


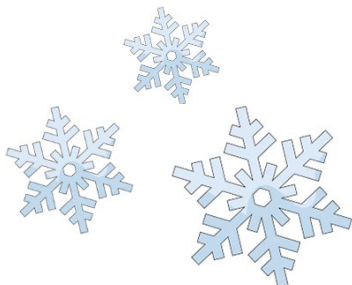


Tazewell Woodford Head Start

January 2023

Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>No School</u></p> <p>Winter Break</p> 	<p>3</p>	<p>4</p> <p><u>No School</u></p> <p>Professional Development Day</p> 	<p>5</p> <p>Breakfast 2 slices Bacon 4 WG Mini Pancakes ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog wrapped in WG Breading ¼ c Green Beans ¼ c Frozen Fruit Cup 6 oz 1% Milk</p> <p>Snack ½ c Cheerios, 4 oz 1% Milk</p>	<p>6</p> <p>Breakfast 1.5 oz Beef/Red Sauce/Cheese on WG Pizza Crust ½ c Diced Peaches 6 oz 1% Milk</p> <p>Lunch 3 Cheese Bites wrapped in WG Breading w/ Marinara ¼ c Corn ¼ c Diced Peaches 6 oz 1% Milk</p> <p>Snack ½ oz Baked Lays, 4 oz 1% Milk</p>
<p>9</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 2 Sausage Links 1 WG Pancakes ¼ c Green Beans ¼ c Diced Pears 6 oz 1% Milk</p> <p>Snack ½ oz Doritos (Nacho), 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 2 slices Bacon 1 WG Blueberry Muffin ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Pork Roast on WG Bun ¼ c Tater Tots ¼ c Orange Wedges 6 oz 1% Milk</p> <p>Snack ½ oz Goldfish Crackers, 4 oz 1% Milk</p>	<p>11</p> <p>Breakfast 2 Sausage Links 1 slice WG Banana Bread ½ c Diced Peaches 6 oz 1% Milk</p> <p>Lunch 3 Chicken Tenders in WG Breading 1 Dinner Roll w/ Butter ¼ c Steamed Carrots ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz (7) Hard Pretzels, 4 oz 1% Milk</p>	<p>12</p> <p>Breakfast ½ c Yogurt 4 WG Mini Waffles ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Beef/Bean in Chili Sauce (Saltines) 1 tbsp PB&J on 1 slice WG Bread 3 Celery Sticks w/ Ranch ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Sun Chips, 4 oz 1% Milk</p>	<p>13</p> <p>Breakfast 4 Sausages wrapped in WG Pancake ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese/Sauce on WG Pizza crust ¼ c Broccoli w/ Ranch ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Doritos (Cool Ranch), 4 oz 1% Milk</p>
<p>16</p> <p><u>No School</u></p> <p>Martin Luther King Jr. Day</p> 	<p>17</p> <p>Breakfast 2 Sausage Links 1 WG Chocolate Chip Muffin ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese Sauce over Noodles 1 WG Garlic Breadstick ¼ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast ½ c Yogurt 1 slice WG Blueberry Bread ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 5 Chicken Nuggets in WG Breading 1 slice WG Bread w/ Butter ¼ c Mashed Potatoes w/ Gravy ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Baked Cheetos, 4 oz 1% Milk</p>	<p>19</p> <p>Breakfast 2 slices Bacon 4 WG Mini French Toast ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese Sauce over ¼ c Tortilla Chips (Salsa) ¼ c Refried Beans ¼ c Frozen Fruit Cup 6 oz 1% Milk</p> <p>Snack ½ oz (1 pack) Grahams, 4 oz 1% Milk</p>	<p>20</p> <p>Breakfast 1.5 oz Beef/Red Sauce/Cheese on WG Pizza Crust ½ c Diced Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese wrapped in WG Breading w/ Marinara ¼ c Mixed Vegetables ¼ c Diced Peaches 6 oz 1% Milk</p> <p>Snack ½ c Cheerios, 4 oz 1% Milk</p>
<p>23</p> <p>Breakfast 3 tbsp Peanut Butter on 1 slice WG Toast ½ c WG Cereal ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 4 Sausages wrapped in WG Pancake ¼ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack ½ oz Wheat Thins, 4 oz 1% Milk</p>	<p>24</p> <p>Breakfast 2 slices Bacon 1 WG Blueberry Muffin ½ c Apple Slices 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog on WG Bun w/ Chili Sauce (Pickle Spear) ¼ c Curly Fries ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack ½ oz Chex Mix, 4 oz 1% Milk</p>	<p>25</p> <p>Breakfast ½ c Yogurt 1 slice WG Banana Bread ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Mandarin Orange Chicken ¼ c Steamed Rice ¼ c Steamed Broccoli ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack ½ oz (1 pack) Grahams, 4 oz 1% Milk</p>	<p>26</p> <p>Breakfast 2 Sausage Links 4 WG Mini Pancakes ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 1 oz Cheese Sauce w/ 1 WG Soft Pretzel 1 oz Cheese Stick 3 Celery Sticks w/ Ranch ¼ c Grapes 6 oz 1% Milk</p> <p>Snack 1 tbsp PB&J on 1 slice WG Bread, 4 oz 1% Milk</p>	<p>27</p> <p>Breakfast 4 Sausages wrapped in WG Pancake ½ c Diced Pears 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sausage/Cheese/Sauce on WG Bread ¼ c Corn ¼ c Diced Pears 6 oz 1% Milk</p> <p>Snack ½ oz Tortilla Chips, 4 oz 1% Milk</p>
<p>30</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 1 oz Cheese Stick 1 WG Dutch Waffle 1 oz Sunflower Seeds 1/8 c Craisins ¼ c Baby Carrots w/ Dip 6 oz 1% Milk</p> <p>Snack ½ c Frozen Fruit Cup, 4 oz 1% Milk</p>	<p>31</p> <p>Breakfast 2 Sausage Links 1 WG Chocolate Chip Muffin ¼ c Diced Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef Patty w/ Cheese on WG Bun (Pickle Slices) ¼ c Baked Beans ¼ c Diced Peaches 6 oz 1% Milk</p> <p>Snack ½ oz Baked BBQ Lays, 4 oz 1% Milk</p>			

WG = Whole Grain

For menus, classroom news and more visit: www.twhsp.org