

**Tazewell Woodford Head Start**  
**September 2022**  
**Family Center Head Start**

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: center;"><b>1</b></p> <p><b>Breakfast</b>            ½ c Strawberry Yogurt            ½ c Multigrain Cheerios            ½ c Mango            6 oz 1% Milk</p> <p><b>Lunch</b>            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><b>Snack</b>            ½ oz Cheez-its, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>2</b></p> <p><b>Breakfast</b>            1.5 oz Ham/Cheese Hashbrown Casserole            ½ WG English Muffin w/ Jelly            ½ c Strawberries            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Meatloaf Ball            1 WG Breadstick            ¼ c Rosemary Potatoes            ¼ c Peaches            6 oz 1% Milk</p> <p><b>Snack</b>            ½ c Green Grapes,            ½ oz Cheese Cubes,            4 oz 1% Milk</p>
<p style="color: red; font-weight: bold;">No School</p> <p style="color: red; font-weight: bold;">Labor Day</p>	<p style="text-align: center;"><b>6</b></p> <p><b>Breakfast</b>            6 Little Smokies            2 WG Waffle Sticks            ½ c Green Grapes            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Sweet &amp; Sassy Chicken            1 WG Garlic Bread            ¼ c Strawberries            ¼ c Hot Carrots            6 oz 1% Milk</p> <p><b>Snack</b>            ½ cup Bell Pepper w/ Ranch,            4 oz 1% Milk</p>	<p style="text-align: center;"><b>7</b></p> <p><b>Breakfast</b>            1.5 oz Ham/Cheese on 1 WG Bagel            ½ c Hashbrown Coins            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Chicken Drumstick in WG Breading            ¼ c Watermelon            ¼ c Au gratin Potatoes            6 oz 1% Milk</p> <p><b>Snack</b>            ½ oz (7) Tortilla Chips w/ Salsa,            4 oz 1% Milk</p>	<p style="text-align: center;"><b>8</b></p> <p><b>Breakfast</b>            1 oz Cheese Cubes            ½ c Cream of Wheat            ½ c Raspberries            6 oz 1% Milk</p> <p><b>Lunch</b>            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><b>Snack</b>            ½ c Melon, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>9</b></p> <p><b>Breakfast</b>            2 Sausage Links            ½ WG English Muffin w/ Jelly            ½ c O'Brien Potatoes            ½ c Mandarin Oranges            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Beef/Bean in Chili Sauce            1 Slice Cornbread            ¼ cup Fruit Cocktail            ¼ cup Cucumbers w/ Ranch            6 oz 1% milk</p> <p><b>Snack</b>            ½ c Cottage Cheese, ½ c Pineapple,            4 oz 1% Milk</p>
<p style="text-align: center;"><b>12</b></p> <p><b>Breakfast</b>            1.5 oz Sausage Gravy over 1 WG Biscuit            1 Hashbrown Patty            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Hot Dog on WG Bun            ¼ c Mango            3 Celery Sticks w/ Ranch            6 oz 1% Milk</p> <p><b>Snack</b>            ½ oz Animal Crackers w/ WowButter,            4 oz 1% Milk</p>	<p style="text-align: center;"><b>13</b></p> <p><b>Breakfast</b>            ½ c Scrambled Eggs w/ Spinach &amp; Feta            1 slice WG Toast w/ Jelly            ½ c Pineapple            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Turkey Pot Pie            1 WG Biscuit            ¼ c Mandarin Oranges            ¼ c Peas/Carrots            6 oz 1% Milk</p> <p><b>Snack</b>            1 oz Cheese Stick, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>14</b></p> <p><b>Breakfast</b>            1 Hard Boiled Egg            ½ WG Bagel w/ Cream Cheese            ½ c Raspberries            6 oz 1% Milk</p> <p><b>Lunch</b>            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><b>Snack</b>            ½ c Cucumbers w/ Hummus,            4 oz 1% Milk</p>	<p style="text-align: center;"><b>15</b></p> <p><b>Breakfast</b>            3 Mini Sausages in WG Pancake            ¼ c Potato Smiles            1 Banana            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Ground Beef/Sauce over WG Noodles            ¼ c Pears            ¼ c California Blend Veggies            6 oz 1% Milk</p> <p><b>Snack</b>            ½ c Strawberries, 4 oz 1% Milk</p>	<p style="color: red; font-weight: bold;">No School</p> <p style="color: red; font-weight: bold;">Professional Development Day</p>
<p style="text-align: center;"><b>19</b></p> <p><b>Breakfast</b>            2 Sausage Links            1 WG Pancake            ½ c Peaches            6 oz 1% Milk</p> <p><b>Lunch</b>            3 WG Cheese Ravioli w/ Sauce            1 Garlic Breadstick            ¼ c Mandarin Oranges            ¼ c Green Beans            6 oz 1% Milk</p> <p><b>Snack</b>            ½ c Broccoli/Cauliflower w/ Ranch, 1% Milk</p>	<p style="text-align: center;"><b>20</b></p> <p><b>Breakfast</b>            1 oz Egg Patty w/ Cheese on 1 WG English Muffin            ½ c Raspberry/Blackberry Mix            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Sloppy Joe on WG Bun            ¼ c Mixed Fruit            ¼ c Oven Potatoes            6 oz 1% Milk</p> <p><b>Snack</b>            ½ oz Cheese w/ Crackers,            4 oz 1% Milk</p>	<p style="text-align: center;"><b>21</b></p> <p><b>Breakfast</b>            1 oz Sausage Patty            1 Maple French Toast Square (Syrup)            1 Cutie            6 oz 1% Milk</p> <p><b>Lunch</b>            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><b>Snack</b>            1 Banana, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>22</b></p> <p><b>Breakfast</b>            1 oz Cheese Stick            ½ c Oatmeal            ½ c Blueberries            6 oz 1% Milk</p> <p><b>Lunch</b>            4 Fish Sticks in WG Breading (Tartar Sauce)            ¼ c Melon            ¼ c Normandy Blend Veggies            6 oz 1% Milk</p> <p><b>Snack</b>            ½ oz Teddy Grahams, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>23</b></p> <p><b>Breakfast</b>            ½ c Blueberry Yogurt            1 WG Banana Muffin            ½ c Tropical Fruit            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Ham/Cheese on WG Bread            ¼ c Applesauce            ¼ c Baby Carrots w/ Ranch            6 oz 1% Milk</p> <p><b>Snack</b>            4 Soft Pretzel Nuggets w/ Cheese Dip,            4 oz 1% Milk</p>
<p style="text-align: center;"><b>26</b></p> <p><b>Breakfast</b>            1 Sausage Patty            2 WG French Toast Sticks            ½ c Fruit Cocktail            6 oz 1% Milk</p> <p><b>Lunch</b>            6 Mini Hot Dogs in WG Breading            1 Cutie            ¼ c Green Beans            6 oz 1% Milk</p> <p><b>Snack</b>            1 Pear, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>27</b></p> <p><b>Breakfast</b>            ½ c Scrambled Eggs/Cheese            ½ WG Bagel w/ Cream Cheese            ½ c Potato Smiles            6 oz 1% Milk</p> <p><b>Lunch</b>            3 Chicken Tenders (BBQ Sauce)            1 WG Biscuit w/ Butter            ¼ c Pineapple            ¼ c Sugar Snap Peas            6 oz 1% Milk</p> <p><b>Snack</b>            ½ oz (7) Hard Pretzels, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>28</b></p> <p><b>Breakfast</b>            2 slices Bacon            1 slice WG Toast w/ Jelly            ½ c Melon            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Grilled Cheese on 2 slices WG Bread            1 c Tomato Soup            ½ Banana            6 oz 1% Milk</p> <p><b>Snack</b>            3 Celery Sticks w/ WowButter &amp; Raisins, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>29</b></p> <p><b>Breakfast</b>            ½ c Strawberry Yogurt            ½ c Multigrain Cheerios            ½ c Mango            6 oz 1% Milk</p> <p><b>Lunch</b>            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><b>Snack</b>            ½ oz Cheez-its, 4 oz 1% Milk</p>	<p style="text-align: center;"><b>30</b></p> <p><b>Breakfast</b>            1.5 oz Ham/Cheese Hashbrown Casserole            ½ WG English Muffin w/ Jelly            ½ c Strawberries            6 oz 1% Milk</p> <p><b>Lunch</b>            1.5 oz Meatloaf Ball            1 WG Breadstick            ¼ c Roasted Rosemary Potatoes            ¼ c Peaches            6 oz 1% Milk</p> <p><b>Snack</b>            ½ c Green Grapes,            ½ oz Cheese Cubes,            4 oz 1% Milk</p>

WG = Whole Grain