

Tazewell Woodford Head Start
May 2022
Robein Head Start



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Rice Chex Cereal ½ cup Apricots 6 oz 1% milk</p> <p>Lunch: 5 Chicken Nuggets in Whole Grain Breading ¼ cup Mashed Potatoes w/ Gravy ¼ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ cup Sport Bites, 4 oz 1% milk</p>	<p>3</p> <p>Breakfast: 1 Hardboiled Egg ½ Whole Grain Bagel w/ Cream Cheese ½ cup Applesauce 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese/Sauce on Whole Grain Bread w/ Marinara ¼ cup Corn ¼ cup Pineapple 6 oz 1% milk</p> <p>Snack: ½ oz Cheese Slice, 4 Ritz Crackers, 4 oz 1% milk</p>	<p>4</p> <p>Breakfast: ½ cup Yogurt 1 Muffin ½ cup Pears 6 oz 1% milk</p> <p>Lunch: 1.5 oz Pulled Pork on Whole Grain Bun ¼ cup Fresh Carrots ¼ cup Fruit Mix 6 oz 1% milk</p> <p>Snack: ½ cup Fritos, 4 oz 1% milk</p>	<p>5</p> <p>Breakfast: 1 oz Cheese Cubes ½ cup Toasted O's Cereal ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 5 Mini Hot Dogs in Whole Grain Breading ½ cup Romaine Lettuce Salad ¼ cup Apple Slices 6 oz 1% milk</p> <p>Snack: 1 Muffin, 4 oz 1% milk</p>	<p>6</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Kix Cereal ½ cup Craisins 6 oz 1% milk</p> <p>Breakfast: 1 Egg Patty 1 Whole Grain Biscuit ¼ cup Hashbrown Starz ½ cup Mandarin Oranges 6 oz 1% milk</p> <p>Snack: ½ cup Hard Pretzels, 4 oz 1% milk</p>
<p>9</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Corn Flakes Cereal ½ cup Tropical Fruit 6 oz 1% milk</p> <p>Lunch: 1.5 oz Breaded Chicken Patty on Whole Grain Bun ¼ cup Cooked Carrots ¼ cup Applesauce 6 oz 1% milk</p> <p>Snack: ½ cup Popcorn, 4 oz 1% milk</p>	<p>10</p> <p>Breakfast: 1.5 oz Egg Patty/Diced Ham ½ Whole Grain English Muffin ½ cup Craisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Ground Beef on ¼ cup Whole Grain Tortilla Chips (Cheese) ¼ cup Corn ¼ cup Peaches 6 oz 1% milk</p> <p>Snack: ½ cup Animal Crackers, 4 oz 1% milk</p>	<p>11</p> <p>Breakfast: ½ cup Cottage Cheese ½ cup Oatmeal Rounds ½ cup Raisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Cheese on Whole Grain Crust ½ cup Romaine Lettuce Salad ¼ cup Tropical Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Carrots w/ Ranch, 4 oz 1% milk</p>	<p>12</p> <p>Breakfast: ½ cup Yogurt w/ Granola ½ cup Crisp Rice Cereal ½ cup Dried Apple Slices 6 oz 1% milk</p> <p>Lunch: 1.5 oz Tenderloin on Whole Grain Bun ¼ cup Green Beans ¼ cup Apple Slices 6 oz 1% milk</p> <p>Snack: ½ cup Teddy Grahams, 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: 1 oz Cheese Stick ½ cup Toasted O's Cereal ½ cup Peaches 6 oz 1% milk</p> <p>Lunch: 1.5 oz Taco Meat on Whole Grain Tortilla (Tomato/Cheese/Lettuce) ¼ cup - Corn ¼ cup Pineapple 6 oz 1% milk</p> <p>Snack: ½ cup Hard Pretzels, 4 oz 1% milk</p>	<p>17</p> <p>Breakfast: ½ cup Cottage Cheese 1 Muffin ½ cup Blueberries 6 oz 1% milk</p> <p>Lunch: 1.5 oz BBQ Rib on Whole Grain Bun ¼ cup Green Beans ¼ cup Pears 6 oz 1% milk</p> <p>Snack: ½ cup Dino Bites, 4 oz 1% milk</p>	<p>18</p> <p>Breakfast: 1 Hardboiled Egg ½ Whole Grain Bagel w/ Cream Cheese ½ cup Dried Apple Slices 6 oz 1% milk</p> <p>Lunch: 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</p> <p>Snack: ½ cup Popcorn, 4 oz 1% milk</p>	<p>19</p> <p>Breakfast: 1 oz Cheese Stick ½ cup Oatmeal Rounds ½ cup Raisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Grilled Cheese on Whole Grain Bread ¼ cup Hashbrown Starz ¼ cup Apricots 6 oz 1% milk</p> <p>Snack: ½ cup Fritos, 4 oz 1% milk</p>	<p>20</p> <p>Breakfast: ½ cup Yogurt w/ Granola ½ cup Crisp Rice Cereal ½ cup Craisins 6 oz 1% milk</p> <p>Lunch: 1.5 oz Chicken Fries in Whole Grain Breading ¼ cup Fresh Carrots w/ Dip ¼ cup Fresh Fruit 6 oz 1% milk</p> <p>Snack: ½ cup Scooby Grahams, 4 oz 1% milk</p>
 <h1 style="margin: 0;">Have a fantastic summer!!!</h1>				

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