¼ cup Celery w/ PB            ¼ cup Apple Slices</p> <p><b>Snack:</b>            ½ cup Baked Chips, 4 oz 1% milk</p>	<p><b>3</b></p> <p><b>Breakfast:</b>            2 Slices Bacon            1 Blueberry Muffin            ½ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Cheese on Whole Grain Tortilla            ¼ cup Grape Tomatoes w/ Ranch            ¼ cup Orange Wedges            6 oz 1% Milk</p> <p><b>Snack:</b>            ½ cup Sun Chips, 4 oz 1% milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Slice Banana Bread            ½ cup Diced Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            5 Chicken Nuggets in Whole Grain Breading            1 Slice Bread &amp; Butter            ¼ cup Mashed Potatoes w/ Gravy            ¼ cup Diced Peaches            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>            1.5 oz Egg/Cheese on Whole Grain Pizza Crust            ½ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Lunch:</b>            1 oz Cheese/Garlic on Whole Grain Bread w/ Marinara            ½ cup Tossed Salad            ¼ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Orange Wedges, 4 oz 1% milk</p>	<p><b>6</b></p> <p><b>Breakfast:</b>            ½ cup Cheese/Sausage/Hashbrown Casserole            ½ English Muffin w/ Jelly            ½ cup Strawberries            6 oz 1% milk</p> <p><b>Lunch:</b>            2 tbsp Peanut Butter/Jelly in Whole Grain Breading            1 oz Cheese Stick            ¼ cup Carrots w/ Ranch            1 Cutie            6 oz 1% milk</p> <p><b>Snack:</b>            1 Banana w/ Graham Crackers,            4 oz 1% milk</p>
<p><b>9</b></p> <p><b>Breakfast:</b>            3 Mini Sausage wrapped in Whole Grain Breading            ½ cup Diced Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1 oz Cheese Cubes            1 Dutch Waffle            1 oz Sunflower Seeds            ¼ cup Baby Carrots w/ Ranch            ¼ cup Apples Slices            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Grahams, 4 oz 1% milk</p>	<p><b>10</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Chocolate Chip Muffin            ½ cup Applesauce            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Ground Taco Beef over ¼ cup Tortilla chips (Lettuce/Cheese/Salsa)            ¼ cup Corn            ¼ cup Applesauce            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Sun Chips, 4 oz 1% milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b>            2 Slices Bacon            1 Slice Blueberry Bread            ½ cup Diced Pears            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Mandarin Orange Chicken            ¼ cup Steamed Rice            ¼ cup Steamed Broccoli            ¼ cup Diced Pears            6 oz 1% milk</p> <p><b>Snack:</b>            1 Banana, 4 oz 1% milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b>            1 oz Egg/Cheese on Whole Grain Pizza Crust            ½ cup Applesauce            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Cheesy Breadstick in Whole Grain Crust w/ Marinara            ½ cup Tossed Salad            ¼ cup Applesauce            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Chex Mix, 4 oz 1% milk</p>	<p><b>13</b></p> <p><b>Breakfast:</b>            1.5 oz Diced Ham            1 Whole Grain Banana Muffin            ½ cup Green Grapes            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Hot Dog on Whole Grain Bun            ¼ cup Oven Potatoes            ¼ cup Raspberry/Blackberry Mix            6 oz 1% milk</p> <p><b>Snack:</b>            1 Banana w/ Graham Crackers,            4 oz 1% milk</p>
<p><b>16</b></p> <p><b>Breakfast:</b>            3 Mini Sausage wrapped in Whole Grain Breading            ½ cup Diced Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            ½ cup Yogurt            4 Mini French Toast            ¼ cup Diced Potatoes            ½ cup Apple Slices w/ PB            6 oz 1% milk</p> <p><b>Snack:</b>            ½ PB&amp;J Sandwich, 4 oz 1% milk</p>	<p><b>17</b></p> <p><b>Breakfast:</b>            2 Slices Bacon            1 Blueberry Muffin            ½ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Lunch:</b>            1.5 oz Beef Patty on Whole Grain Bun (Cheese Slice/Pickle Slices)            ¼ cup Baked Beans            ¼ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Frozen Fruit Cup, 4 oz 1% milk</p>	<p><b>18</b></p> <p><b>Breakfast:</b>            2 Sausage Links            1 Slice Banana Bread            ½ cup Diced Peaches            6 oz 1% milk</p> <p><b>Lunch:</b>            5 Chicken Nuggets in Whole Grain Breading            1 Slice Bread &amp; Butter            ¼ cup Mashed Potatoes w/ Gravy            ¼ cup Diced Peaches            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Craisins, 4 oz 1% milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b>            1 oz Egg/Cheese on Whole Grain Pizza Crust            ½ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Lunch:</b>            1 oz Sloppy Joe on Whole Grain Bun            ½ cup Tossed Salad            ¼ cup Mixed Fruit            6 oz 1% milk</p> <p><b>Snack:</b>            ½ cup Granola, 4 oz 1% milk</p>	<p><b>20</b></p> <p><b>Breakfast:</b>            ½ cup Sausage Gravy over 1 Whole Grain Biscuit            ¼ cup Potato Smiles            ½ cup Mandarin Oranges            6 oz 1% milk</p> <p><b>Lunch:</b>            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><b>Snack:</b>            1 Banana w/ Graham Crackers,            4 oz 1% milk</p>
 <h1 style="margin: 0;">Have a fantastic summer!!!</h1>				

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