

Tazewell Woodford Head Start

March 2023

Hensley Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast 1 oz (½ c) Yogurt 2 oz (1 slice) WG Blueberry Bread ½ c Pears 6 oz 1% Milk Lunch 2 oz (5) Chicken Nuggets in WG Breading (1 oz grain) 1 oz (1 slice) WG Bread w/ Butter ¼ c Mashed Potatoes w/ Gravy ¼ c Pears 6 oz 1% Milk Snack 1 oz (1 pack) Chex Mix, 4 oz 1% Milk	2 No School Parent-Teacher Conferences	3 No School Parent-Teacher Conferences
	6 Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ c WG Cereal ½ c Applesauce 6 oz 1% Milk Lunch 1.3 oz (4) Sausages wrapped in WG Pancake (1.3 oz grain) ¼ c Corn ¼ c Apple Slices 6 oz 1% Milk Snack ½ c Cucumber Slices, 4 oz 1% Milk	7 Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Muffin ¼ c Craisins 6 oz 1% Milk Lunch 2 oz (1) Hot Dog w/ Chili Sauce on WG Bun (2 oz grain) (Pickle Spear) ¼ c Curly Fries ¼ c Orange Wedges 6 oz 1% Milk Snack 1.25 oz (1 pack) Sun Chips, 4 oz 1% Milk	8 Breakfast 1 oz (½ c) Yogurt 2 oz (1 slice) WG Banana Bread ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (½ c) Orange Chicken ¼ c Steamed Rice ¼ c Steamed Broccoli ¼ c Pineapple 6 oz 1% Milk Snack ½ oz (1 ½ c) Popcorn, 4 oz 1% Milk	9 Breakfast 2 slices Bacon 1 oz (4) WG Mini French Toast ½ c Peaches 6 oz 1% Milk Lunch 2 oz (1) Hot Dog wrapped in WG Breading (2 oz grain) ¼ c Green Beans ¼ c Mixed Fruit 6 oz 1% Milk Snack ½ oz (1 pack) Baked Cheetos, 4 oz 1% Milk
13 Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ c WG Cereal ½ c Diced Peaches 6 oz 1% Milk Lunch 2 oz (2) Cheese Sticks 2 oz (1) WG Dutch Waffle ¼ c (3) Celery Sticks ¼ c Apple Slices w PB 6 oz 1% Milk Snack ½ oz Goldfish Crackers, 4 oz 1% Milk	14 Breakfast 2 slices Bacon 2 oz (1) WG Chocolate Chip Muffin ½ c Pears 6 oz 1% Milk Lunch 2 oz (1) Cheese Quesadilla wrapped in WG Tortilla (2 oz grain) (Salsa) ¼ c Refried Beans ¼ c Mixed Fruit 6 oz 1% Milk Snack ½ oz (1 tbsp) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk	15 Breakfast 1 oz (½ c) Yogurt 2 oz (1 slice) WG Blueberry Bread ½ c Applesauce 6 oz 1% Milk Lunch 2 oz (5) Chicken Nuggets in WG Breading (1 oz grain) 1 oz (1 slice) WG Bread w/ Butter ¼ c Mashed Potatoes w/ Gravy ¼ c Applesauce 6 oz 1% Milk Snack 1 oz (1 pack) Cheez-its, 4 oz 1% Milk	16 Breakfast 1.25 oz (3) Sausage Links 1 oz (4) WG Mini Pancakes ½ c Mixed Fruit 6 oz 1% Milk Lunch 1 oz (1 container) Cheese Sauce w/ 1 WG Soft Pretzel (2 oz grain) 1 oz (1 pack) Sunflower Seeds ¼ c Baby Carrots w/ Dip ¼ c Grapes 6 oz 1% Milk Snack 1 ½ oz (1 pack) Doritos (Cool Ranch), 4 oz 1% Milk	17 No School Professional Development Day 
20 Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ c WG Cereal ¼ c Craisins 6 oz 1% Milk Lunch 1.6 oz (4) Sausage Links 1 oz (1) WG Pancake ¼ c Baby Carrots 1/8 c Craisins 6 oz 1% Milk Snack ½ oz (2 rectangles) Grahams, 4 oz 1% Milk	21 Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Muffin ½ c Mixed Fruit 6 oz 1% Milk Lunch 2 oz Grilled Cheese on 2 slices WG Bread (2 oz grain) ¼ c Broccoli w/ Dip ¼ c Orange Wedges 6 oz 1% Milk Snack ½ oz (7) Hard Pretzels, 4 oz 1% Milk	22 Breakfast 2 slices Bacon 2 oz (1 slice) WG Banana Bread ½ c Pears 6 oz 1% Milk Lunch 2 oz (1) Chicken Patty (1 oz grain) on WG Bun (2 oz grain) ¼ c Mixed Vegetables ¼ c Pears 6 oz 1% Milk Snack 1 oz (1 pack) Granola, 4 oz 1% Milk	23 Breakfast 1 oz (½ c) Yogurt 1 oz (4) WG Mini Waffles ½ c Applesauce 6 oz 1% Milk Lunch 1 oz (1/3 c) Ground Taco Beef over ¼ c (7) Tortilla chips (Lettuce/Cheese (1 oz)/Salsa) ¼ c Corn ¼ c Applesauce 6 oz 1% Milk Snack ½ c Baby Carrots, 4 oz 1% Milk	24 Breakfast 1 oz (1 slice) Sausage/Cheese on WG Pizza Crust ½ c Peaches 6 oz 1% Milk Lunch 2 oz (2) Cheese Breadstick wrapped in WG Breading (1.5 oz grain) w/ Marinara ½ c Tossed Salad ¼ c Peaches 6 oz 1% Milk Snack ½ oz Animal Crackers, 4 oz 1% Milk
27 Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ c WG Cereal ½ c Apple Crisps 6 oz 1% Milk Lunch 2 oz (2) Cheese Sticks 1 oz (2) WG French Toast Sticks ½ c Frozen Yogurt ¼ c Baby Carrots ¼ c Apple Crisps 6 oz 1% Milk Snack 1 ½ oz (1 pack) Doritos (Nacho), 4 oz 1% Milk	28 Breakfast 2 slices Bacon 2 oz (1) WG Chocolate Chip Muffin ½ c Mixed Fruit 6 oz 1% Milk Lunch 2.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz grain) (Pickle Slices) ¼ c Baked Beans ¼ c Mixed Fruit 6 oz 1% Milk Snack ½ oz (5) Tortilla Chips, 4 oz 1% Milk	29 Breakfast 1 oz (½ c) Yogurt 2 oz (1 slice) WG Blueberry Bread ½ c Applesauce 6 oz 1% Milk Lunch 2 oz (5) Chicken Nuggets in WG Breading (1 oz grain) 1 oz (1) slice WG Bread w/ Butter ¼ c Mashed Potatoes w/ Gravy ¼ c Applesauce 6 oz 1% Milk Snack 1 oz (1 pack) Wheat Thins, 4 oz 1% Milk	30 Breakfast 1.25 oz (3) Sausage Links 1 oz (4) WG Mini French Toast ½ c Peaches 6 oz 1% Milk Lunch 2 oz (2/3 c) Cheese Sauce over WG Pasta (1 oz grain) 1 oz (1) WG Garlic Breadstick ¼ c Green Beans ¼ c Peaches 6 oz 1% Milk Snack ½ c (1) Banana, 4 oz 1% Milk	31 Breakfast 1 oz (4) Sausages wrapped in WG Pancake ½ c Pears 6 oz 1% Milk Lunch 1 oz (1) Uncrustables wrapped in WG Breading (1 oz grain) 1 oz (1) Cheese Stick ¼ c Corn ¼ c Pears 6 oz 1% Milk Snack ½ oz (½ c) WG Cereal

WG = Whole Grain

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