

Tazewell Woodford Head Start
September 2022
Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Applesauce 6 oz 1% milk Lunch: 1.5 oz Country Fried Steak 1 WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Mandarin Oranges 6 oz 1% Milk Snack: 1 tbsp PB w/ Jelly on 1 slice WG Bread, 4 oz 1% Milk	2 Breakfast 1.5 oz Egg/Sausage/Cheese in WG Tortilla ½ c WG Cereal ½ c Mandarin Oranges 6 oz 1% milk Lunch: 1.5 oz Cheese on WG Pizza Crust ¼ c Tortilla Chips w/ Hummus ¾ c Pineapple 6 oz 1% Milk Snack: ½ oz Cheese Crackers, 4 oz 1% Milk
No School Labor Day	5 Breakfast 1 Sausage Patty 2 WG French Toast Sticks ½ c Peaches 6 oz 1% milk Lunch: 1.5 oz Beef/Bean Burrito wrapped in WG Tortilla (Salsa) ¼ c Spanish Rice ¼ c Corn ¼ c Pears 6 oz 1% Milk Snack: 6 Carrot Sticks w/ Ranch, 4 oz 1% Milk	6 Breakfast ½ c Scrambled Eggs 1 Slice WG Toast w/ Jelly ½ c Pears 6 oz 1% milk Lunch: 1.5 oz Hot Dog in WG Breading ¼ c Macaroni & Cheese ¼ c Peas ¼ c Applesauce 6 oz 1% Milk Snack: ½ oz Hard Pretzels, 4 oz 1% Milk	7 Breakfast 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Applesauce 6 oz 1% milk Lunch: 1.5 oz Chicken w/ Noodles 1 WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Mandarin Oranges 6 oz 1% Milk Snack: 1 tbsp PB w/ Jelly on 1 slice WG Bread, 4 oz 1% Milk	8 Breakfast 1.5 oz Breakfast Bacon Scramble ½ c WG Cereal ½ c Mandarin Oranges 6 oz 1% milk Lunch: 1.5 oz Cheese Bosco Stick wrapped in WG Breading ¾ c Oven Potatoes ¼ c Green Beans ¼ c Pineapple 6 oz 1% Milk Snack: ½ oz Cheese Crackers, 4 oz 1% Milk
12 Breakfast 3 tbsp Peanut Butter & Jelly on WG Slice of Toast ½ c WG Cereal ½ c Pineapple 6 oz 1% milk Lunch: 1.5 oz Beef Patty w/ Cheese on WG Bun ¼ cup Potato Wedges ¼ cup Peaches 6 oz 1% milk Snack: ½ oz Animal Crackers, 4 oz 1% milk	13 Breakfast 1 Sausage Patty 1 WG Pancake w/ Syrup ½ c Peaches 6 oz 1% milk Lunch: 1.5 oz Ground Taco Beef over ¼ c Crushed WG Tortilla Chips (Cheese, Lettuce, Salsa) ¼ c Corn ¼ c Pears 6 oz 1% Milk Snack: 6 Carrot Sticks w/ Ranch, 4 oz 1% Milk	14 Breakfast ½ c Scrambled Eggs 1 Slice WG Toast w/ Jelly ½ c Pears 6 oz 1% milk Lunch: 1.5 oz Hot Dog on WG Bun ¼ c Baked Beans ¼ c Peas ¼ c Applesauce 6 oz 1% Milk Snack: ½ oz Hard Pretzels, 4 oz 1% Milk	15 Breakfast 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Applesauce 6 oz 1% milk Lunch: 1.5 oz Salisbury Steak 1 slice WG Bread ¼ c Mashed Potatoes w/ Gravy ¼ c Mandarin Oranges 6 oz 1% Milk Snack: 1 tbsp PB w/ Jelly on 1 slice WG Bread, 4 oz 1% Milk	16 No School Professional Development Day
19 Breakfast ½ c Yogurt ½ c WG Cereal ½ c Applesauce 6 oz 1% milk Lunch: 1.5 oz Tenderloin on WG Bun ¼ cup Potato Rounds ¼ cup Pears 6 oz 1% milk Snack: ½ oz Animal Crackers, 4 oz 1% milk	20 Breakfast 1 Sausage Patty 2 WG French Toast Sticks ½ c Peaches 6 oz 1% milk Lunch: 1.5 oz Fajita Chicken wrapped in WG Tortilla (Cheese, Salsa) ¼ c Corn ¼ c Pears 6 oz 1% Milk Snack: 6 Carrot Sticks w/ Ranch, 4 oz 1% Milk	21 Breakfast ½ c Scrambled Eggs 1 Slice WG Toast w/ Jelly ½ c Peaches 6 oz 1% milk Lunch: 3 tbsp PB w/ Jelly on 1 slice WG Bread ¼ c Original Sun Chips 3 Cucumber Sticks ¼ c Applesauce 6 oz 1% Milk Snack: ½ oz Hard Pretzels, 4 oz 1% Milk	22 Breakfast 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Cinnamon Applesauce 6 oz 1% milk Lunch: 5 Chicken Nuggets 1 slice WG Bread ¼ c Au Gratin Potatoes ¼ c Mandarin Oranges 6 oz 1% Milk Snack: 1 tbsp PB w/ Jelly on 1 slice WG Bread, 4 oz 1% Milk	23 Breakfast 1 oz Ham Slices ½ c WG Cereal ½ c Mandarin Oranges 6 oz 1% milk Lunch: 1.5 oz Cheese on WG Pizza Crust ¼ c Pasta Salad 3 Carrot Sticks w/ PB ¼ c Pineapple 6 oz 1% Milk Snack: ½ oz Cheese Crackers, 4 oz 1% Milk
26 Breakfast 3 tbsp Peanut Butter & Jelly on WG Slice of Toast ½ c WG Cereal ½ c Pineapple 6 oz 1% milk Lunch: 1.5 oz BBQ Pork on WG Bun ¼ cup Oven Potatoes ¼ cup Pears 6 oz 1% milk Snack: ½ oz Animal Crackers, 4 oz 1% milk	27 Breakfast 1 Sausage Patty 1 WG Pancake w/ Syrup ½ c Peaches 6 oz 1% milk Lunch: 1.5 oz Cheese Quesadilla on WG Tortilla (Salsa) ¼ c Red Beans & Rice ¼ c Corn ¼ c Pears 6 oz 1% Milk Snack: 6 Carrot Sticks w/ Ranch, 4 oz 1% Milk	28 Breakfast ½ c Scrambled Eggs 1 Slice WG Toast w/ Jelly ½ c Pears 6 oz 1% milk Lunch: 3 tbsp PB w/ Jelly on 1 slice WG Bread 1 c Tomato Soup 3 Celery Sticks ¼ c Applesauce 6 oz 1% Milk Snack: ½ oz Hard Pretzels, 4 oz 1% Milk	29 Breakfast 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Cinnamon Applesauce 6 oz 1% milk Lunch: 1.5 oz Cheese Tortellini w/ Spaghetti Sauce 1 slice WG Garlic Bread ¼ c Au Gratin Potatoes ¼ c Mandarin Oranges 6 oz 1% Milk Snack: 1 tbsp PB w/ Jelly on 1 slice WG Bread, 4 oz 1% Milk	30 Breakfast 1.5 oz Breakfast Sausage Pizza on WG Crust ½ c WG Cereal ½ c Mandarin Oranges 6 oz 1% milk Lunch: 1.5 oz Cheese/Pepperoni wrapped in WG Breading ¼ c Original Sun Chips ¼ c Steamed Carrots ¼ c Pineapple 6 oz 1% Milk Snack: ½ oz Cheese Crackers, 4 oz 1% Milk

WG = Whole Grain, PB = Peanut Butter