

Tazewell Woodford Head Start

September 2022

Eureka Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Breakfast ½ c Strawberry Yogurt ½ c Multigrain Cheerios ½ c Mango 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese w/ Pepperoni on WG Crust ½ c Spinach/Iceberg Salad (Cherry Tomatoes, Cheese) ½ Apple 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 1.5 oz Ham/Cheese Hashbrown Casserole ½ WG English Muffin w/ Jelly ½ c Strawberries 6 oz 1% Milk</p> <p>Lunch 1.5 oz Meatloaf Ball 1 WG Breadstick ¼ c Rosemary Potatoes ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ c Green Grapes, ½ oz Cheese Cubes, 4 oz 1% Milk</p>
	<p>5</p> <p>No School</p> <p>Labor Day</p>	<p>6</p> <p>Breakfast 6 Little Smokies 2 WG Waffle Sticks ½ c Green Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sweet & Sassy Chicken 1 WG Garlic Bread ¼ c Strawberries ¼ c Hot Carrots 6 oz 1% Milk</p> <p>Snack ½ cup Bell Pepper w/ Ranch, 4 oz 1% Milk</p>	<p>7</p> <p>Breakfast 1.5 oz Ham/Cheese on 1 WG Bagel ½ c Hashbrown Coins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken Drumstick in WG Breading ¼ c Watermelon ¼ c Au gratin Potatoes 6 oz 1% Milk</p> <p>Snack ½ oz (7) Tortilla Chips w/ Salsa, 4 oz 1% Milk</p>	<p>8</p> <p>Breakfast 1 oz Cheese Cubes ½ c Cream of Wheat ½ c Raspberries 6 oz 1% Milk</p> <p>Lunch 1.5 oz Meatball Sub on WG Bun (Cheese) ¼ c Strawberry/Blueberry Mix ¼ c Meadow Blend Veggies 6 oz 1% Milk</p> <p>Snack ½ c Melon, 4 oz 1% Milk</p>
<p>12</p> <p>Breakfast 1.5 oz Sausage Gravy over 1 WG Biscuit 1 Hashbrown Patty 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog on WG Bun ¼ c Mango 3 Celery Sticks w/ Ranch 6 oz 1% Milk</p> <p>Snack ½ oz Animal Crackers w/ Peanut Butter, 4 oz 1% Milk</p>	<p>13</p> <p>Breakfast ½ c Scrambled Eggs w/ Spinach & Feta 1 slice WG Toast w/ Jelly ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Turkey Pot Pie 1 WG Biscuit ¼ c Mandarin Oranges ¼ c Peas/Carrots 6 oz 1% Milk</p> <p>Snack 1 oz Cheese Stick, 4 oz 1% Milk</p>	<p>14</p> <p>Breakfast 1 Hard Boiled Egg ½ WG Bagel w/ Cream Cheese ½ c Raspberries 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken/Cheese Quesadilla on WG Tortilla (Salsa, Sour Cream) ¼ c Green Grapes ¼ c Corn 6 oz 1% Milk</p> <p>Snack ½ c Cucumbers w/ Hummus, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 3 Mini Sausages in WG Pancake ¼ c Potato Smiles 1 Banana 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Beef/Sauce over WG Noodles ¼ c Pears ¼ c California Blend Veggies 6 oz 1% Milk</p> <p>Snack ½ c Strawberries, 4 oz 1% Milk</p>	<p>16</p> <p>No School</p> <p>Professional Development Day</p>
<p>19</p> <p>Breakfast 2 Sausage Links 1 WG Pancake ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 3 WG Cheese Ravioli w/ Sauce 1 Garlic Breadstick ¼ c Mandarin Oranges ¼ c Green Beans 6 oz 1% Milk</p> <p>Snack ½ c Broccoli/Cauliflower w/ Ranch, 1% Milk</p>	<p>20</p> <p>Breakfast 1 oz Egg Patty w/ Cheese on 1 WG English Muffin ½ c Raspberry/Blackberry Mix 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sloppy Joe on WG Bun ¼ c Mixed Fruit ¼ c Oven Potatoes 6 oz 1% Milk</p> <p>Snack ½ oz Cheese w/ Crackers, 4 oz 1% Milk</p>	<p>21</p> <p>Breakfast 1 oz Sausage Patty 1 Maple French Toast Square (Syrup) 1 Cutie 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Beef on WG Tortilla (Lettuce, Cheese, Salsa) ¼ c Mango ¼ c Fiesta Corn w/ Black Bean 6 oz 1% Milk</p> <p>Snack 1 Banana, 4 oz 1% Milk</p>	<p>22</p> <p>Breakfast 1 oz Cheese Stick ½ c Oatmeal ½ c Blueberries 6 oz 1% Milk</p> <p>Lunch 4 Fish Sticks in WG Breading (Tartar Sauce) ¼ c Melon ¼ c Normandy Blend Veggies 6 oz 1% Milk</p> <p>Snack ½ oz Teddy Grahams, 4 oz 1% Milk</p>	<p>23</p> <p>Breakfast ½ c Blueberry Yogurt 1 WG Banana Muffin ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ham/Cheese on WG Bread ¼ c Applesauce ¼ c Baby Carrots w/ Ranch 6 oz 1% Milk</p> <p>Snack 4 Soft Pretzel Nuggets w/ Cheese Dip, 4 oz 1% Milk</p>
<p>26</p> <p>Breakfast 1 Sausage Patty 2 WG French Toast Sticks ½ c Fruit Cocktail 6 oz 1% Milk</p> <p>Lunch 6 Mini Hot Dogs in WG Breading 1 Cutie ¼ c Green Beans 6 oz 1% Milk</p> <p>Snack 1 Pear, 4 oz 1% Milk</p>	<p>27</p> <p>Breakfast ½ c Scrambled Eggs/Cheese ½ WG Bagel w/ Cream Cheese ½ c Potato Smiles 6 oz 1% Milk</p> <p>Lunch 3 Chicken Tenders (BBQ Sauce) 1 WG Biscuit w/ Butter ¼ c Pineapple ¼ c Sugar Snap Peas 6 oz 1% Milk</p> <p>Snack ½ oz (7) Hard Pretzels, 4 oz 1% Milk</p>	<p>28</p> <p>Breakfast 2 slices Bacon 1 slice WG Toast w/ Jelly ½ c Melon 6 oz 1% Milk</p> <p>Lunch 1.5 oz Grilled Cheese on 2 slices WG Bread 1 c Tomato Soup ½ Banana 6 oz 1% Milk</p> <p>Snack 3 Celery Sticks w/ Peanut Butter & Raisins, 4 oz 1% Milk</p>	<p>29</p> <p>Breakfast ½ c Strawberry Yogurt ½ c Multigrain Cheerios ½ c Mango 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese w/ Pepperoni on WG Crust ½ c Spinach/Iceberg Salad (Cherry Tomatoes, Cheese) ½ Apple 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p>30</p> <p>Breakfast 1.5 oz Ham/Cheese Hashbrown Casserole ½ WG English Muffin w/ Jelly ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Meatloaf Ball 1 WG Breadstick ¼ c Roasted Rosemary Potatoes ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack ½ c Green Grapes, ½ oz Cheese Cubes, 4 oz 1% Milk</p>

WG = Whole Grain