






Tazewell Woodford Head Start

November 2022

Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Crisp Rice Cereal ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Pulled Pork on WG Bun ¼ c Corn ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Hard Pretzels, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast ½ c Yogurt 1 Oatmeal Round ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 2 Cheese Bosco Sticks wrapped in WG Breading (Marinara) ¼ c Green Beans ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack 1 WG Blueberry Muffin, 4 oz 1% Milk</p>	<p>3</p> <p>Breakfast 1 Hardboiled Egg ½ c (½ oz) Corn Flakes Cereal ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Breaded Chicken Strips in WG Breading ¼ c Carrots w/ Dip ¼ c Hot Apples 6 oz 1% Milk</p> <p>Snack ½ oz Fritos, 4 oz 1% Milk</p>	<p>4</p> <p>No School</p> <p>Professional Development Day</p> 
<p>7</p> <p>Breakfast ½ c Cottage Cheese ½ c (½ oz) Corn Puff Cereal ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken over ¼ c Tortilla Chips (Cheese) ¼ c Corn ¼ c Apricots 6 oz 1% Milk</p> <p>Snack ½ oz Dino Bites, 4 oz 1% Milk</p>	<p>8</p> <p>No School</p> <p>Election Day</p> 	<p>9</p> <p>Breakfast 1 Hardboiled Egg 1 WG Mini Bagel w/ Cream Cheese ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef Patty on WG Bun ¼ c Green Beans ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack ½ oz Baked Cheetos, 4 oz 1% Milk</p>	<p>10</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 ½ c Chicken Noodle Soup (4 Crackers) 1.5 oz Tuna Salad on WG Bread ¼ cup Carrots w/ Dip ¼ cup Fresh Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Goldfish Crackers, 4 oz 1% Milk</p>	<p>11</p> <p>No School</p> <p>Veteran's Day</p> 
<p>14</p> <p>Breakfast ½ c Cheese Cubes ½ c (½ oz) Rice Chex Cereal ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken over ¼ c WG Noodles 1 slice WG Bread w/ Butter ¼ c Green Beans ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 1 Hardboiled Egg ½ c (½ oz) Life Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 slices Bacon 2 WG Waffles ¼ c Hashbrown Starz ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack 5/8 oz Popcorn, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 1 oz Egg/Cheese/Sauce on WG Bagel ½ c Fruit Mix 6 oz 1% Milk</p> <p>Lunch 1.5 oz Breaded Chicken Patty on WG Bun ½ c Romaine Lettuce Salad w/ Ranch ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Scooby Doo Grahams, 4 oz 1% Milk</p>	<p>17</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Corn Flakes Cereal ½ c Pears 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sloppy Joe over ¼ c Fritos ¼ c Corn ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Cheese Slice w/ Crackers, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast ½ c Yogurt w/ Granola 1 WG Blueberry Muffin ½ c Dried Apple Slices 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese/Sauce on WG Breadstick (Marinara) ¼ c Cooked Carrots ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack ½ oz Teddy Grahams, 4 oz 1% Milk</p>
<p>21</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Toasted O's Cereal ½ c Peaches 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 Sun Chips, 4 oz 1% Milk</p>	<p>22</p> <p>Breakfast ½ c Cottage Cheese 1 Oatmeal Round ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ham/Turkey/Cheese on WG Sub ¼ c Carrots w/ Ranch ¼ c Fresh Fruit 1 Treat 6 oz 1% Milk</p> <p>Snack ½ oz Lil Grahams, 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 ½ c Yogurt w/ Granola 1 WG Chocolate Chip Muffin ½ c Blueberries 6 oz 1% Milk</p> <p>Lunch 4 Chicken Fries in WG Breading ¼ c Corn ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 WG Blueberry Muffin, 4 oz 1% Milk</p>	<p>29</p> <p>Breakfast 1 Hardboiled Egg 1 WG Mini Bagel w/ Cream Cheese ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese Quesadilla in WG Tortilla ¼ c Tortilla Chips w/ Salsa ¼ c Green Beans ¼ c Tropical Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Sport Bites, 4 oz 1% Milk</p>	<p>30</p> <p>Breakfast 2 slices Bacon 2 WG French Toast Sticks ½ c Apricots 6 oz 1% Milk</p> <p>Lunch ½ c Beef/Bean in Chili Sauce (4 Crackers) 3 tbsp PB&J on WG Bread ¼ cup Carrots w/ Dip ¼ cup Fresh Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Hard Pretzels, 4 oz 1% Milk</p>		

WG = Whole Grain; PB = Peanut Butter