


# Tazewell Woodford Head Start

## March 2023

### Eureka Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><b>Breakfast</b>                      ½ c Scrambled Eggs w/ Ham                      1 oz (1) WG Pancake (SF Syrup)                      ½ c Mandarin Oranges                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Grilled Cheese on 2 slices (2 oz) WG Bread                      1 c Tomato Soup                      ¼ c Pears                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Bell Pepper w/ Ranch,                      4 oz 1% Milk</p>	<p><b>2</b></p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Parent-Teacher Conferences</p>	<p><b>3</b></p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Parent-Teacher Conferences</p>
<p><b>6</b></p> <p><b>Breakfast</b>                      2 oz (5) Little Smokies                      1.25 oz (2) WG Waffle Sticks (SF Syrup)                      ½ c Pineapple                      6 oz 1% Milk</p> <p><b>Lunch</b>                      2 oz (1) WG Breaded Chicken Patty (1 oz grain) on Bun                      ¼ c Hot Carrots                      ¼ c Apple Slices                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Cucumbers w/ Ranch,                      4 oz 1% Milk</p>	<p><b>7</b></p> <p><b>Breakfast</b>                      1.75 oz (½ c) Scrambled Eggs w/ Sausage/Cheese                      ½ c (16) Hashbrown Coins                      ½ c Tropical Fruit                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Ground Taco Beef on 1 (1 oz) WG Tortilla (Cheese, Salsa, Sour Cream)                      ¼ c Roasted Corn w/ Peppers                      ¼ c Mango                      6 oz 1% Milk</p> <p><b>Snack</b>                      ¾ oz (1 pack) Cheez-its,                      4 oz 1% Milk</p>	<p><b>8</b></p> <p><b>Breakfast</b>                      1 oz (1) WG Maple French Toast Square (1 oz grain) (SF Syrup)                      ½ c Mandarin Oranges                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz (1 slice) Cheese w/ Pepperoni on WG Crust (1 oz)                      ¼ c Meadow Blend Veggies                      ¼ c Cinnamon Applesauce                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c (6) Cherry Tomatoes w/ Ranch,                      4 oz 1% Milk</p>	<p><b>9</b></p> <p><b>Breakfast</b>                      1 oz (1) Cheese Stick                      ½ c (1 oz) Oatmeal                      ½ c Peaches                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Meatloaf Ball                      1 oz (1) WG Breadstick                      ¼ c Mashed Potatoes w/ Gravy                      ¼ c (½) Banana                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Baby Carrots w/ Ranch,                      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 (3/4 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>                      0.75 oz (1) Sausage Link                      1 oz (½) WG English Muffin w/ Jelly                      ½ c Pineapple                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Ham/Cheese on 2 slices (2 oz) WG Bread                      ¼ c Baby Carrots w/ Ranch                      ¼ c Applesauce Cup                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c (6) Cherry Tomatoes w/ Ranch,                      4 oz 1% Milk</p>	<p><b>14</b></p> <p><b>Breakfast</b>                      ½ c Scrambled Eggs w/ Cheese                      1 oz (½) WG Bagel w/ Cream Cheese                      ½ c (1) Hashbrown Triangle                      ½ c Peaches                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Meatball/Marinara Sub on WG Bun (4 oz) (Cheese)                      ¼ c Green Beans                      ¼ c (½) Banana                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (2 squares) Graham Crackers w/ Peanut Butter 4 oz 1% Milk</p>	<p><b>15</b></p> <p><b>Breakfast</b>                      1.5 oz Ham/Egg/Cheese Hashbrown Casserole                      ½ c Mandarin Oranges                      6 oz 1% Milk</p> <p><b>Lunch</b>                      2 oz (1) Chicken Drumstick in WG Breading (0.75 oz)                      ¼ c (2.5 oz) Au gratin Potatoes                      ¼ c Pineapple                      6 oz 1% milk</p> <p><b>Snack</b>                      ½ c Bell Pepper w/ Ranch,                      4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast</b>                      1 oz (½ c) Strawberry Yogurt                      1 oz (½ c) Multigrain Cheerios                      ½ c (16) Hashbrown Coins                      ½ c Apricots                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Beef Patty on WG Bun (4 oz)                      ¼ c Baked Beans                      ¼ c Apple Slices                      6 oz 1% Milk</p> <p><b>Snack</b>                      1 oz (¼ c) Chex Mix,                      4 oz 1% Milk</p>	<p><b>17</b></p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Professional Development Day</p> 
<p><b>20</b></p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> 	<p><b>21</b></p> <hr style="border: 2px solid red; width: 100%;"/>	<p><b>22</b></p> <hr style="border: 2px solid red; width: 100%;"/>	<p><b>23</b></p> <hr style="border: 2px solid red; width: 100%;"/>	<p><b>24</b></p> <hr style="border: 2px solid red; width: 100%;"/>
<p><b>27</b></p> <p><b>Breakfast</b>                      1.5 oz (½ c) Pork Sausage Gravy over 2 oz (1) WG Biscuit                      ½ c Pineapple                      6 oz 1% Milk</p> <p><b>Lunch</b>                      2 oz (1) Bean/Cheese Burrito wrapped in 1 WG Tortilla (2 oz)                      ¼ c Green Beans                      ¼ c (½) Banana                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c (6) Cherry Tomatoes w/ Ranch,                      4 oz 1% Milk</p>	<p><b>28</b></p> <p><b>Breakfast</b>                      2 oz (1) Hard Boiled Egg                      1 oz (½) WG Bagel w/ Cream Cheese                      ½ c (16) Hashbrown Coins                      ½ c Peaches                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Diced Taco Chicken/ Cheese w/ 1 WG Tortilla (1 oz) (Cheese, Salsa, Sour Cream)                      ¼ c Corn                      ¼ c Mango                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (2 squares) Graham Crackers w/ Peanut Butter 4 oz 1% Milk</p>	<p><b>29</b></p> <p><b>Breakfast</b>                      0.75 oz (1) Sausage Link                      1 oz (1) WG Pancake (SF Syrup)                      ½ c Mandarin Oranges                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Grilled Cheese on 2 slices (2 oz) WG Bread                      1 c Tomato Soup                      ¼ c Pineapple                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Bell Pepper w/ Ranch,                      4 oz 1% Milk</p>	<p><b>30</b></p> <p><b>Breakfast</b>                      1 oz (½ c) Blueberry Yogurt                      1 oz (½ c) Cinn. Oatmeal Squares                      ½ c Potato Smiles                      ½ c Apricots                      6 oz 1% Milk</p> <p><b>Lunch</b>                      2 oz (1) Turkey Hot Dog on WG Bun (4 oz)                      ¼ c Baby Carrots w/ Ranch                      ¼ c Apple Slices                      6 oz 1% Milk</p> <p><b>Snack</b>                      0.88 oz (1 pack) Munchies,                      4 oz 1% Milk</p>	<p><b>31</b></p> <p><b>Breakfast</b>                      1.5 oz (1) Egg Patty w/ Cheese                      1 oz (½) WG English Muffin w/ Jelly                      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 (1 oz) WG Pasta                      ¼ c California Blend Veggies                      ¼ c (1) Cutie                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Cucumbers w/ Ranch,                      4 oz 1% Milk</p>

WG = Whole Grain