





Tazewell Woodford Head Start

March 2023

Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><b>Breakfast</b> 1.5 oz Egg/Cheese Omelet 1 slice WG Toast ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Hot Dog in WG Breading ¼ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>2</b></p> <p style="text-align: center;"><b><u>No School</u></b></p> <p style="text-align: center;"><b>Parent-Teacher Conferences</b></p>	<p><b>3</b></p> <p style="text-align: center;"><b><u>No School</u></b></p> <p style="text-align: center;"><b>Parent-Teacher Conferences</b></p>
<p><b>6</b></p> <p><b>Breakfast</b> 3 tbsp PB &amp; Jelly on WG Slice of Toast ½ c WG Cereal ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz BBQ Pork on WG Bun ¼ c Baked Beans ¼ c Mixed Berry Cup 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (6) Carrot Sticks, 4 oz 1% Milk</p>	<p><b>7</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 2 WG French Toast Sticks ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Fajita Chicken wrapped in WG Tortilla (Cheese, Salsa) ¼ c Corn ½ c Grapes 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><b>8</b></p> <p><b>Breakfast</b> ½ c Scrambled Eggs 1 slice WG Toast ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 4 Fish Sticks in WG Breading ¼ c Macaroni &amp; Cheese ¼ c Peas ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>9</b></p> <p><b>Breakfast</b> 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 5 Chicken Nuggets in WG Breading 1 slice WG Bread ¼ c Au Gratin Potatoes ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Cheese Crackers, 4 oz 1% Milk</p>	<p><b>10</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 WG Banana Muffin ½ c Hashbrown Starz ½ c (1) Plum 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (¾ c) Asian Chicken ¼ c Brown Rice ¼ c Cooked Broccoli ¼ c (1) Cutie 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz Cheese w/ Crackers, 4 oz 1% Milk</p>
<p><b>13</b></p> <p><b>Breakfast</b> 3 tbsp PB &amp; Jelly on WG Slice of Toast ½ c WG Cereal ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Breaded Chicken Patty on WG Bun ¼ c Steamed Broccoli w/ Cheese ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (6) Carrot Sticks, 4 oz 1% Milk</p>	<p><b>14</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 1 WG Pancake ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Taco Meat over ¼ c Crushed WG Tortilla Chips (Cheese/Lettuce) ¼ c Confetti Bean Salsa ¼ c Corn ¼ c Pears 6 oz 1% milk</p> <p><b>Snack</b> ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><b>15</b></p> <p><b>Breakfast</b> 1.5 oz Egg Patty w/ Cheese on WG Bun ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Hot Dog on WG Bun ¼ c Peas ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast</b> 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Country Fried Steak 1 WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Cheese Crackers, 4 oz 1% Milk</p>	<p><b>17</b></p> <p style="text-align: center;"><b><u>No School</u></b></p> <p style="text-align: center;"><b>Professional Development Day</b></p> 
<p><b>20</b></p> <p style="text-align: center;"><b><u>No School</u></b></p> 				
<p><b>27</b></p> <p><b>Breakfast</b> 3 tbsp PB &amp; Jelly on WG Slice of Toast ½ c WG Cereal ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Beef Patty on WG Bun ¼ c Oven Potatoes ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (6) Carrot Sticks, 4 oz 1% Milk</p>	<p><b>28</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 2 WG French Toast Sticks ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Cheese Quesadilla on WG Tortilla (Salsa) ¼ c Black Beans &amp; Rice ¼ c Corn ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><b>29</b></p> <p><b>Breakfast</b> 1.5 oz Egg/Cheese Omelet 1 slice WG Toast ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Beef/Spaghetti Sauce over ¼ c WG Pasta 1 slice WG Garlic Bread ¼ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>30</b></p> <p><b>Breakfast</b> 2 Sausage Links 1 WG Biscuit w/ Gravy ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Salisbury Steak 1 slice WG Bread ¼ c Mashed Potatoes w/ Gravy ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Cheese Crackers, 4 oz 1% Milk</p>	<p><b>31</b></p> <p><b>Breakfast</b> ½ c Yogurt ½ c WG Cereal 2 pkts Raisins 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Cheese/Sauce on WG Pizza Crust ¼ c Cucumber Slices ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> 1 tbsp PB w/ Jelly on 1 slice WG Bread, 4 oz 1% Milk</p>

WG = Whole Grain