

Tazewell Woodford Head Start
September 2022
Hensley Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast ½ c Yogurt 4 WG Mini Pancakes ½ c Mixed Fruit 6 oz 1% Milk Lunch 1.5 oz Hot Dog on WG Bun w/ Chili Sauce ¼ c Mixed Fruit ¼ c Curly Fries 6 oz 1% Milk Snack ½ oz Sun Chips, 4 oz 1% Milk	2 Breakfast 1.5 oz Beef/Red Sauce/Cheese on WG Pizza Crust ½ c Applesauce 6 oz 1% Milk Lunch 1.5 oz Sausage/Cheese/Sauce on WG Bread ¼ c Fresh Fruit ½ c Salad w/ Ranch 6 oz 1% Milk Snack ½ oz Baked Lays, 4 oz 1% Milk
5 No School Labor Day	6 Breakfast ½ c Yogurt 1 WG Blueberry Muffin ½ c Diced Peaches 6 oz 1% Milk Lunch 1.5 oz Hot Dog wrapped in WG Breading ¼ c Frozen Fruit Cup ¼ c Steamed Carrots 6 oz 1% Milk Snack ½ Apple, 4 oz 1% Milk	7 Breakfast 2 slices Bacon 1 slice WG Banana Bread ½ c Mixed Fruit 6 oz 1% Milk Lunch 1.5 oz Chicken Patty on WG Bun ¼ c Mixed Fruit ¼ c Green Beans 6 oz 1% Milk Snack ½ oz Chex Mix, 4 oz 1% Milk	8 Breakfast 2 Sausage Links 4 WG Mini French Toast ½ c Applesauce 6 oz 1% Milk Lunch: 1.5 oz Ground Taco Beef over ¼ c Tortilla chips (Lettuce/Cheese/Salsa) ¼ c Applesauce ¼ c Corn 6 oz 1% milk Snack ½ oz Doritos, 4 oz 1% Milk	9 Breakfast 4 Sausages wrapped in WG Pancake ½ c Diced Pears 6 oz 1% Milk Lunch 3 Cheese Bites wrapped in WG Breading w/ Marinara ¼ c Fresh Fruit ¼ c Broccoli w/ Ranch 6 oz 1% Milk Snack ½ c Apple Jacks, 4 oz 1% Milk
12 Breakfast 3 tbsp Peanut Butter on 1 Slice WG Toast ½ c WG Cereal ½ c Diced Peaches 6 oz 1% Milk Lunch: 1 oz Cheese Stick 1 Dutch Waffle ¼ c Apple Slices w/ PB ¼ c Cucumber Slices w/ Dip 6 oz 1% milk Snack ½ c Yogurt, 4 oz 1% Milk	13 Breakfast 2 slices Bacon 1 WG Apple Cinnamon Muffin ¼ c Raisins 6 oz 1% Milk Lunch 1.5 oz Cheese Sauce over Noodles 1 slice WG Garlic Bread ¼ c Grapes ¼ c Green Beans 6 oz 1% Milk Snack ½ oz Cheez-its, 4 oz 1% Milk	14 Breakfast 2 Sausage Links 1 slice WG Blueberry Bread ½ c Applesauce 6 oz 1% Milk Lunch 5 Chicken Nuggets in WG Breading 1 slice WG Bread w/ Butter 1/8 c Craisins ¼ c Mashed Potatoes w/ Gravy 6 oz 1% Milk Snack ½ c Frozen Fruit Cup, 4 oz 1% Milk	15 Breakfast ½ c Yogurt 4 WG Mini Waffles ½ c Mixed Fruit 6 oz 1% Milk Lunch: 1.5 oz Turkey/Salami/ Bologna/Ham on WG Bread ¼ c Doritos ¼ c Orange Wedges ¼ c Baby Carrots w/ Dip 6 oz 1% milk Snack ½ oz Wheat Thins, 4 oz 1% Milk	16 No School Professional Development Day
19 Breakfast 3 tbsp Peanut Butter on 1 Slice WG Toast ½ c WG Cereal ½ c Mixed Fruit 6 oz 1% Milk Lunch 2 Sausage Links 4 WG Mini Pancakes ¼ c Mixed Fruit ¼ c Baby Carrots w/ Ranch 6 oz 1% Milk Snack ½ c Orange Wedges, 4 oz 1% Milk	20 Breakfast ½ c Yogurt 1 WG Blueberry Muffin ½ c Applesauce 6 oz 1% Milk Lunch 1.5 oz Cheese Quesadilla on WG Tortilla ¼ c Applesauce ¼ c Refried Beans 6 oz 1% Milk Snack ½ oz Granola, 4 oz 1% Milk	21 Breakfast 2 Sausage Links 1 slice WG Banana Bread ½ c Pineapple 6 oz 1% Milk Lunch: 1.5 oz Mandarin Orange Chicken ¼ cup Steamed Rice ¼ cup Pineapple ¼ cup Mixed Vegetables 6 oz 1% milk Snack: ½ oz Hard Pretzels, 4 oz 1% milk	22 Breakfast 2 slices Bacon 4 WG Mini Pancakes ¼ c Raisins 6 oz 1% Milk Lunch 1.5 oz BBQ Rib Patty on WG Bun ¼ c Fresh Fruit ½ c Tossed Salad w/ Ranch 6 oz 1% Milk Snack 1 tbsp Peanut Butter & Jelly on 1 slice WG Bread, 4 oz 1% Milk	23 Breakfast 1.5 oz Beef/Red Sauce/Cheese on WG Pizza Crust ½ c Diced Pears 6 oz 1% Milk Lunch 1.5 oz Ham/Cheese on WG Bread ¼ c Applesauce ¼ c Baby Carrots w/ Ranch 6 oz 1% Milk Snack ½ oz (1 pack) Grahams 4 oz 1% Milk
26 Breakfast 3 tbsp Peanut Butter on 1 Slice WG Toast ½ c WG Cereal ½ c Applesauce 6 oz 1% Milk Lunch ½ c Yogurt 1 oz Cheese Stick 2 WG French Toast Sticks ¼ c Applesauce ¼ c Corn 6 oz 1% Milk Snack ½ oz Baked Cheetos, 4 oz 1% Milk	27 Breakfast 2 Sausage Links 1 WG Chocolate Chip Muffin ¼ c Dried Cranberries 6 oz 1% Milk Lunch 1.5 oz Beef Patty w/ Cheese on WG Bun ¼ c Fresh Fruit ¼ c Baked Beans 6 oz 1% Milk Snack ½ oz Tortilla Chips, 4 oz 1% Milk	28 Breakfast ½ c Yogurt 1 slice WG Blueberry Bread ½ c Diced Peaches 6 oz 1% Milk Lunch 5 Chicken Nuggets in WG Breading 1 slice WG Bread w/ Butter ¼ c Diced Peaches ¼ c Mashed Potatoes w/ Gravy 6 oz 1% Milk Snack ¼ c Raisins, 4 oz 1% Milk	29 Breakfast 2 slices Bacon 4 WG Mini French Toast ½ c Diced Pears 6 oz 1% Milk Lunch 1.5 oz Cheese Sauce over ¼ c Tortilla Chips (Salsa) ¼ c Frozen Fruit Cup ¼ c Refried Beans 6 oz 1% Milk Snack ½ oz Goldfish Crackers, 4 oz 1% Milk	30 Breakfast 4 Sausages wrapped in WG Pancake ½ c Mixed Fruit 6 oz 1% Milk Lunch 1.5 oz Cheese wrapped in WG Breading w/ Marinara ¼ c Diced Pears ¼ c Steamed Carrots 6 oz 1% Milk Snack ½ c Fruit Loops, 4 oz 1% Milk

WG = Whole Grain, PB = Peanut Butter