


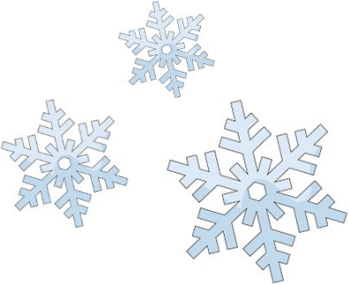


Tazewell Woodford Head Start

January 2023

Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</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>3</p>	<p>4</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>5</p> <p>Breakfast 2 WG French Toast Sticks (SF Syrup) ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 4 Fish Nuggets in WG Breading ¼ c Peas ½ Banana 1 oz WG Cheddar Sun Chips 6 oz 1% Milk</p> <p>Snack 3 Celery Sticks w/ Peanut Butter & Raisins, 4 oz 1% Milk</p>	<p>6</p> <p>Breakfast 1 oz Ham/Cheese on WG English Muffin ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sausage/Cheese/Sauce on WG Bagel ¼ c Carrots w/ Ranch ½ Apple 6 oz 1% Milk</p> <p>Snack 2 oz Turkey/Cheese Stick Roll Up, 4 oz 1% Milk</p>
<p>9</p> <p>Breakfast ½ c Vanilla Greek Yogurt Dip w/ 1 WG Waffle ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz Turkey/Cheese on 2 slices WG Bread ¼ c Pears ¼ c Corn 6 oz 1% Milk</p> <p>Snack ½ oz Graham Crackers, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast ¼ c Sausage Gravy over WG Biscuit ½ Apple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken/Cheese Quesadilla on WG Tortilla ¼ c Fruit Cocktail ¼ c Corn 6 oz 1% Milk</p> <p>Snack ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p>11</p> <p>Breakfast 1.5 oz Scrambled Eggs/ Turkey Sausage 1 slice WG Toast ½ Orange 6 oz 1% Milk</p> <p>Lunch 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>Snack ½ c Cherry Tomatoes w/ Greek Yogurt Ranch, 4 oz 1% Milk</p>	<p>12</p> <p>Breakfast 1 Turkey Sausage Patty ½ c Frosted Mini Wheats ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 3 oz Beef Patty w/ Cheese on WG Bun ¼ c Tator Tots ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ c Mandarin Oranges, ½ oz Goldfish, 4 oz 1% Milk</p>	<p>13</p> <p>Breakfast 1.5 oz Turkey Sausage/ Cheese on WG English Muffin ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 4 Turkey Hot Dog in WG Breading ¼ c Potato Salad ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p>Snack 1 Banana, 2 oz Cheese Cubes, 4 oz 1% Milk</p>
<p>16</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>17</p> <p>Breakfast 1.5 oz Sausage Link 1 WG Pancake ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 4 Chicken Nuggets in WG Breading ¼ c Sweet Potato Tots ½ c Berry Smoothie 6 oz 1% Milk</p> <p>Snack ½ Orange, ½ oz Goldfish, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast 1 oz Egg/Cheese/Gravy on ½ WG English Muffin ½ c Pears 6 oz 1% Milk</p> <p>Lunch 2 oz Meatloaf Ball 1 WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ oz Hard Pretzels w/ Hummus, 4 oz 1% Milk</p>	<p>19</p> <p>Breakfast ½ c Yogurt 1 WG Waffle ½ Apple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef/Black Bean Taco on WG Tortilla ¼ c Corn ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack ½ c (5) Baby Carrots w/ Ranch, 4 oz 1% Milk</p>	<p>20</p> <p>Breakfast 2 oz Cream Cheese on ½ WG Bagel ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Grilled Cheese on 2 slices WG Bread 2 Crackers 1 c Tomato Soup ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack 5 Vanilla Wafers, 4 oz 1% Milk</p>
<p>23</p> <p>Breakfast ½ c Cottage Cheese ½ c Frosted Mini Wheats ½ c Pears 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese Sauce over ½ c WG Pasta ¼ c Peas ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 2 oz Cheese Cubes, 4 oz 1% Milk</p>	<p>24</p> <p>Breakfast 1.5 oz Sausage Link 1 WG French Toast ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Turkey w/ Gravy ¼ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p>Snack 2 oz Chicken Salad Lettuce Wrap, 4 oz 1% Milk</p>	<p>25</p> <p>Breakfast 2 Bacon Slices ½ English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef Ravioli w/ Marinara 1 WG Bread Stick ¼ c Green Beans ¼ c Oranges 6 oz 1% Milk</p> <p>Snack ½ Apple w/ 1 tbsp Peanut Butter, 4 oz 1% Milk</p>	<p>26</p> <p>Breakfast 2 Scrambled Eggs 1 WG Toast w/ Jelly ½ Orange 6 oz 1% Milk</p> <p>Lunch 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>Snack ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p>27</p> <p>Breakfast 1.5 oz Cheese Cubes 1 Banana Bread Square ½ c Fresh Fruit 6 oz 1% Milk</p> <p>Lunch 2 Chicken Strips in WG Breading ¼ c Pasta Salad ¼ c Roasted Zucchini ¼ c Fruit Cocktail 6 oz 1% Milk</p> <p>Snack 1 Banana, 2 Graham Crackers, 4 oz 1% Milk</p>
<p>30</p> <p>Breakfast ½ c Yogurt ½ c WG Honey Nut Oats ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 3 oz Chicken Patty on WG Bun ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Tortilla Chips w/ Salsa, 4 oz 1% Milk</p>	<p>31</p> <p>Breakfast 1.5 oz Turkey Sausage Patty w/ Cheese on WG English Muffin ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Taco Beef over ¼ c Corn Chips (Sour Cream, Cheese, Lettuce, Salsa) ¼ c Corn ¼ c Mango 6 oz 1% Milk</p> <p>Snack ½ Apple, 2 oz Cheese Cubes, 4 oz 1% Milk</p>			

WG = Whole Grain; SF = Sugar Free

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