

Tazewell Woodford Head Start
May 2022
Pekin Head Start



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>Breakfast: ¼ cup Scrambled Eggs 1.5 oz Sausage 1 Whole Grain Waffle ½ cup Grapes 6 oz 1% milk Lunch: 1.5 oz Turkey/Cheese on Whole Grain Bread Slices ¼ cup Corn ¼ cup Pears 6 oz 1% milk Snack: ¼ cup Cheese Cubes, 2 Graham Crackers, 4 oz 1% milk</p>	<p>3</p> <p>Breakfast: 1 oz Diced Ham ¼ cup Sausage Gravy over Whole Grain Biscuit ½ cup Apple Slices 6 oz 1% milk Lunch: 1.5 oz Fajita Chicken in Whole Grain Tortilla ¼ cup Coleslaw ¼ cup Peaches 6 oz 1% milk Snack: ¼ cup Grapes, ½ cup Animal Crackers, 4 oz 1% milk</p>	<p>4</p> <p>Breakfast: ¼ cup Eggs/Sausage on Whole Grain Tortilla (Cheese/Salsa) ½ cup Orange Slices 6 oz 1% milk Lunch: 1.5 oz Ground Beef in Spaghetti Sauce over ¼ cup Whole Grain Noodles 1 Whole Grain Breadstick ½ cup Salad ¼ cup Mango 6 oz 1% milk Snack: ½ cup Cereal, 4 oz 1% milk</p>	<p>5</p> <p>Breakfast: 2 Strips Bacon ½ cup Whole Grain Cereal ½ cup Strawberries/Banana 6 oz 1% milk Lunch: 3 oz Beef Patty w/ Cheese on Whole Grain Bun ¼ cup Waffle Fries ¼ cup Apple Slices 6 oz 1% milk Snack: ¼ cup Mandarin Oranges, 2 Graham Crackers, 4 oz 1% milk</p>	<p>6</p> <p>Breakfast: 2 oz Sausage/Cheese on Whole Grain English Muffin ½ cup Mango 6 oz 1% milk Lunch: 1.5 oz Ham/Cheese on Whole Grain Bread ¼ cup Baked Potato Chips ¼ cup Carrots w/ Ranch ¼ cup Grapes 6 oz 1% milk Snack: 1 Banana, ¼ cup Cheese Cubes, 4 oz 1% milk</p>	
<p>9</p> <p>Breakfast: 2 oz Diced Ham ½ cup Whole Grain Cereal ½ cup Applesauce 6 oz 1% milk Lunch: 1.5 oz Rib Patty on Whole Grain bun ¼ cup Green Beans ¼ cup Grapes 6 oz 1% milk Snack: ½ cup Goldfish, ¼ cup Orange Slices 4 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1 Sausage Link 1 Whole Grain Pancake ½ cup Berries 6 oz 1% milk Lunch: 2 oz Chicken in Alfredo Sauce over ¼ cup Whole Grain Noodles 1 Whole Grain Breadstick ¼ cup Peas ¼ cup Peaches 6 oz 1% milk Snack: 2 oz Ham/Cheese w/ Crackers, 4 oz 1% milk</p>	<p>11</p> <p>Breakfast: ½ cup Scrambled Eggs w/ Cheese 1 Slice Whole Grain Toast w/ Jelly ½ cup Oranges 6 oz 1% milk Lunch: 2 oz Taco Chicken on Whole Grain Tortilla ¼ cup Spanish Rice ¼ cup Corn ¼ cup Melons 6 oz 1% milk Snack: PB&J Sandwich, 4 oz 1% milk</p>	<p>12</p> <p>Breakfast: ½ cup Yogurt 1 Whole Grain Waffle ½ cup Apple Slices 6 oz 1% milk Lunch: 2 oz Hot Dog in Whole Grain Bun ¼ cup Baked Potato Chips ¼ cup Carrots w/ Ranch ¼ cup Grapes 6 oz 1% milk Snack: ½ cup Cucumbers/Peppers w/ Ranch, ¼ cup Pretzels, 4 oz 1% milk</p>	<p>13</p> <p>Breakfast: 2 Strips Bacon ½ Whole Grain Bagel w/ Peanut Butter ½ cup Apricots 6 oz 1% milk Lunch: 2 oz Grilled Cheese on Whole Grain Bread Slices ¼ cup Tomato Soup, 2 Crackers ¼ cup Pears 6 oz 1% milk Snack: ½ cup Yogurt, 1 Cinnamon Muffin, 4 oz 1% milk</p>	
<p>16</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Cereal ½ cup Pears 6 oz 1% milk Lunch: 1.5 oz Beef in Ravioli 1 Whole Grain Breadstick ¼ cup Green Beans ¼ cup Orange Slices 6 oz 1% milk Snack: ¼ cup Cheese Cubes ½ cup Goldfish, 4 oz 1% milk</p>	<p>17</p> <p>Breakfast: 1 Sausage Link 1 Whole Grain French Toast ½ cup Mango 6 oz 1% milk Lunch: 1.5 oz Hot Dog in Whole Grain Breading ¼ cup Pasta Salad ¼ cup Peas ¼ cup Peaches 6 oz 1% milk Snack: 2oz Turkey/Cheese Rollup, 4 oz 1% milk</p>	<p>18</p> <p>Breakfast: ¼ cup Scrambled Egg 2 Bacon Slices ½ English Muffin ½ cup Pineapple 6 oz 1% milk Lunch: 2 oz Hot Ham/Cheese on Whole Grain Bun ¼ cup Carrots/Cucumbers w/ Ranch ¼ cup Berries 6 oz 1% milk Snack: ½ cup Apple Slices w/ Peanut Butter 4 oz 1% milk</p>	<p>19</p> <p>Breakfast: ½ cup Scrambled Eggs w/ Ham 1 Slice Whole Grain Toast ½ cup Orange Slices 6 oz 1% milk Lunch: 2 oz BBQ Pork 1 Whole Grain Bread Slice ¼ cup Mashed Potatoes w/ Gravy ¼ cup Corn ¼ cup Raisins 6 oz 1% milk Snack: ¼ cup Grapes, ½ cup Animal Crackers, 4 oz 1% milk</p>	<p>20</p> <p>Breakfast: ¼ cup Cheese Cubes 1 Whole Grain Cinnamon Muffin ½ cup Peaches 6 oz 1% milk Lunch: ½ Sandwich- 3 tbsp Peanut Butter w/ Jelly on Whole Grain Bread ¼ cup Carrots/Peppers w/ Ranch ¼ cup Apple Slices 6 oz 1% milk Snack: 1 Banana, 2 Graham Crackers, 4 oz 1% milk</p>	
	<h1 style="margin: 0;">Have a fantastic summer!!!</h1>				

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