

Tazewell Woodford Head Start

May 2023

Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast 1 oz (1 pack) Cheese Cubes 1 c (1 oz) Rice Chex Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 oz (1 c) Ground Beef/Spaghetti Sauce over WG Pasta (2 oz) 1 oz (1 slice) WG Bread w/ Butter ¼ c Green Beans ¼ c Pears 6 oz 1% milk</p> <p>Snack 1 oz (1 pack) Sport Bites, 4 oz 1% Milk</p>	<p>2</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 (1) WG Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) ¼ c Corn ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Baked Cheetos, 4 oz 1% Milk</p>	<p>3</p> <p>Breakfast 1 oz (¼ c) Diced Ham 1 oz (1) Cheese Stick ½ c (½ oz) Corn Flakes Cereal ½ c Blueberries 6 oz 1% Milk</p> <p>Lunch 1.5 oz (2) Sausage Links 1 oz (4) Mini Waffles w/ Syrup ¼ c Hashbrown Starz ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack ½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk</p>	<p>4</p> <p>Breakfast 2 oz (½ c) Cottage Cheese ½ c (½ oz) Kix Cereal ¼ c (1 pack) Dried Apple Slices 6 oz 1% Milk</p> <p>Lunch 1.5 oz (1) Hot Dog on WG Bun (2 oz) ¼ c Baked Beans ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Lil Grahams, 4 oz 1% Milk</p>	<p>5</p> <p>Breakfast 1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Blueberry Muffin ¼ c (1 pack) Craisins 6 oz 1% Milk</p> <p>Lunch 2 oz (3) Chicken Zoo Crew In WG Breading (1.25 oz grain) ¼ c Carrots w/ Dip ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Animal Crackers, 4 oz 1% Milk</p>
<p>8</p> <p>Breakfast 1 oz (1 pack) Cheese Cubes ½ c (½ oz) Toasted O's Cereal ½ c Pears 6 oz 1% Milk</p> <p>Lunch 1.5 oz Chicken Taco on WG Tortilla (1 oz) (Lettuce, Tomato, Cheese) ¼ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Fritos, 4 oz 1% Milk</p>	<p>9</p> <p>Breakfast 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz (2) Sausage Links 1 oz (4) Mini French Toast w/ Syrup ¼ c Hashbrown Starz ¼ c Blueberries 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Dino Bites, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 1 oz (1) Hardboiled Egg 2 oz (1) Oatmeal Round ¼ c (1 pack) Raisins 6 oz 1% Milk</p> <p>Lunch 2 oz (6) Mini Hot Dog in WG Breading (2 oz grain) ¼ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz (1 pack) Goldfish Crackers, 4 oz 1% Milk</p>	<p>11</p> <p>Breakfast 1 oz (½ c) Yogurt 1 oz (½ c) Mini Wheats Cereal ½ c Apricots 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 oz (1) WG Banana Muffin, 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 (1) Cheese Stick ½ c (½ oz) Corn Flakes Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.5 oz Turkey/Cheese Wrap on WG Tortilla (1 oz) ¼ c Fresh Veggies w/ Dip 1/8 c Craisins 6 oz 1% Milk</p> <p>Snack ½ oz (1 pack) Popcorn, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 1 oz (1) Hardboiled Egg 1 oz (1) WG Mini Bagel w/ Cream Cheese ¼ c (1 pack) Raisins 6 oz 1% Milk</p> <p>Lunch 2 oz (5) Chicken O's 2 oz (1) WG Dinner Roll ¼ c Mashed Potatoes w/ Gravy ¼ c Fruit Mix 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Scooby Doo Grahams, 4 oz 1% Milk</p>	<p>17</p> <p>Breakfast 1 oz (1 pack) Cheese Cubes ½ c (½ oz) Crisp Rice Cereal ¼ c (1 pack) Dried Apple Slices 6 oz 1% Milk</p> <p>Lunch 2 oz (1) BBQ Rib Patty on WG Bun (2 oz) ¼ c Fresh Veggies w/ Dip ¼ c Pears 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Sport Bites, 4 oz 1% Milk</p>	<p>18</p> <p>Breakfast 1 oz (½ c) Yogurt 1 oz (1) WG Chocolate Chip Muffin ¼ c (1 pack) Craisins 6 oz 1% Milk</p> <p>Lunch 2 oz (2) Cheese Bosco Sticks wrapped in WG Breading (2 oz) (Marinara) ¼ c Green Beans ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Baked Cheetos, 4 oz 1% Milk</p>	<p>19</p> <p>Breakfast 2 oz (½ c) Cottage Cheese ½ c (½ oz) Kix Cereal ¼ c Fruit Mix 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 Tropical Fruit 6 oz 1% Milk</p> <p>Snack 1 oz (1 pack) Lil Grahams, 4 oz 1% Milk</p>



Have a fantastic summer!

WG = Whole Grain

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