



Tazewell Woodford Head Start

November 2022

Hensley Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Breakfast 2 slices Bacon 1 WG Blueberry Muffin ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch: 1.5 oz Beef Patty on WG Bun (Cheese, Pickle Slices) ¼ c Applesauce ¼ c Baked Beans 6 oz 1% Milk</p> <p>Snack ½ oz Baked Cheetos, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast ½ c Yogurt 1 slice WG Banana Bread ¼ c Pineapple 6 oz 1% Milk</p> <p>Lunch: 1.5 oz Mandarin Orange Chicken ¼ cup Steamed Rice ¼ cup Pineapple ¼ cup Green Beans 6 oz 1% milk</p> <p>Snack ½ oz Doritos, 4 oz 1% Milk</p>	<p>3</p> <p>Breakfast 2 Sausage Links 4 WG Mini Waffles ¼ c Apple Crisps 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog wrapped in WG Breading ¼ c Apple Crisps ½ c Tossed Salad w/ Ranch 6 oz 1% Milk</p> <p>Snack 1 tbsp PB & Jelly on 1 slice WG Bread, 4 oz 1% Milk</p>	<p>4</p> <p>No School</p> <p>Professional Development Day</p> 
<p>7</p> <p>Breakfast 1.5 oz Pork Sausage Gravy over 1 WG Biscuit 1 Hashbrown Patty 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog on WG Bun ½ Banana ¼ c Green Beans 6 oz 1% Milk</p> <p>Snack ½ oz Animal Crackers, 4 oz 1% Milk</p>	<p>8</p> <p>No School</p> <p>Election Day</p> 	<p>9</p> <p>Breakfast ½ c Yogurt 1 slice WG Blueberry Bread ½ c Diced Peaches 6 oz 1% Milk</p> <p>Lunch 3 Chicken Strips in WG Breading 1 Dinner Roll w/ Butter ¼ c Frozen Fruit Cup ¼ c Green Beans 6 oz 1% Milk</p> <p>Snack ½ oz Baked BBQ Lays, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 2 slices Bacon 4 WG Mini Pancakes ½ c Diced Pears 6 oz 1% Milk</p> <p>Lunch 1 oz Cheese Sauce w/ 1 Whole Grain Soft Pretzel 1 oz Cheese Stick ¼ c Apple Slices ¼ c Baby Carrots w/ Ranch 6 oz 1% Milk</p> <p>Snack ½ c Frozen Fruit Cup, 4 oz 1% Milk</p>	<p>11</p> <p>No School</p> <p>Veteran's Day</p> 
<p>14</p> <p>Breakfast 3 tbsp Peanut Butter on 1 slice WG Toast ½ c WG Cereal ½ c Diced Pears 6 oz 1% Milk</p> <p>Lunch: 1 oz Cheese Stick 1 Dutch Waffle ¼ c Apple Slices w/ PB ¼ c Broccoli w/ Dip 6 oz 1% milk</p> <p>Snack ½ oz Wheat Thins, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 2 Sausage Links 1 WG Chocolate Chip Muffin ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog on WG Bun w/ Chili Sauce (Pickle Spear) ¼ c Orange Wedges ¼ c Curly Fries 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast ½ c Yogurt 1 slice WG Banana Bread ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 5 Chicken Nuggets in WG Breading 1 slice WG Bread w/ Butter ¼ c Applesauce ¼ c Mashed Potatoes w/ Gravy 6 oz 1% Milk</p> <p>Snack ½ c Orange Wedges, 4 oz 1% Milk</p>	<p>17</p> <p>Breakfast 2 slices Bacon 4 WG Mini French Toast ½ c Diced Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz BBQ Rib Patty on WG Bun ¼ c Diced Peaches ½ c Tossed Salad w/ Ranch 6 oz 1% Milk</p> <p>Snack ½ oz Goldfish Crackers, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast 4 Sausages wrapped in WG Pancake ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch ½ c Yogurt 1 oz Cheese Stick 4 WG Mini French Toast 1/8 c Craisins ½ c Baby Carrots w/ Dip 6 oz 1% Milk</p> <p>Snack ½ oz Sun Chips, 4 oz 1% Milk</p>
<p>21</p> <p>Breakfast 1 oz Sausage Patty 2 WG French Toast Sticks ½ c Fruit Cocktail 6 oz 1% Milk</p> <p>Lunch 6 Mini Hot Dogs in WG Breading ¼ c Mandarin Oranges ¼ c Green Beans 6 oz 1% Milk</p> <p>Snack ½ oz (5) Cheese Cubes, 4 oz 1% Milk</p>	<p>22</p> <p>Breakfast ½ c Scrambled Eggs/Cheese ½ Whole Grain Bagel w/ Cream Cheese ½ c Potato Smiles 6 oz 1% Milk</p> <p>Lunch 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</p> <p>Snack ½ oz (7) Hard Pretzels, 4 oz 1% Milk</p>	<p>23</p> <p>No School</p> <p>Fall Break</p> 	<p>24</p> 	<p>25</p>
<p>28</p> <p>Breakfast 3 tbsp Peanut Butter on 1 slice WG Toast ½ c WG Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 Sausage Links 2 WG French Toast Sticks ¼ c Applesauce ¼ c Corn 6 oz 1% Milk</p> <p>Snack ½ oz Chex Mix, 4 oz 1% Milk</p>	<p>29</p> <p>Breakfast 2 slices Bacon 1 WG Blueberry Muffin ¼ c Diced Peaches 6 oz 1% Milk</p> <p>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</p> <p>Snack ½ oz (1 pack) Grahams, 4 oz 1% Milk</p>	<p>30</p> <p>Breakfast ½ c Yogurt 1 slice WG Blueberry Bread ¼ c Craisins 6 oz 1% Milk</p> <p>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</p> <p>Snack ½ oz Tortilla Chips, 4 oz 1% Milk</p>		

WG = Whole Grain; PB = Peanut Butter