


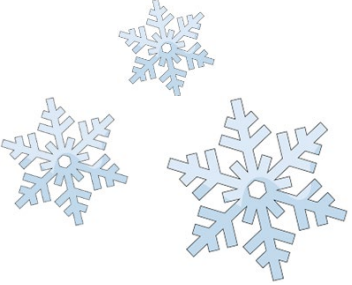


# Tazewell Woodford Head Start

## January 2023

### Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>No School</b></p> <p><b>Winter Break</b></p> 	<p><b>3</b></p>	<p><b>4</b></p> <p><b>No School</b></p> <p><b>Professional Development Day</b></p> 	<p><b>5</b></p> <p><b>Breakfast</b>                      ½ c Blueberry Yogurt                      ½ c Cinnamon Oatmeal Squares                      ½ c Potato Smiles                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Hot Dog on WG Bun                      ¼ c Baby Carrots w/ Ranch                      ¼ c Apple Slices                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (7) Tortilla Chips                      w/ Guacamole, 4 oz 1% Milk</p>	<p><b>6</b></p> <p><b>Breakfast</b>                      1 oz Egg Patty w/ Cheese on                      1 WG English Muffin                      ½ c Peach/Pineapple/Mango/                      Strawberry Mix                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Ground Beef/Spaghetti Sauce                      over ¼ c WG Pasta                      ¼ c California Blend Veggies                      1 Cutie                      6 oz 1% Milk</p> <p><b>Snack</b>                      1 oz Cheese Stick,                      4 oz 1% Milk</p>
<p><b>9</b></p> <p><b>Breakfast</b>                      6 Little Smokies                      2 WG Waffle Sticks                      (SF Syrup)                      ½ c Pineapple                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Grilled Chicken Patty                      on WG Bun                      ¼ c Meadow Blend Veggies                      ½ Banana                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Broccoli w/ Ranch,                      4 oz 1% Milk</p>	<p><b>10</b></p> <p><b>Breakfast</b>                      1 oz Sausage/Scrambled Eggs                      on WG Tortilla (Cheese)                      ½ c Tropical Fruit                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Ground Taco Beef                      on WG Tortilla                      (Cheese, Salsa)                      ¼ c Roasted Corn w/ Peppers                      ¼ c Mango                      6 oz 1% Milk</p> <p><b>Snack</b>                      ¾ oz Cheez-its,                      4 oz 1% Milk</p>	<p><b>11</b></p> <p><b>Breakfast</b>                      1 oz Sausage Patty                      1 WG Maple French Toast Square                      (SF Syrup)                      ½ c Mandarin Oranges                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Cheese w/ Pepperoni                      on WG Crust                      3 Celery Sticks w/ Ranch                      ¼ c Cinnamon Applesauce                      6 oz 1% Milk</p> <p><b>Snack</b>                      ¾ oz Hard Pretzels,                      4 oz 1% Milk</p>	<p><b>12</b></p> <p><b>Breakfast</b>                      1 oz Cheese Stick                      ½ c Oatmeal                      ½ c Peaches                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Beef/Bean in Chili Sauce                      1 WG Cornbread Bowl                      ¼ c Meadow Blend Veggies                      ¼ c Apple Slices                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Grapes,                      4 oz 1% Milk</p>	<p><b>13</b></p> <p><b>Breakfast</b>                      ½ c Cottage Cheese                      1 WG Banana Muffin                      1 Hashbrown Patty                      6 oz 1% Milk</p> <p><b>Lunch</b>                      6 Mini Hot Dogs                      in WG Breading                      ¼ c Baby Carrots w/ Ranch                      ½ Banana                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz Cheese w/ Crackers,                      4 oz 1% Milk</p>
<p><b>16</b></p> <p><b>No School</b></p> <p><b>Martin Luther King Jr. Day</b></p> 	<p><b>17</b></p> <p><b>Breakfast</b>                      ½ c Scrambled Eggs                      w/ Spinach &amp; Feta                      ½ WG Bagel w/ Cream Cheese                      ½ c Peaches                      6 oz 1% Milk</p> <p><b>Lunch</b>                      4 Fish Sticks in WG Breading                      (Tartar Sauce)                      ¼ c California Blend Veggies                      ¼ c Applesauce                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Bell Pepper w/ Ranch                      4 oz 1% Milk</p>	<p><b>18</b></p> <p><b>Breakfast</b>                      1.5 oz (1) Sausage Link                      1 slice WG Toast w/ Jelly                      ½ c Mandarin Oranges                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Chicken Drumstick                      in WG Breading                      ¼ c Au gratin Potatoes                      ¼ c Pineapple                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz Animal Crackers                      w/ WowButter, 4 oz 1% Milk</p>	<p><b>19</b></p> <p><b>Breakfast</b>                      ½ c Strawberry Yogurt                      ½ c Multigrain Cheerios                      ½ c (16) Hashbrown Coins                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Beef Patty                      on WG Bun                      ¼ c Baked Beans                      ¼ c Apple Slices                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (7) Tortilla Chips                      w/ Guacamole, 4 oz 1% Milk</p>	<p><b>20</b></p> <p><b>Breakfast</b>                      1.5 oz Egg/Cheese Omelet                      ½ WG English Muffin w/ Jelly                      ½ c Peach/Pineapple/Mango/                      Strawberry Mix                      6 oz 1% Milk</p> <p><b>Lunch</b>                      3 WG Cheese Ravioli                      w/ Spaghetti Sauce                      1 Garlic Breadstick                      ¼ c Green Beans                      1 Cutie                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Cottage Cheese,                      4 oz 1% Milk</p>
<p><b>23</b></p> <p><b>Breakfast</b>                      3 Mini Sausages                      in WG Pancake                      ½ c Pineapple                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Sloppy Joe on WG Bun                      ¼ c Oven Potatoes                      ½ Banana                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Cauliflower w/ Ranch,                      4 oz 1% Milk</p>	<p><b>24</b></p> <p><b>Breakfast</b>                      1 Egg, Ham, &amp; Cheese Muffin                      ½ WG Bagel w/ Cream Cheese                      ½ c Tropical Fruit                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Diced Taco Chicken/                      Cheese w/ 1 WG Tortilla                      (Sour Cream)                      ¼ c Corn                      ¼ c Mango                      6 oz 1% Milk</p> <p><b>Snack</b>                      ¾ oz Cheez-its,                      4 oz 1% Milk</p>	<p><b>25</b></p> <p><b>Breakfast</b>                      1 oz Sausage Patty                      2 WG French Toast Sticks                      (SF Syrup)                      ½ c Mandarin Oranges                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Meatball/Marinara Sub                      on WG Bun (Cheese)                      3 Celery Sticks w/ Ranch                      ¼ c Cinnamon Applesauce                      6 oz 1% Milk</p> <p><b>Snack</b>                      ¾ oz Hard Pretzels,                      4 oz 1% Milk</p>	<p><b>26</b></p> <p><b>Breakfast</b>                      1 oz Cheese Cubes                      ½ c Cream of Wheat                      ½ c Strawberries (Frozen)                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Meatloaf Ball                      1 WG Breadstick                      ¼ c Rosemary Potatoes                      ¼ c Apple Slices                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Grapes,                      4 oz 1% Milk</p>	<p><b>27</b></p> <p><b>Breakfast</b>                      2 slices Bacon                      1 slice WG Toast w/ Jelly                      ½ c Peaches                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Chicken Pot Pie                      1 WG Biscuit                      ¼ c Peas/Carrots                      1 Cutie                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz Cheese w/ Crackers,                      4 oz 1% Milk</p>
<p><b>30</b></p> <p><b>Breakfast</b>                      1.5 oz Pork Sausage Gravy                      over 1 WG Biscuit                      ½ c Pineapple                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1 Bean/Cheese Burrito                      wrapped in 1 WG Tortilla                      ¼ c Corn                      ½ Banana                      6 oz 1% Milk</p> <p><b>Snack</b>                      4 oz Applesauce Cup,                      4 oz 1% Milk</p>	<p><b>31</b></p> <p><b>Breakfast</b>                      1 Hard Boiled Egg                      1 slice WG Toast w/ Jelly                      ½ c Peaches                      6 oz 1% Milk</p> <p><b>Lunch</b>                      4 Chicken Fries                      (Special Sauce)                      1 slice WG Bread w/ Butter                      ¼ c Green Beans                      ¼ c Applesauce                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Bell Pepper w/ Ranch                      4 oz 1% Milk</p>			

WG = Whole Grain; SF = Sugar Free

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