


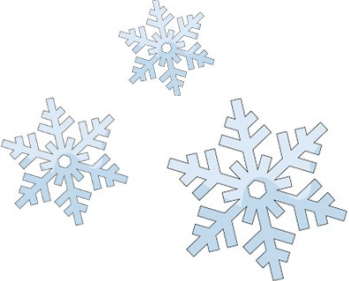


# Tazewell Woodford Head Start

## January 2023

### Eureka Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p style="color: red; font-size: 1.2em;"><u>No School</u></p> <p style="color: red; font-size: 1.2em;">Winter Break</p> 	<p><b>3</b></p>	<p><b>4</b></p> <p style="color: red; font-size: 1.2em;"><u>No School</u></p> <p style="color: red; font-size: 1.2em;">Professional Development Day</p> 	<p><b>5</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>½ c Blueberry Yogurt</li> <li>½ c Cinnamon Oatmeal Squares</li> <li>½ c Potato Smiles</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Hot Dog on WG Bun</li> <li>¼ c Baby Carrots w/ Ranch</li> <li>¼ c Apple Slices</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ oz (7) Tortilla Chips w/ Guacamole, 4 oz 1% Milk</li> </ul>	<p><b>6</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 oz Egg Patty w/ Cheese on 1 WG English Muffin</li> <li>½ c Peach/Pineapple/Mango/Strawberry Mix</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Ground Beef/Spaghetti Sauce over ¼ c WG Pasta</li> <li>¼ c California Blend Veggies</li> <li>1 Cutie</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>1 oz Cheese Stick, 4 oz 1% Milk</li> </ul>
<p><b>9</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>6 Little Smokies</li> <li>2 WG Waffle Sticks (SF Syrup)</li> <li>½ c Pineapple</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Grilled Chicken Patty on WG Bun</li> <li>¼ c Meadow Blend Veggies</li> <li>½ Banana</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ c Broccoli w/ Ranch, 4 oz 1% Milk</li> </ul>	<p><b>10</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 oz Sausage/Scrambled Eggs on WG Tortilla (Cheese)</li> <li>½ c Tropical Fruit</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Ground Taco Beef on WG Tortilla (Cheese, Salsa)</li> <li>¼ c Roasted Corn w/ Peppers</li> <li>¼ c Mango</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>¾ oz Cheez-its, 4 oz 1% Milk</li> </ul>	<p><b>11</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 oz Sausage Patty</li> <li>1 WG Maple French Toast Square (SF Syrup)</li> <li>½ c Mandarin Oranges</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Cheese w/ Pepperoni on WG Crust</li> <li>3 Celery Sticks w/ Ranch</li> <li>¼ c Cinnamon Applesauce</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>¾ oz Hard Pretzels, 4 oz 1% Milk</li> </ul>	<p><b>12</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 oz Cheese Stick</li> <li>½ c Oatmeal</li> <li>½ c Peaches</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Beef/Bean in Chili Sauce</li> <li>1 WG Cornbread Bowl</li> <li>¼ c Meadow Blend Veggies</li> <li>¼ c Apple Slices</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ c Grapes, 4 oz 1% Milk</li> </ul>	<p><b>13</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>½ c Cottage Cheese</li> <li>1 WG Banana Muffin</li> <li>1 Hashbrown Patty</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>6 Mini Hot Dogs in WG Breading</li> <li>¼ c Baby Carrots w/ Ranch</li> <li>½ Banana</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ oz Cheese w/ Crackers, 4 oz 1% Milk</li> </ul>
<p><b>16</b></p> <p style="color: red; font-size: 1.2em;"><u>No School</u></p> <p style="color: red; font-size: 1.2em;">Martin Luther King Jr. Day</p> 	<p><b>17</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>½ c Scrambled Eggs w/ Spinach &amp; Feta</li> <li>½ WG Bagel w/ Cream Cheese</li> <li>½ c Peaches</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>4 Fish Sticks in WG Breading (Tartar Sauce)</li> <li>¼ c California Blend Veggies</li> <li>¼ c Applesauce</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ c Bell Pepper w/ Ranch, 4 oz 1% Milk</li> </ul>	<p><b>18</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1.5 oz (1) Sausage Link</li> <li>1 slice WG Toast w/ Jelly</li> <li>½ c Mandarin Oranges</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Chicken Drumstick in WG Breading</li> <li>¼ c Au gratin Potatoes</li> <li>¼ c Pineapple</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ oz Animal Crackers w/ WowButter, 4 oz 1% Milk</li> </ul>	<p><b>19</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>½ c Strawberry Yogurt</li> <li>½ c Multigrain Cheerios</li> <li>½ c (16) Hashbrown Coins</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Beef Patty on WG Bun</li> <li>¼ c Baked Beans</li> <li>¼ c Apple Slices</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ oz (7) Tortilla Chips w/ Guacamole, 4 oz 1% Milk</li> </ul>	<p><b>20</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1.5 oz Egg/Cheese Omelet</li> <li>½ WG English Muffin w/ Jelly</li> <li>½ c Peach/Pineapple/Mango/Strawberry Mix</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>3 WG Cheese Ravioli w/ Spaghetti Sauce</li> <li>1 Garlic Breadstick</li> <li>¼ c Green Beans</li> <li>1 Cutie</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ c Cottage Cheese, 4 oz 1% Milk</li> </ul>
<p><b>23</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>3 Mini Sausages in WG Pancake</li> <li>½ c Pineapple</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Sloppy Joe on WG Bun</li> <li>¼ c Oven Potatoes</li> <li>½ Banana</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ c Cauliflower w/ Ranch, 4 oz 1% Milk</li> </ul>	<p><b>24</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 Egg, Ham, &amp; Cheese Muffin</li> <li>½ WG Bagel w/ Cream Cheese</li> <li>½ c Tropical Fruit</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Diced Taco Chicken/Cheese w/ 1 WG Tortilla (Sour Cream)</li> <li>¼ c Corn</li> <li>¼ c Mango</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>¾ oz Cheez-its, 4 oz 1% Milk</li> </ul>	<p><b>25</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 oz Sausage Patty</li> <li>2 WG French Toast Sticks (SF Syrup)</li> <li>½ c Mandarin Oranges</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Meatball/Marinara Sub on WG Bun (Cheese)</li> <li>3 Celery Sticks w/ Ranch</li> <li>¼ c Cinnamon Applesauce</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>¾ oz Hard Pretzels, 4 oz 1% Milk</li> </ul>	<p><b>26</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 oz Cheese Cubes</li> <li>½ c Cream of Wheat</li> <li>½ c Strawberries (Frozen)</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Meatloaf Ball</li> <li>1 WG Breadstick</li> <li>¼ c Rosemary Potatoes</li> <li>¼ c Apple Slices</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ c Grapes, 4 oz 1% Milk</li> </ul>	<p><b>27</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>2 slices Bacon</li> <li>1 slice WG Toast w/ Jelly</li> <li>½ c Peaches</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1.5 oz Chicken Pot Pie</li> <li>1 WG Biscuit</li> <li>¼ c Peas/Carrots</li> <li>1 Cutie</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ oz Cheese w/ Crackers, 4 oz 1% Milk</li> </ul>
<p><b>30</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1.5 oz Pork Sausage Gravy over 1 WG Biscuit</li> <li>½ c Pineapple</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>1 Bean/Cheese Burrito wrapped in 1 WG Tortilla</li> <li>¼ c Corn</li> <li>½ Banana</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>4 oz Applesauce Cup, 4 oz 1% Milk</li> </ul>	<p><b>31</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 Hard Boiled Egg</li> <li>1 slice WG Toast w/ Jelly</li> <li>½ c Peaches</li> <li>6 oz 1% Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>4 Chicken Fries (Special Sauce)</li> <li>1 slice WG Bread w/ Butter</li> <li>¼ c Green Beans</li> <li>¼ c Applesauce</li> <li>6 oz 1% Milk</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>½ c Bell Pepper w/ Ranch, 4 oz 1% Milk</li> </ul>			

WG = Whole Grain; SF = Sugar Free

For menus, classroom news and more visit: [www.twhsp.org](http://www.twhsp.org)