

Tazewell Woodford Head Start

January 2023

Robein 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; margin-top: 20px;">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; margin-top: 20px;">Professional Development Day</p>	<p>5</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Crisp Rice Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 4 Chicken Nuggets in WG Breading 1 WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack ½ oz Munchies, 4 oz 1% Milk</p>	<p>6</p> <p>Breakfast ½ c Cheese Cubes 1 Oatmeal Round ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Pulled Pork on WG Bun ¼ c Peas ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 WG Chocolate Chip Muffin, 4 oz 1% Milk</p>
<p>9</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Kix Cereal ½ c Pears 6 oz 1% Milk</p> <p>Lunch 2 slices Bacon 1 WG Pancake ¼ c Hashbrown Starz ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack ½ oz Sport Bites, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 1 Hardboiled Egg 1 WG Mini Bagel w/ Cream Cheese ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken Taco on WG Tortilla (Lettuce, Tomato) ¼ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Hard Pretzels, 4 oz 1% Milk</p>	<p>11</p> <p>Breakfast ½ c Cottage Cheese ½ c (½ oz) Toasted O's Cereal ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Tenderloin on WG Bun ¼ c Steamed Broccoli ¼ c Hot Apples 6 oz 1% Milk</p> <p>Snack ½ oz Sun Chips, 4 oz 1% Milk</p>	<p>12</p> <p>Breakfast ½ c Cheese Cubes ½ c (½ oz) Corn Chex Cereal ½ c Applesauce 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 Animal Crackers, 4 oz 1% Milk</p>	<p>13</p> <p>Breakfast 2 slices Bacon 1 WG Pancake ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog on WG Bun ¼ c Baked Beans ¼ c Apricots 6 oz 1% Milk</p> <p>Snack 5/8 oz Popcorn, 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; margin-top: 20px;">Martin Luther King Jr. Day</p>	<p>17</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Corn Flakes Cereal ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ground Beef/Spaghetti Sauce over ¼ c Pasta 1 WG Breadstick ¼ c Corn ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Scooby Doo Grahams, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast 1 oz Egg/Cheese/Sauce on WG Bagel ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Lunch: ½ cup Tomato Soup w/ Crackers 1.5 oz Grilled Cheese on WG Bread ¼ cup Carrots w/ Dip ¼ cup Fresh Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Baked Cheetos, 4 oz 1% Milk</p>	<p>19</p> <p>Breakfast ½ c Cottage Cheese ½ c (½ oz) Mini Wheats Cereal ¼ c Peaches 6 oz 1% Milk</p> <p>Lunch 4 Chicken Fries in WG Breading ¼ c Green Beans ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p>20</p> <p>Breakfast ½ c Yogurt w/ Granola 1 WG Blueberry Muffin ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 2 Cheese Bosco Sticks wrapped in WG Breading (Marinara) ¼ c Mixed Vegetables ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Fritos, 4 oz 1% Milk</p>
<p>23</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Life Cereal ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 1.5 oz Taco Beef over ¼ c WG Tortilla Chips (Cheese) ¼ c Green Beans ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack ½ oz Lil Grahams, 4 oz 1% Milk</p>	<p>24</p> <p>Breakfast 1 Hardboiled Egg 1 WG Mini Bagel w/ Cream Cheese ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.5 oz Breaded Chicken Strips in WG Breading ½ c Romaine Salad w/ Ranch ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Baked BBQ Lays, 4 oz 1% Milk</p>	<p>25</p> <p>Breakfast ½ c Cheese Cubes ½ c (½ oz) Rice Chex Cereal ½ c Dried Apple Slices 6 oz 1% Milk</p> <p>Lunch 1.5 oz BBQ Rib Patty on WG Bun ¼ c Corn on Cob ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Goldfish Crackers, 4 oz 1% Milk</p>	<p>26</p> <p>Breakfast 2 slices Bacon 1 WG French Toast ½ c Blueberries 6 oz 1% Milk</p> <p>Lunch 6 Mini Hot Dog in WG Breading ½ c Macaroni & Cheese ¼ c Peas ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack ½ oz Teddy Grahams, 4 oz 1% Milk</p>	<p>27</p> <p>Breakfast ½ c Yogurt 1 Oatmeal Round ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Breaded Chicken Patty on WG Bun ¼ c Carrots w/ Ranch ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 5/8 oz Popcorn, 4 oz 1% Milk</p>
<p>30</p> <p>Breakfast 1 oz Cheese Stick ½ c (½ oz) Kix Cereal ½ c Mandarin Oranges 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 Pears 6 oz 1% Milk</p> <p>Snack 1 WG Blueberry Muffin, 4 oz 1% Milk</p>	<p>31</p> <p>Breakfast ½ c Yogurt 1 WG Chocolate Chip Muffin ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese/Sauce on WG Pizza Crust ¼ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Hard Pretzels, 4 oz 1% Milk</p>			

WG = Whole Grain