

Tazewell Woodford Head Start

May 2023

Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ c WG Cereal ½ c Diced Pears 6 oz 1% Milk</p> <p>Lunch 1.6 oz (4) Sausage Links 1 oz (1) WG Pancake ¼ c Corn ¼ c Diced Pears 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Munchies Mix, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Chocolate Chip Muffin ¼ c Raisins 6 oz 1% Milk</p> <p>Lunch 2 oz (½ c) Pulled Pork on WG Bun (2 oz) ¼ c Tater Tots ¼ c Watermelon 6 oz 1% Milk</p> <p>Snack ½ oz (1 tbsp) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk</p>	<p>3</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1 slice) WG Blueberry Bread ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 2 oz (½ c) Mandarin Orange Chicken ¼ c Steamed Rice ¼ c Steamed Broccoli ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack 1.25 oz (1 pack) Sun Chips, 4 oz 1% Milk</p>	<p>4</p> <p>Breakfast 2 slices Bacon 1 oz (4) WG Mini Pancakes ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 oz (2 container) Cheese Sauce over ½ c Tortilla Chips (Salsa) ¼ c Refried Beans ¼ c Orange Wedges 6 oz 1% Milk</p> <p>Snack 1 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 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ c WG Cereal ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 1 oz (½ c) Yogurt 1 oz (1) Cheese Stick 1 oz (2) WG French Toast Sticks ¼ c Mixed Vegetables ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Snack ½ oz (2 rectangles) Grahams, 4 oz 1% Milk</p>	<p>9</p> <p>Breakfast 2 slices Bacon 2 oz (1) WG Blueberry Muffin ½ c Diced Pears 6 oz 1% Milk</p> <p>Lunch 1 oz (1) Uncrustable on WG Bread (1 oz) 1 oz (1) Cheese Stick 1 ½ oz (1 pack) Doritos (Nacho) ¼ c Baby Carrots 1/8 c Craisins 6 oz 1% Milk</p> <p>Snack 1 oz (½ c) Yogurt w/ Granola, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1 slice) WG Banana Bread ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Chicken Patty (1 oz grain) on WG Bun (2 oz grain) ¼ c Mixed Vegetables ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack ½ oz (1 ½ c) Popcorn, 4 oz 1% Milk</p>	<p>11</p> <p>Breakfast 1.25 oz (3) Sausage Links 1 oz (4) WG Mini Waffles ½ c Diced Peaches 6 oz 1% Milk</p> <p>Lunch 1.5 oz Ham/Cheese on WG Bread (2 oz) ¼ c (1 pack) Baby Carrots w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk</p> <p>Snack 1 ½ oz (1 pack) Doritos (Nacho), 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 1.5 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</p> <p>Lunch 1 oz (1 slice) Sausage/Cheese/ Sauce on WG Pizza Crust (1 oz) 1 oz (1) Cheese Stick ½ c Frozen Yogurt ¼ c Broccoli w/ Dip ¼ c Diced Peaches 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Cheese Puffs, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Chocolate Chip Muffin ¼ c Craisins 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Hot Dog w/ Chili Sauce on WG Bun (2 oz grain) (Pickle Spear) ¼ c Curly Fries ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p>17</p> <p>Breakfast 1.25 oz (3) Sausage Links 2 oz (1 slice) WG Blueberry Bread ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>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 Apple Slices 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Goldfish Pretzels, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast 2 slices Bacon 1 oz (4) WG Mini French Toast ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz (3) Cheese Bites wrapped in WG Breading (1.5 oz) (Marinara) ½ c Tossed Salad ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Snack ½ c (1) Banana, 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

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