

Tazewell Woodford Head Start

March 2023

Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Breakfast</u> ½ c Scrambled Eggs w/ Ham 1 oz (1) WG Pancake (SF Syrup) ½ c (1) Cutie 6 oz 1% Milk <u>Lunch</u> 2 oz (1) Bean/Cheese Burrito wrapped in 1 WG Tortilla (2 oz) ¼ c Corn ¼ c Pears 6 oz 1% Milk <u>Snack</u> ½ c Bell Pepper w/ Ranch, 4 oz 1% Milk	2 <u>No School</u> Parent-Teacher Conferences	3 <u>No School</u> Parent-Teacher Conferences
6 <u>Breakfast</u> 2 oz (5) Little Smokies 1.25 oz (2) WG Waffle Sticks (SF Syrup) ½ c Pineapple 6 oz 1% Milk <u>Lunch</u> 2 oz (1) WG Breaded Chicken Patty (1 oz grain) on Bun ¼ c Hot Carrots ¼ c Apple Slices 6 oz 1% Milk <u>Snack</u> ½ c Cucumbers w/ Ranch, 4 oz 1% Milk	7 <u>Breakfast</u> 1.75 oz (½ c) Scrambled Eggs w/ Sausage/Cheese ½ c (16) Hashbrown Coins ½ c Tropical Fruit 6 oz 1% Milk <u>Lunch</u> 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 <u>Snack</u> 1 oz (1 pack) Sun Chips, 4 oz 1% Milk	8 <u>Breakfast</u> 1 oz (1) WG Maple French Toast Square (1 oz grain) (SF Syrup) ½ c Mandarin Oranges 6 oz 1% Milk <u>Lunch</u> 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 <u>Snack</u> ½ c (6) Cherry Tomatoes w/ Ranch, 4 oz 1% Milk	9 <u>Breakfast</u> 1 oz (1) Cheese Stick ½ c (1 oz) Oatmeal ½ c Peaches 6 oz 1% Milk <u>Lunch</u> 1.5 oz Meatloaf Ball 1 oz (1) WG Breadstick ¼ c Mashed Potatoes w/ Gravy ¼ c (½) Banana 6 oz 1% Milk <u>Snack</u> ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk	10 <u>Breakfast</u> 2 oz (½ c) Cottage Cheese 1 WG Banana Muffin ½ c Hashbrown Starz ½ c (1) Plum 6 oz 1% Milk <u>Lunch</u> 1.5 oz (¾ c) Asian Chicken ¼ c Brown Rice ¼ c Cooked Broccoli ¼ c (1) Cutie 6 oz 1% Milk <u>Snack</u> ½ oz Cheese w/ Crackers, 4 oz 1% Milk
13 <u>Breakfast</u> 0.75 oz (1) Sausage Link 1 oz (½) WG English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk <u>Lunch</u> 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 <u>Snack</u> ½ c (6) Cherry Tomatoes w/ Ranch, 4 oz 1% Milk	14 <u>Breakfast</u> 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 <u>Lunch</u> 1.5 oz Meatball/Marinara Sub on WG Bun (4 oz) (Cheese) ¼ c Green Beans ¼ c (½) Banana 6 oz 1% Milk <u>Snack</u> ½ oz (2 squares) Graham Crackers w/ WowButter, 4 oz 1% Milk	15 <u>Breakfast</u> 1.5 oz Ham/Egg/Cheese Hashbrown Casserole ½ c Mandarin Oranges 6 oz 1% Milk <u>Lunch</u> 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 <u>Snack</u> ½ c Bell Pepper w/ Ranch, 4 oz 1% Milk	16 <u>Breakfast</u> 1 oz (½ c) Strawberry Yogurt 1 oz (½ c) Multigrain Cheerios ½ c (16) Hashbrown Coins ½ c Apricots 6 oz 1% Milk <u>Lunch</u> 1.5 oz Beef Patty on WG Bun (4 oz) ¼ c Baked Beans ¼ c Apple Slices 6 oz 1% Milk <u>Snack</u> 1 oz (¼ c) Chex Mix, 4 oz 1% Milk	17 <u>No School</u> Professional Development Day 
20 <u>No School</u> 	21 <hr style="border: 1px solid red; width: 100%;"/>	22 <hr style="border: 1px solid red; width: 100%;"/>	23 <hr style="border: 1px solid red; width: 100%;"/>	24 <hr style="border: 1px solid red; width: 100%;"/>
27 <u>Breakfast</u> 1.5 oz (½ c) Pork Sausage Gravy over 2 oz (1) WG Biscuit ½ c Pineapple 6 oz 1% Milk <u>Lunch</u> 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 <u>Snack</u> ½ c (6) Cherry Tomatoes w/ Ranch, 4 oz 1% Milk	28 <u>Breakfast</u> 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 <u>Lunch</u> 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 <u>Snack</u> ½ oz (2 squares) Graham Crackers w/ WowButter, 4 oz 1% Milk	29 <u>Breakfast</u> 0.75 oz (1) Sausage Link 1 oz (1) WG Pancake (SF Syrup) ½ c Mandarin Oranges 6 oz 1% Milk <u>Lunch</u> 1.5 oz Grilled Cheese on 2 slices (2 oz) WG Bread 1 c Tomato Soup ¼ c Pineapple 6 oz 1% Milk <u>Snack</u> ½ c Bell Pepper w/ Ranch, 4 oz 1% Milk	30 <u>Breakfast</u> 1 oz (½ c) Blueberry Yogurt 1 oz (½ c) Cinn. Oatmeal Squares ½ c Potato Smiles ½ c Apricots 6 oz 1% Milk <u>Lunch</u> 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 <u>Snack</u> 0.88 oz (1 pack) Munchies, 4 oz 1% Milk	31 <u>Breakfast</u> 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 <u>Lunch</u> 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 <u>Snack</u> ½ c Cucumbers w/ Ranch, 4 oz 1% Milk

WG = Whole Grain