

# Tazewell Woodford Head Start

May 2023

## Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Breakfast</b> 1 oz (½ c) Vanilla Greek Yogurt Dip w/ 1 WG Waffle (1 oz) ½ c Grapes 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Hot Turkey/Cheese on 2 slices WG Bread (2 oz) ¼ c Pears ¼ c Corn 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (2 squares) Graham Crackers, 4 oz 1% Milk</p>	<p><b>2</b></p> <p><b>Breakfast</b> ¼ c Sausage Gravy over WG Biscuit (2 oz) ½ c (½) Apple 6 oz 1% Milk</p> <p><b>Lunch</b> 2.5 oz Chicken/Cheese Quesadilla on WG Tortilla (1 oz) ¼ c Tropical Fruit ¼ c Corn 6 oz 1% Milk</p> <p><b>Snack</b> ¼ c Grapes, 1 oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><b>3</b></p> <p><b>Breakfast</b> ½ c Scrambled Eggs w/ Sausage 1 oz (1 slice) WG Toast ½ c (½) Orange 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Ground Beef/Sauce over ¼ c WG Pasta (½ oz) 1 oz (1) WG Breadstick ¼ c Melons ½ c Salad w/ Ranch 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (6) Cherry Tomatoes w/ Greek Yogurt Ranch, 4 oz 1% Milk</p>	<p><b>4</b></p> <p><b>Breakfast</b> 1.75 oz (1) Turkey Sausage Patty ½ oz (½ c) Frosted Flakes ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 3 oz Beef Patty w/ Cheese on WG Bun (2 oz) ¼ c Pears ¼ c Tator Tots 6 oz 1% Milk</p> <p><b>Snack</b> ½ c Mandarin Oranges, ½ oz (20) Goldfish, 4 oz 1% Milk</p>	<p><b>5</b></p> <p><b>Breakfast</b> 1.75 oz Egg Patty/Cheese on WG English Muffin (2 oz) ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (8) Hot Dog in WG Breading (2 oz) ¼ c Potato Salad ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (1) Banana, 2 oz (8) Cheese Cubes, 4 oz 1% Milk</p>
<p><b>8</b></p> <p><b>Breakfast</b> 1 oz Sliced Ham ½ oz (¼ c) Kix Cereal ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1 slice) Cheese/Sauce on WG Pizza Crust (2 oz) ¼ c Steamed Cauliflower ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 2 oz Cheese Square w/ ½ oz (5) Keebler Crackers, 4 oz 1% Milk</p>	<p><b>9</b></p> <p><b>Breakfast</b> 1.5 oz Sausage Link 1 WG Pancake ½ c Grapes 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (4) Chicken Nuggets in WG Breading (1 oz) ¼ c Sweet Potato Tots ½ c Berry Smoothie 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (½) Orange, ½ oz (20) Goldfish, 4 oz 1% Milk</p>	<p><b>10</b></p> <p><b>Breakfast</b> 2 oz Egg/Cheese/Sausage Gravy on 1 oz (½) WG English Muffin ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.75 oz (1) Meatloaf Ball (½ oz grain) 1 oz (1) WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 pack) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>11</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) WG Waffle ½ c (½) Apple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.75 oz (¼ c) Beef/Black Bean Taco on WG Tortilla (1 oz) ¼ c Corn ¼ c Strawberries 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (5) Baby Carrots w/ Ranch, 4 oz 1% Milk</p>	<p><b>12</b></p> <p><b>Breakfast</b> 2 oz Cream Cheese on 1 oz (½) WG Bagel ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Grilled Cheese on 2 slices WG Bread (2 oz) 2 Crackers 1 c Tomato Soup ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>
<p><b>15</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese ½ oz (½ c) Frosted Flakes ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (2/3 c) Cheese Sauce over ½ c WG Pasta (1 oz) ¼ c Peaches ¼ c Peas 6 oz 1% Milk</p> <p><b>Snack</b> 2 oz (8) Cheese Cubes, 4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast</b> 1.5 oz Sausage Link 1 oz (1 slice) WG French Toast ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Turkey w/ Gravy 1 oz (1) WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk</p> <p><b>Snack</b> 1.5 oz (1/4 c) Chicken Salad Lettuce Wrap, 4 oz 1% Milk</p>	<p><b>17</b></p> <p><b>Breakfast</b> 2 Bacon Slices 1 oz (½) English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 0.75 oz (7) Beef Ravioli w/ 0.75 (½ c) Meat Sauce 1 oz (1) WG Bread Stick ¼ c Green Beans ¼ c (½) Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (½) Apple w/ 0.5 oz (1 tbsp) Peanut Butter, 4 oz 1% Milk</p>	<p><b>18</b></p> <p><b>Breakfast</b> ½ c Scrambled Eggs 1 oz (1) WG Toast w/ Jelly ½ c (½) Orange 6 oz 1% Milk</p> <p><b>Lunch</b> 1 oz (2 tbsp) PB w/ Jelly on 2 slices WG Bread (2 oz) 1 oz Cheese Stick ¼ c Carrots/Cucumbers w/ Ranch ½ c (½) Apple 6 oz 1% Milk</p> <p><b>Snack</b> ¼ c Grapes, 1 oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>	<p><b>19</b></p> <p><b>Breakfast</b> 1.5 oz (6) Cheese Cubes 2 oz (1) Banana Bread Square ½ c Fresh Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (4) Chicken Nuggets in WG Breading (1 oz) ¼ c Pasta Salad ¼ c Roasted Zucchini ¼ c Tropical Fruit 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (1) Banana, 1 oz (2 squares) Graham Crackers, 4 oz 1% Milk</p>



# Have a fantastic summer!

WG = Whole Grain; PB = Peanut Butter

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