







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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Breakfast</b> 3 Mini Sausages in WG Pancake ½ c Grapes 6 oz 1% Milk <b>Lunch</b> 1.5 oz Beef/Bean in Chili Sauce 1 slice Cornbread ¼ c Pears ¼ c Hot Carrots 6 oz 1% Milk <b>Snack</b> 1 oz Cheese Stick, 4 oz 1% Milk	2 <b>Breakfast</b> 2 tbsp Wowbutter on ½ WG Bagel 1 Banana 6 oz 1% Milk <b>Lunch</b> 1.5 oz Chicken Drumstick in WG Breading 1 Cutie ¼ c Meadow Blend Vegetables 6 oz 1% Milk <b>Snack</b> ½ oz (7) Tortilla Chips w/ Salsa, 4 oz 1% Milk	3 <b>Breakfast</b> 1 oz Cheese Cubes ½ c Cream of Wheat ½ c Strawberries (Frozen) 6 oz 1% Milk <b>Lunch</b> 1.5 oz Meatball/Marinara Sub on WG Bun (Cheese) ¼ c Pineapple ¼ c Au gratin Potatoes 6 oz 1% Milk <b>Snack</b> ½ c Cottage Cheese, 4 oz 1% Milk	4  <b>No School</b>  <b>Professional Development Day</b>  
7 <b>Breakfast</b> 1.5 oz Pork Sausage Gravy over 1 WG Biscuit 1 Hashbrown Patty 6 oz 1% Milk <b>Lunch</b> 1.5 oz Hot Dog on WG Bun ½ Banana ¼ c Green Beans 6 oz 1% Milk <b>Snack</b> ½ oz Animal Crackers w/ WowButter, 4 oz 1% Milk	8  <b>No School</b>  <b>Election Day</b>  	9 <b>Breakfast</b> 1 Hard Boiled Egg ½ WG Bagel w/ Cream Cheese ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 1.5 oz Ground Beef/Spaghetti Sauce over ¼ c WG Pasta ¼ c Pears ¼ c California Blend Veggies 6 oz 1% Milk <b>Snack</b> ½ c Baby Carrots w/ Hummus, 4 oz 1% Milk	10 <b>Breakfast</b> 6 Little Smokies 2 WG Waffle Sticks ½ c Grapes 6 oz 1% Milk <b>Lunch</b> 1.5 oz Diced Taco Chicken/ Cheese Quesadilla 1 WG Tortilla (Sour Cream) ¼ c Mango ¼ c Corn 6 oz 1% Milk <b>Snack</b> ½ c Apple Slices, 4 oz 1% Milk	11  <b>No School</b>  <b>Veteran's Day</b>  
14 <b>Breakfast</b> 1.5 oz (1) Sausage Link 1 WG Pancake ½ c Strawberries (Frozen) 6 oz 1% Milk <b>Lunch</b> 3 WG Cheese Ravioli w/ Spaghetti Sauce 1 WG Breadstick w/ Garlic 1 Cutie ¼ c Green Beans 6 oz 1% Milk <b>Snack</b> ½ c Chex Mix, 4 oz 1% Milk	15 <b>Breakfast</b> 1 oz Egg Patty w/ Cheese on 1 WG English Muffin ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 1.5 oz Sloppy Joe on WG Bun ¼ c Pineapple ¼ c Oven Potatoes 6 oz 1% Milk <b>Snack</b> ½ oz Cheese w/ Crackers, 4 oz 1% Milk	16 <b>Breakfast</b> 1 oz Sausage Patty 1 Maple French Toast Square (Syrup) ½ c Mandarin Oranges 6 oz 1% Milk <b>Lunch</b> 4 Fish Sticks in WG Breading (Tartar Sauce) ¼ c Peach/Pineapple/Mango/ Strawberry Mix ¼ c Normandy Blend Veggies 6 oz 1% Milk <b>Snack</b> 1 Banana, 4 oz 1% Milk	17 <b>Breakfast</b> 1 oz Cheese Stick ½ c Oatmeal ½ c Blueberries (Frozen) 6 oz 1% Milk <b>Lunch</b> 1.5 oz Ground Taco Beef on WG Tortilla (Cheese, Sour Cream) ¼ c Mango ¼ c Fiesta Corn w/ Black Bean 6 oz 1% Milk <b>Snack</b> ½ oz Teddy Grahams, 4 oz 1% Milk	18 <b>Breakfast</b> ½ c Blueberry Yogurt 1 WG Banana Muffin ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 1.5 oz Hot Ham/Cheese on WG Bread ¼ c Cinnamon Applesauce ¼ c Baby Carrots w/ Ranch 6 oz 1% Milk <b>Snack</b> 1 Soft Pretzel Rod w/ Cheese Dip, 4 oz 1% Milk
21 <b>Breakfast</b> 1 oz Sausage Patty 2 WG French Toast Sticks ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 6 Mini Hot Dogs in WG Breading ¼ c Mandarin Oranges ¼ c Green Beans 6 oz 1% Milk <b>Snack</b> ½ oz (5) Cheese Cubes, 4 oz 1% Milk	22 <b>Breakfast</b> ½ c Scrambled Eggs/Cheese ½ Whole Grain Bagel w/ Cream Cheese ½ c Potato Smiles 6 oz 1% Milk <b>Lunch</b> 1.5 oz Turkey Pot Roast 1 WG Dinner Roll w/ Butter ¼ c Pineapple ¼ c Mashed Potatoes w/ Gravy 6 oz 1% Milk <b>Snack</b> ½ oz (7) Hard Pretzels, 4 oz 1% Milk	23  <b>No School</b>  <b>Fall Break</b>	24  	25  
28 <b>Breakfast</b> 1.5 oz Egg/Cheese Omelet 1 slice WG Toast w/ Jelly ½ c Mango 6 oz 1% Milk <b>Lunch</b> 1.5 oz Beef Patty on WG Bun ¼ c Berry Blend (Frozen) ¼ c Corn 6 oz 1% Milk <b>Snack</b> ½ oz Cheez-its, 4 oz 1% Milk	29 <b>Breakfast</b> 6 Little Smokies 2 WG Waffle Sticks ½ c Grapes 6 oz 1% Milk <b>Lunch</b> 1.5 oz Cheese w/ Pepperoni on WG Crust ¼ c Peaches ¼ c Cucumber Slices w/ Ranch 6 oz 1% Milk <b>Snack</b> 1 oz Cheese Stick, 4 oz 1% Milk	30 <b>Breakfast</b> 1.5 oz Ham/Cheese on 1 WG Bagel 1 Banana 6 oz 1% Milk <b>Lunch</b> 1.5 oz Chicken Drumstick in WG Breading 1 Cutie ¼ c Au gratin Potatoes 6 oz 1% Milk <b>Snack</b> ½ oz (7) Tortilla Chips w/ Salsa, 4 oz 1% Milk		

WG = Whole Grain