

Tazewell Woodford Head Start
September 2022
Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: center;">1</p> <p>Breakfast ½ c Yogurt 1 WG Waffle ½ Apple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef/Black Bean Taco on WG Tortilla ¼ c Corn ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack ½ c Cucumbers/Carrots w/ Ranch, 4 oz 1% Milk</p>	<p style="text-align: center;">2</p> <p>Breakfast 2 oz Cream Cheese on ½ WG Bagel ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Grilled Cheese on 2 slices WG Bread 2 Crackers 1 c Tomato Soup ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack ½ oz String Cheese, 5 Vanilla Wafers, 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;">6</p> <p>Breakfast 1.5 oz Sausage Link 1 WG French Toast ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Turkey w/ Gravy ¼ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p>Snack 2 oz Chicken Salad Lettuce Wrap, 4 oz 1% Milk</p>	<p style="text-align: center;">7</p> <p>Breakfast 2 Bacon Slices ½ English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef Ravioli w/ Marinara 1 WG Bread Stick ¼ c Green Beans ¼ c Oranges 6 oz 1% Milk</p> <p>Snack ½ Apple w/ 1 tbsp PB, 4 oz 1% Milk</p>	<p style="text-align: center;">8</p> <p>Breakfast 2 Scrambled Eggs 1 WG Toast w/ Jelly ½ c Orange 6 oz 1% Milk</p> <p>Lunch 3 tbsp PB w/ Jelly on 2 slices WG Bread ¼ c Carrots/Cucumbers w/ Ranch ½ Apple 6 oz 1% Milk</p> <p>Snack ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p style="text-align: center;">9</p> <p>Breakfast 1.5 oz Cheese Cubes 1 Banana Bread Square ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken Drumstick ¼ c Pasta Salad ¼ c Roasted Zucchini ¼ c Fruit Cocktail 6 oz 1% Milk</p> <p>Snack 1 Banana, ½ oz (2 squares) Graham Crackers, 4 oz 1% Milk</p>
<p style="text-align: center;">12</p> <p>Breakfast ½ c Yogurt ½ c WG Honey Nut Oats ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 3 oz Chicken Patty on WG Bun ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz (5) Tortilla Chips w/ Salsa, 4 oz 1% Milk</p>	<p style="text-align: center;">13</p> <p>Breakfast 1.5 oz Turkey Sausage Patty w/ Cheese on WG English Muffin ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Taco Beef over ¼ c Corn Chips (Sour Cream, Cheese, Lettuce Salsa) ¼ c Corn ¼ c Mango 6 oz 1% Milk</p> <p>Snack ½ Apple, 2 oz Cheese Cubes, 4 oz 1% Milk</p>	<p style="text-align: center;">14</p> <p>Breakfast 1.5 oz Sausage Link 1 WG Waffle ½ c Berries 6 oz 1% Milk</p> <p>Lunch 1.5 oz Teriyaki Chicken over ¼ c Brown Rice ½ c Broccoli ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack ¼ c Dried Fruit & Cereal Snack Mix, ½ cup Grapes, 4 oz 1% Milk</p>	<p style="text-align: center;">15</p> <p>Breakfast 2 WG French Toast Sticks ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 3 Fish Nuggets in WG Breading ¼ c Peas ½ Banana 1 oz (15) Cheddar Sun Chips 6 oz 1% Milk</p> <p>Snack 3 Celery Sticks w/ PB & Raisins, 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;">19</p> <p>Breakfast ½ c Vanilla Greek Yogurt Dip w/ 1 WG Waffle ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz Turkey/Veggies wrapped in WG Tortilla (Ranch) ¼ c Peas ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz (2 squares) Graham Crackers, 4 oz 1% Milk</p>	<p style="text-align: center;">20</p> <p>Breakfast ¼ c Sausage Gravy over WG Biscuit ½ Apple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken/Cheese Quesadilla on WG Tortilla ¼ c Corn ¼ c Fruit Cocktail 6 oz 1% Milk</p> <p>Snack ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p style="text-align: center;">21</p> <p>Breakfast 1.5 oz Scrambled Eggs/ Turkey Sausage/Cheese wrapped in WG Tortilla ½ Orange 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Beef/Sauce over ¼ c WG Pasta 1 WG Breadstick ½ c Salad w/ Ranch ¼ c Melons 6 oz 1% Milk</p> <p>Snack ½ c Cherry Tomatoes w/ 1 oz Greek Yogurt Ranch, 4 oz 1% Milk</p>	<p style="text-align: center;">22</p> <p>Breakfast 1 Turkey Sausage Patty ½ c Frosted Mini Wheats ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 3 oz Beef Patty w/ Cheese on WG Bun ¼ c Tator Tots ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ c Mandarin Oranges, ½ oz (22) Goldfish, 4 oz 1% Milk</p>	<p style="text-align: center;">23</p> <p>Breakfast 1.5 oz Turkey Sausage/ Cheese on WG English Muffin ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 4 Turkey Hot Dog in WG Breading ¼ c Potato Salad ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p>Snack 1 Banana, 2 oz Cheese Cubes, 4 oz 1% Milk</p>
<p style="text-align: center;">26</p> <p>Breakfast 1 oz Sliced Ham ½ c WG Honey Nut Oats ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 3 oz Turkey Burger w/ Cheese on WG Bun ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack 2 oz Ham/Cheese w/ ½ oz (5) Keebler Crackers, 4 oz 1% Milk</p>	<p style="text-align: center;">27</p> <p>Breakfast 1.5 oz Sausage Link 1 WG Pancake ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 2 oz Meatloaf Ball 1 Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ Orange, ½ oz (22) Goldfish, 4 oz 1% Milk</p>	<p style="text-align: center;">28</p> <p>Breakfast 1 oz Egg/Cheese on ½ WG English Muffin ½ c Pears 6 oz 1% Milk</p> <p>Lunch 5 Chicken Nuggets in WG Breading ¼ c Sweet Potato Fries ½ c Berry Smoothie 6 oz 1% Milk</p> <p>Snack ½ oz (10) Hard Pretzels w/ Hummus, 4 oz 1% Milk</p>	<p style="text-align: center;">29</p> <p>Breakfast ½ c Yogurt 1 WG Waffle ½ Apple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef/Black Bean Taco on WG Tortilla ¼ c Corn ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack ½ c Cucumbers/Carrots w/ Ranch, 4 oz 1% Milk</p>	<p style="text-align: center;">30</p> <p>Breakfast 2 oz Cream Cheese on ½ WG Bagel ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Grilled Cheese on 2 slices WG Bread 2 Crackers 1 c Tomato Soup ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack ½ oz String Cheese, 5 Vanilla Wafers, 4 oz 1% Milk</p>

WG = Whole Grain, PB = Peanut Butter

For menus, classroom news and more visit: www.twbsp.org