





Tazewell Woodford Head Start

March 2023

Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><u>1</u></p> <p>Breakfast 2 oz (½ c) Cottage Cheese ½ c (½ oz) Toasted O's Cereal ½ c Apricots 6 oz 1% Milk</p> <p>Lunch 2 oz (4) Chicken Fries 1 oz (1 slice) WG Bread w/ Butter ½ c Romaine Lettuce ¼ c Fresh Fruit 6 oz 1% Milk</p> <p>Snack ½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk</p>	<p><u>2</u></p> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;">Parent-Teacher Conferences</p>	<p><u>3</u></p> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;">Parent-Teacher Conferences</p>
<p><u>6</u></p> <p>Breakfast 1 oz (1) Cheese Stick ½ c (½ oz) Crisp Rice Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 oz (6) Mini Hot Dog in WG Breading (2 oz grain) ½ c Macaroni & Cheese ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Dino Bites, 4 oz 1% Milk</p>	<p><u>7</u></p> <p>Breakfast 1 oz (1) Hardboiled Egg 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 2 oz (5) Chicken O's 1 oz (1 slice) WG Bread w/ Butter ¼ c Corn ½ c Peaches 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Caramel Rice Crips, 4 oz 1% Milk</p>	<p><u>8</u></p> <p>Breakfast 2 slices Bacon 1 WG Pancake (Syrup) ¼ c (1 pack) Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sloppy Joe over ¼ c Fritos (Cheese) ¼ c Hashbrown Staz ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack ½ oz Grahams Crackers, 4 oz 1% Milk</p>	<p><u>9</u></p> <p>Breakfast 1 oz (1 pack) Cheese Cubes ½ c (½ oz) Corn Flakes Cereal ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz (1) Tenderloin on WG Bun ¼ c Mixed Vegetables ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1) WG Banana Muffin, 4 oz 1% Milk</p>	<p><u>10</u></p> <p>Breakfast 1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Blueberry Muffin ¼ c (1 pack) Raisins 6 oz 1% Milk</p> <p>Lunch 2 oz (2) Cheese Bosco Sticks wrapped in WG Breading (2 oz) (Marinara) ¼ c Carrots w/ Dip ¼ c Blueberries 6 oz 1% Milk</p> <p>Snack ½ oz (1 pack) Popcorn, 4 oz 1% Milk</p>
<p><u>13</u></p> <p>Breakfast 1 oz (1 pack) Cheese Cubes 1 c (1 oz) Rice Chex Cereal ¼ c (1 pack) Dried Apple Slices 6 oz 1% Milk</p> <p>Lunch 2 oz (3) Chicken Zoo Crews in WG Breading (1.25 oz grain) ¼ c Corn ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ oz (1 pack) Goldfish Crackers, 4 oz 1% Milk</p>	<p><u>14</u></p> <p>Breakfast 2 oz (½ c) Cottage Cheese ½ c (½ oz) Kix Cereal ½ c Pears 6 oz 1% Milk</p> <p>Lunch 1.5 oz (3) Sausage Links 1 WG Pancake (Syrup) ¼ c (1) Hashbrown Patty ¼ c Blueberries 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Sport Bites, 4 oz 1% Milk</p>	<p><u>15</u></p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) Oatmeal Round ¼ c (1 pack) Raisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz Grilled Chicken Patty on WG Bun ¼ c Romaine Lettuce ¼ c Apricots 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Sun Chips, 4 oz 1% Milk</p>	<p><u>16</u></p> <p>Breakfast 1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz grain) ¼ c (1 pack) Craisins 6 oz 1% Milk</p> <p>Lunch 1.5 oz BBQ Rib Patty on WG Bun ¼ c Carrots w/ Dip ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz Teddy Grahams, 4 oz 1% Milk</p>	<p><u>17</u></p> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;">Professional Development Day</p> 
<p><u>20</u></p> <p style="text-align: center;"><u>No School</u></p> 				
<p><u>27</u></p> <p>Breakfast 1 oz (1) Cheese Stick ½ c (½ oz) Toasted O's Cereal ¼ c (1 pack) Craisins 6 oz 1% Milk</p> <p>Lunch 2 oz (4) Chicken Nuggets in WG Breading (1 oz grain) ¼ c Mashed Potatoes w/ Gravy ¼ c Pears 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Hard Pretzels, 4 oz 1% Milk</p>	<p><u>28</u></p> <p>Breakfast 1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz) ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef Patty on WG Bun (Pickles) ¼ c Green Beans ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><u>29</u></p> <p>Breakfast 2 oz (½ c) Cottage Cheese ½ c (½ oz) Life Cereal ½ c Peaches 6 oz 1% Milk</p> <p>Lunch ½ c Beef/Bean in Chili Sauce (4 Crackers) 3 tbsp PB&J on WG Bread ¼ c (1 pack) Carrots w/ Dip ¼ c Fresh Fruit 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Fritos, 4 oz 1% Milk</p>	<p><u>30</u></p> <p>Breakfast 1 oz (1) Hardboiled Egg 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz Hot Dog on WG Bun ¼ c Baked Beans ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz Cheez-its, 4 oz 1% Milk</p>	<p><u>31</u></p> <p>Breakfast 1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Chocolate Chip Muffin ½ c Blueberries 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Cheese Quesadilla on WG Breading (2.25 oz grain) 2.25 oz (1 pack) Tortilla Chips w/ Salsa ¼ c Corn ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Scooby Doo Grahams, 4 oz 1% Milk</p>

WG = Whole Grain

For menus, classroom news and more visit: www.twhsp.org