

Tazewell Woodford Head Start

May 2023

Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast 2 oz (5) Little Smokies 1 oz (4) WG Mini Waffles (SF Syrup) ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 2 oz (1) WG Breaded Chicken Patty (1 oz grain) on Bun ¼ c Sweet Potato Puffs ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack ½ c Cucumbers w/ Ranch, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 1.75 oz (½ c) Scrambled Eggs w/ Sausage/Cheese 1 Hashbrown Triangle ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 2 oz (3) WG Cheese Ravioli w/ Spaghetti Sauce (1 oz grain) ¼ c Green Beans ¼ c (½) Banana 6 oz 1% Milk</p> <p>Snack ½ oz (7) Sun Chips, 4 oz 1% Milk</p>	<p>3</p> <p>Breakfast 1 oz (1) WG Maple French Toast Square (1 oz grain) (SF Syrup) ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.5 oz (1 slice) Cheese w/ Pepperoni on WG Crust (1 oz) ¼ c California Blend Vegetables ¼ c Cinnamon Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1 Pack) Cinnamon Grahams, 4 oz 1% Milk</p>	<p>4</p> <p>Breakfast 0.75 oz (1) Sausage Link ¾ c (1 oz) Kix Cereal ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Meatloaf Ball 1 oz (1) WG Breadstick ¼ c Peas ¼ c (1) Cutie 6 oz 1% Milk</p> <p>Snack ¾ oz (1 pack) Cheez-its, 4 oz 1% Milk</p>	<p>5</p> <p>Breakfast 2 oz (½ c) Cottage Cheese 1 WG Banana Muffin ½ c (16) Hashbrown Coins ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 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>Snack ½ oz Cheese w/ Crackers, 4 oz 1% Milk</p>
<p>8</p> <p>Breakfast ½ c Scrambled Eggs w/ Spinach & Feta 1 oz (½) WG English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 2 oz (6) Mini Hot Dogs in WG Breading (2 oz) ¼ c Baby Carrots w/ Ranch ¼ c (½) Banana 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheese Stick, 4 oz 1% Milk</p>	<p>9</p> <p>Breakfast 0.75 oz (1) Sausage Link 1 oz (1 slice) WG Toast w/ Jelly ½ c Potato Smiles ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Meatball/Marinara Sub on WG Bun (4 oz) (Cheese) ¼ c Oven Potatoes ¼ c Orange Wedges 6 oz 1% Milk</p> <p>Snack ½ oz (2 squares) Graham Crackers w/ WowButter, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 1.5 oz Ham/Egg/Cheese Hashbrown Casserole ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 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>Snack ½ oz (16) Corn Chips, 4 oz 1% Milk</p>	<p>11</p> <p>Breakfast 1 oz (½ c) Strawberry Yogurt 1 oz (½ c) Multigrain Cheerios ½ c (16) Hashbrown Coins ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef Patty on WG Bun (4 oz) ¼ c Baked Beans ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack 1 oz (¼ c) Chex Mix, 4 oz 1% Milk</p>	<p>12</p> <p>Breakfast 1.5 oz (1) Hardboiled Egg 1 oz (½) WG Bagel w/ Cream Cheese ½ c Peach/Pineapple/Mango/ Strawberry Mix 6 oz 1% Milk</p> <p>Lunch 1 oz (1) Sunbutter & Jelly on WG Bread (1.5 oz) 1 oz (1) Cheese Stick ¼ c Cucumbers w/ Ranch ¼ c Applesauce Cup 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>
<p>15</p> <p>Breakfast 1 oz (3) Mini Turkey Sausages in WG Pancake (1 oz) 1 Hashbrown Triangle ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 1.5 oz Beef/Bean in Chili Sauce 1.25 oz (1) WG Cornbread Bowl ¼ c Hot Carrots ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack ¾ oz (1 pack) Cheez-its, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 1.5 oz (1) Egg/Ham/Cheese Muffin 1 oz (½) WG Bagel w/ Cream Cheese ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 2 oz (4) Chicken Fries (BBQ Sauce) 1 oz (1 slice) WG Bread w/ Butter ¼ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk</p>	<p>17</p> <p>Breakfast 1 oz (1) Sausage Patty 2 oz (2) WG French Toast Sticks (SF Syrup) ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.5 oz Sloppy Joe on WG Bun (4 oz) ¼ c Corn ¼ c (½) Banana 6 oz 1% Milk</p> <p>Snack ½ c Cucumbers w/ Ranch, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast 1 oz (4) Cheese Cubes 1 oz (½ c) Cream of Wheat ½ c Potato Smiles ½ c Strawberries (Frozen) 6 oz 1% Milk</p> <p>Lunch 2 oz (4) Fish Sticks in WG Breading (1.25 oz) (Tartar Sauce) ¼ c California Blend Veggies ¼ c Cinnamon Applesauce 6 oz 1% Milk</p> <p>Snack ¾ oz (1 pack) Hard Pretzels, 4 oz 1% Milk</p>	<p>19</p> <p>Breakfast 2 slices Bacon 1 oz (1 slice) WG Toast w/ Jelly ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken Alfredo w/ WG Pasta ¼ c Peas/Carrots ¼ c (1) Cutie 6 oz 1% Milk</p> <p>Snack ½ oz Cheese w/ Crackers, 4 oz 1% Milk</p>



Have a fantastic summer!

WG = Whole Grain

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