






Tazewell Woodford Head Start

November 2022

Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>Breakfast</b> 1.5 oz Sausage Link 1 WG French Toast ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Turkey w/ Gravy ¼ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p><b>Snack</b> 2 oz Chicken Salad Lettuce Wrap, 4 oz 1% Milk</p>	<p><b>2</b></p> <p><b>Breakfast</b> 2 Bacon Slices ½ English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Beef Ravioli w/ Marinara 1 WG Bread Stick ¼ c Green Beans ¼ c Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ½ Apple w/ 1 tbsp Peanut Butter, 4 oz 1% Milk</p>	<p><b>3</b></p> <p><b>Breakfast</b> 2 Scrambled Eggs 1 WG Toast w/ Jelly ½ Orange 6 oz 1% Milk</p> <p><b>Lunch</b> 3 tbsp Peanut Butter w/ Jelly on 2 slices WG Bread ¼ c Carrots/Cucumbers w/ Ranch ½ Apple 6 oz 1% Milk</p> <p><b>Snack</b> ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><b>4</b></p> <p><b>No School</b></p> <p><b>Professional Development Day</b></p> 
<p><b>7</b></p> <p><b>Breakfast</b> ½ c Yogurt ½ c WG Honey Nut Oats ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 3 oz Chicken Patty on WG Bun ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz Tortilla Chips w/ Salsa, 4 oz 1% Milk</p>	<p><b>8</b></p> <p><b>No School</b></p> <p><b>Election Day</b></p> 	<p><b>9</b></p> <p><b>Breakfast</b> 1.5 oz Sausage Link 1 WG Waffle ½ c Berries 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Teriyaki Chicken over ¼ c Brown Rice ¼ c Broccoli ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ¼ c Dried Fruit &amp; Cereal Snack Mix, ½ cup Grapes, 4 oz 1% Milk</p>	<p><b>10</b></p> <p><b>Breakfast</b> 2 WG French Toast Sticks ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 3 Fish Nuggets in WG Breading ¼ c Peas ½ Banana 1 oz Cheddar Sun Chips 6 oz 1% Milk</p> <p><b>Snack</b> 3 Celery Sticks w/ Peanut Butter &amp; Raisins, 4 oz 1% Milk</p>	<p><b>11</b></p> <p><b>No School</b></p> <p><b>Veteran's Day</b></p> 
<p><b>14</b></p> <p><b>Breakfast</b> ½ c Vanilla Greek Yogurt Dip w/ 1 WG Waffle ½ c Grapes 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Turkey/Veggies on WG Tortilla (Ranch) ¼ c Pears ¼ c Peas 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz Graham Crackers, 4 oz 1% Milk</p>	<p><b>15</b></p> <p><b>Breakfast</b> ¼ c Sausage Gravy over WG Biscuit ½ Apple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Chicken/Cheese Quesadilla on WG Tortilla ¼ c Fruit Cocktail ¼ c Corn 6 oz 1% Milk</p> <p><b>Snack</b> ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast</b> 1.5 oz Scrambled Eggs/ Turkey Sausage 1 slice WG Toast ½ Orange 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Ground Beef/Sauce over ¼ c WG Pasta 1 WG Breadstick ¼ c Melons ½ c Salad w/ Ranch 6 oz 1% Milk</p> <p><b>Snack</b> ¼ c Cherry Tomatoes w/ Greek Yogurt Ranch, 4 oz 1% Milk</p>	<p><b>17</b></p> <p><b>Breakfast</b> 1 Turkey Sausage Patty ½ c Frosted Mini Wheats ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 3 oz Beef Patty w/ Cheese on WG Bun ¼ c Pears ¼ c Tator Tots 6 oz 1% Milk</p> <p><b>Snack</b> ½ c Mandarin Oranges, ½ oz Goldfish, 4 oz 1% Milk</p>	<p><b>18</b></p> <p><b>Breakfast</b> 1.5 oz Turkey Sausage/ Cheese on WG English Muffin ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 4 Turkey Hot Dog in WG Breading ¼ c Potato Salad ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p><b>Snack</b> 1 Banana, 2 oz Cheese Cubes, 4 oz 1% Milk</p>
<p><b>21</b></p> <p><b>Breakfast</b> 1 oz Sliced Ham ½ c WG Honey Nut Oats ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 3 oz Turkey Burger w/ Cheese on WG Bun ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 2 oz Ham/Cheese w/ 5 Keebler Crackers, 4 oz 1% Milk</p>	<p><b>22</b></p> <p><b>Breakfast</b> 1.5 oz Sausage Link 1 WG Pancake ½ c Grapes 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Turkey Breast ¼ c WG Stuffing ¼ c Mashed Potatoes w/ Gravy ¼ c Green Beans ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ Orange, ½ oz Goldfish, 4 oz 1% Milk</p>	<p><b>23</b></p> <p><b>No School</b></p> <p><b>Fall Break</b></p>	<p><b>24</b></p> 	<p><b>25</b></p>
<p><b>28</b></p> <p><b>Breakfast</b> ½ c Cottage Cheese ½ c Frosted Mini Wheats ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Cheese Sauce over ½ c WG Pasta ¼ c Peaches ¼ c Peas 6 oz 1% Milk</p> <p><b>Snack</b> 2 oz Cheese Cubes, 4 oz 1% Milk</p>	<p><b>29</b></p> <p><b>Breakfast</b> 1.5 oz Sausage Link 1 WG French Toast ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Turkey w/ Gravy ¼ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p><b>Snack</b> 2 oz Chicken Salad Lettuce Wrap, 4 oz 1% Milk</p>	<p><b>30</b></p> <p><b>Breakfast</b> 2 Bacon Slices ½ English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Beef Ravioli w/ Marinara 1 WG Bread Stick ¼ c Green Beans ¼ c Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ½ Apple w/ 1 tbsp Peanut Butter, 4 oz 1% Milk</p>		

WG = Whole Grain