

Tazewell Woodford Head Start

March 2023

Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast 1.5 oz Scrambled Eggs w/ Ham 1 WG Waffle ½ c Berries 6 oz 1% Milk Lunch 1.5 oz Teriyaki Chicken over ¼ c Brown Rice ¼ c Broccoli ¼ c Mandarin Oranges 6 oz 1% Milk Snack ¼ c Dried Fruit & Cereal Snack Mix, ½ c Grapes, 4 oz 1% Milk	2 <b style="color: red;">No School <b style="color: red;">Parent-Teacher Conferences	3 <b style="color: red;">No School <b style="color: red;">Parent-Teacher Conferences
6 Breakfast 1 oz (½ c) Vanilla Greek Yogurt Dip w/ 1 WG Waffle ½ c Grapes 6 oz 1% Milk Lunch 1.5 oz Turkey/Cheese on 2 slices WG Bread ¼ c Pears ¼ c Corn 6 oz 1% Milk Snack ½ oz (2 squares) Graham Crackers, 4 oz 1% Milk	7 Breakfast ¼ c Sausage Gravy over WG Biscuit ½ c (½) Apple 6 oz 1% Milk Lunch 1.5 oz Chicken/Cheese Quesadilla on WG Tortilla ¼ c Fruit Cocktail ¼ c Corn 6 oz 1% Milk Snack ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk	8 Breakfast 1.5 oz Scrambled Eggs/ Turkey Sausage 1 slice WG Toast ½ c (½) Orange 6 oz 1% Milk Lunch 1.5 oz Ground Beef/Sauce over ¼ c WG Pasta 1 WG Breadstick ¼ c Melons ½ c Salad w/ Ranch 6 oz 1% Milk Snack ½ c (6) Cherry Tomatoes w/ Greek Yogurt Ranch, 4 oz 1% Milk	9 Breakfast 1 Turkey Sausage Patty ½ c Frosted Mini Wheats ¼ c Peaches 6 oz 1% Milk Lunch 3 oz Beef Patty w/ Cheese on WG Bun ¼ c Pears ¼ c Tator Tots 6 oz 1% Milk Snack ½ c Mandarin Oranges, ½ oz (22) Goldfish, 4 oz 1% Milk	10 Breakfast 1.5 oz Turkey Sausage/ Cheese on WG English Muffin ½ c Apricots 6 oz 1% Milk Lunch 4 Turkey Hot Dog in WG Breading ¼ c Potato Salad ¼ c Cinnamon Apples 6 oz 1% Milk Snack ½ c (1) Banana, 2 oz Cheese Cubes, 4 oz 1% Milk
13 Breakfast 1 oz Sliced Ham ½ c WG Honey Nut Oats ½ c Applesauce 6 oz 1% Milk Lunch 1.5 oz Cheese/Sauce on WG Pizza Crust ¼ c Steamed Cauliflower ¼ c Pears 6 oz 1% Milk Snack 2 oz Cheese Squares w/ ¾ oz (5) Keebler Crackers, 4 oz 1% Milk	14 Breakfast 1.5 oz Sausage Link 1 WG Pancake ½ c Grapes 6 oz 1% Milk Lunch 2 oz (4) Chicken Nuggets in WG Breading ¼ c Sweet Potato Tots ½ c Berry Smoothie 6 oz 1% Milk Snack ½ c (½) Orange, ½ oz (22) Goldfish, 4 oz 1% Milk	15 Breakfast 1 oz Egg/Cheese/Gravy on ½ WG English Muffin ½ c Pears 6 oz 1% Milk Lunch 2 oz Meatloaf Ball 1 WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Peaches 6 oz 1% Milk Snack ½ oz (9) Hard Pretzels w/ Hummus, 4 oz 1% Milk	16 Breakfast 1 oz (½ c) Yogurt 1 WG Waffle ½ c (½) Apple 6 oz 1% Milk Lunch 1.5 oz Beef/Black Bean Taco on WG Tortilla ¼ c Corn ¼ c Strawberries 6 oz 1% Milk Snack ½ c (5) Baby Carrots w/ Ranch, 4 oz 1% Milk	<b style="color: red;">No School <b style="color: red;">Professional Development Day 
20 Breakfast 2 oz (½ c) Cottage Cheese ½ c Frosted Mini Wheats ½ c Pears 6 oz 1% Milk Lunch 1.5 oz (1 c) Cheese Sauce over ½ c WG Pasta ¼ c Peaches ¼ c Peas 6 oz 1% Milk Snack 2 oz Cheese Cubes, 4 oz 1% Milk	21 Breakfast 1.5 oz Sausage Link 1 WG French Toast ½ c Apricots 6 oz 1% Milk Lunch 1.5 oz Turkey w/ Gravy ¼ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk Snack 2 oz Chicken Salad Lettuce Wrap, 4 oz 1% Milk	22 Breakfast 2 Bacon Slices ½ English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk Lunch 1.5 oz Beef Ravioli w/ Marinara 1 WG Bread Stick ¼ c Green Beans ¼ c (½) Oranges 6 oz 1% Milk Snack ½ c (½) Apple w/ 0.5 oz (1 tbsp) Peanut Butter, 4 oz 1% Milk	23 Breakfast 2 Scrambled Eggs 1 WG Toast w/ Jelly ½ c (½) Orange 6 oz 1% Milk Lunch 1.5 oz (3 tbsp) Peanut Butter w/ Jelly on 2 slices WG Bread ¼ c Carrots/Cucumbers w/ Ranch ½ c (½) Apple 6 oz 1% Milk Snack ¼ c Grapes, ½ oz (1 pack) Animal Crackers, 4 oz 1% Milk	24 Breakfast 1.5 oz Cheese Cubes 1 Banana Bread Square ½ c Fresh Fruit 6 oz 1% Milk Lunch 2 Chicken Strips in WG Breading ¼ c Pasta Salad ¼ c Roasted Zucchini ¼ c Fruit Cocktail 6 oz 1% Milk Snack ½ c (1) Banana, ½ oz (2 squares) Graham Crackers, 4 oz 1% Milk
27 Breakfast 1 oz (½ c) Yogurt Cup ½ c WG Honey Nut Oats ½ c Apricots 6 oz 1% Milk Lunch 3 oz Chicken Patty on WG Bun ¼ c Green Beans ¼ c Pears 6 oz 1% Milk Snack ½ oz (5) Tortilla Chips w/ Salsa, 4 oz 1% Milk	28 Breakfast 1.5 oz Turkey Sausage Patty w/ Cheese on WG English Muffin ½ c Grapes 6 oz 1% Milk Lunch 1.5 oz Ground Taco Beef over ¼ c Corn Chips (Sour Cream, Cheese, Lettuce, Salsa) ¼ c Corn ¼ c Mango 6 oz 1% Milk Snack ½ c (½) Apple, 2 oz Cheese Cubes, 4 oz 1% Milk	29 Breakfast 1.5 oz Sausage Link 1 WG Waffle ½ c Berries 6 oz 1% Milk Lunch 1.5 oz Teriyaki Chicken over ¼ c Brown Rice ¼ c Broccoli ¼ c Mandarin Oranges 6 oz 1% Milk Snack ¼ c Dried Fruit & Cereal Snack Mix, ½ c Grapes, 4 oz 1% Milk	30 Breakfast 2 WG French Toast Sticks (SF Syrup) ½ c Pineapple 6 oz 1% Milk Lunch 4 Fish Nuggets in WG Breading ¼ c Peas ¼ c (½) Banana ½ oz (8) WG Cheddar Sun Chips 6 oz 1% Milk Snack ¼ c (3) Celery Sticks w/ 0.5 oz (1 tbsp) Peanut Butter & Raisins, 4 oz 1% Milk	31 Breakfast 1 oz Ham/Cheese on WG English Muffin ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.5 oz Sausage/Cheese/Sauce on WG Bagel ¼ c Carrots w/ Ranch ¼ c (½) Apple 6 oz 1% Milk Snack 2 oz Turkey/Cheese Stick Roll Up, 4 oz 1% Milk

WG = Whole Grain