

Tazewell Woodford Head Start

September 2022

Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Breakfast ½ c Cheese Cubes 1 Oatmeal Round ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 2 Cheese Bosco Sticks wrapped in WG Breading (Marinara) ¼ c Fresh Veggies w/ Ranch ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Sports Bites, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Kix Cereal ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef Patty on WG Bun ¼ c Mixed Vegetables ¼ c Mixed Berries 6 oz 1% Milk</p> <p>Snack ½ oz Lil Grahams, 4 oz 1% Milk</p>
<p>5</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Labor Day</p>	<p>6</p> <p>Breakfast ½ c Cottage Cheese ½ c (½ oz) Mini Wheats Cereal ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken over ¼ c Tortilla Chips (Cheese) ¼ c Corn ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ oz Goldfish, 4 oz 1% Milk</p>	<p>7</p> <p>Breakfast 1 oz Egg/Cheese Bosco Stick wrapped in WG Breading ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 2 slices Bacon 1 WG Eggoji Waffle w/ Syrup ¼ c Hashbrown Sticks ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack 5/8 oz Popcorn, 4 oz 1% Milk</p>	<p>8</p> <p>Breakfast ½ c Cheese Cubes ½ c (½ oz) Rice Chex Cereal ½ c Pears 6 oz 1% Milk</p> <p>Lunch 4 Fish Nuggets in WG Breading ¼ c Fresh Carrots w/ Ranch ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Animal Crackers, 4 oz 1% Milk</p>	<p>9</p> <p>Breakfast ½ c Yogurt w/ Granola 1 WG Chocolate Chip Muffin ½ c Dried Apple Slices 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sloppy Joe on WG Bun ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Scoops w/ Salsa, 4 oz 1% Milk</p>
<p>12</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Corn Flakes Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.5 oz Diced Chicken/Sauce over Noodles 1 WG Dinner Roll ¼ c Green Beans ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 1 WG Blueberry Muffin, 4 oz 1% Milk</p>	<p>13</p> <p>Breakfast ½ c Cheese Cubes 1 Oatmeal Round ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog on WG Bun ¼ c Baked Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz (1) Cheese Slice w/ Crackers, 4 oz 1% Milk</p>	<p>14</p> <p>Breakfast 1 Hardboiled Egg 1 WG Mini Bagel w/ Cream Cheese ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 3 Chicken Zoo Crews in WG Breading ½ c Romaine Salad w/ Ranch ½ c Apricots 6 oz 1% Milk</p> <p>Snack ½ c Apple Slices w/ PB, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Kix Cereal ½ c Pears 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ham/Cheese on WG Sub ¼ c Carrots w/ Ranch ¼ c Apple Slices 1 Treat 6 oz 1% Milk</p> <p>Snack ½ oz Dino Bites, 4 oz 1% Milk</p>	<p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Professional Development Day</p>
<p>19</p> <p>Breakfast ½ c Cheese Cubes ½ c (½ oz) Toasted O's Cereal ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 6 Mini Hot Dog in WG Breading ½ c Macaroni & Cheese ¼ c Mixed Vegetables ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ oz Scooby Grahams, 4 oz 1% Milk</p>	<p>20</p> <p>Breakfast ½ c Cottage Cheese 1 WG Blueberry Muffin ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Grilled Chicken Patty on WG Bun ¼ c Green Beans ¼ c Hot Apples 6 oz 1% Milk</p> <p>Snack ½ oz Hard Pretzels, 4 oz 1% Milk</p>	<p>21</p> <p>Breakfast 1 Hardboiled Egg ½ c (½ oz) Corn Chex Cereal ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Taco Beef on WG Tortilla (Cheese/Sour Cream/Tomato) ¼ c Pineapple ½ c Lettuce Salad w/ Ranch 6 oz 1% Milk</p> <p>Snack ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk</p>	<p>22</p> <p>Breakfast 1 oz Cheese Stick 1 WG Pancake w/ Syrup ½ c Blueberries 6 oz 1% Milk</p> <p>Lunch 4 Chicken Fries in WG Breading ¼ c Cooked Carrots ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Fritos, 4 oz 1% Milk</p>	<p>23</p> <p>Breakfast ½ c Yogurt w/ Granola ½ c (½ oz) Mini Wheats Cereal ½ c Blueberries 6 oz 1% Milk</p> <p>Lunch 1.5 oz BBQ Rib Patty on WG Bun ¼ c Corn ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Teddy Grahams, 4 oz 1% Milk</p>
<p>26</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Rice Chex Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Beef/Spaghetti Sauce over ¼ c Noodles 1 slice WG Bread w/ Butter ¼ c Green Beans ¼ cup Pears 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p>27</p> <p>Breakfast 1 oz Egg/Cheese Bosco Stick wrapped in WG Breading ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 5 Chicken Shapes in WG Breading ¼ c Hashbrown Starz ¼ c Apricots 6 oz 1% Milk</p> <p>Snack ½ oz Lil Grahams, 4 oz 1% Milk</p>	<p>28</p> <p>Breakfast 2 Bacon Slices 1 WG Mini Bagel w/ Cream Cheese ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Tenderloin on WG Bun ½ c Romaine Salad w/ Ranch ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 5/8 oz Popcorn, 4 oz 1% Milk</p>	<p>29</p> <p>Breakfast ½ c Yogurt w/ Granola 1 WG Blueberry Muffin ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese/Sauce on WG Crust ¼ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p>Snack 1 WG Chocolate Chip Muffin, 4 oz 1% Milk</p>	<p>30</p> <p>Breakfast ½ c Cheese Cubes ½ c (½ oz) Corn Flakes Cereal ½ c Dried Apple Slices 6 oz 1% Milk</p> <p>Lunch 1.5 oz Breaded Chicken Patty on WG Bun ¼ c Mixed Vegetables ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk</p>

WG = Whole Grain, PB = Peanut Butter

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