

Tazewell Woodford Head Start

September 2023

Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast 1 oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Blueberries 6 oz 1% Milk Lunch 2 oz (2) Cheese Bosco Stick in WG Breading (Marinara) ½ c Cucumber Slices w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk Snack ½ oz (1) Goldfish Pretzels, 4 oz 1% Milk
4 <b style="color: red;">No School <b style="color: red;">Labor Day	5 Breakfast 1 oz (1) Turkey Sausage Patty ½ oz (¼ c) Kix Cereal ½ c Tropical Fruit 6 oz 1% Milk Lunch 1.75 oz (2/3 c) Turkey Shepherd's Pie ½ oz (1) WG Dinner Roll ½ c Mashed Potatoes (on Pie) ¼ c Pineapple 6 oz 1% Milk Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk	6 Breakfast 1.5 oz (1) Egg/Ham/Cheese Muffin 1 oz (4) WG Mini Waffles w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.6 (4) Beef Meatball/Marinara Sub on WG Bun (1 oz) ½ c (4) Potato Smiles ¼ c Cantaloupe 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	7 Breakfast 1 oz (½ c) Blueberry Yogurt ¾ oz (¼ c) Granola ½ c (2) Hashbrown Triangle 6 oz 1% Milk Lunch 2 oz (1) Chicken Drumstick in WG Breading (¾ oz) ½ c Tossed Salad w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk Snack ½ c (1) Banana, 4 oz 1% Milk	8 Breakfast 1 oz (2) Sausage Links 2 oz (½) WG Bagel w/ Cream Cheese ½ c Strawberry/Pineapple/ Peach/Mango Mix 6 oz 1% Milk Lunch 1.75 oz (½ c) Beef Spaghetti w/ WG Pasta (½ oz) ½ c Green Beans ¼ c Applesauce 6 oz 1% Milk Snack ½ oz Mini Rice Cakes, 4 oz 1% Milk
11 Breakfast 1.5 oz (1) Egg Patty/Cheese on 1 oz (½) WG English Muffin ½ c Peaches 6 oz 1% Milk Lunch 1.75 oz (½ c) Turkey Sloppy Joe on WG Bun (½ oz) ½ c Hot Carrots ¼ c (½) Banana 6 oz 1% Milk Snack ½ c Bell Pepper w/ Ranch, 4 oz 1% Milk	12 Breakfast 2 slices Bacon 1 oz (1) WG Pancake w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.5 oz (1) Grilled Cheese on WG Bread (2 oz) 1 c Tomato Soup ¼ c Celery Sticks w/ Ranch ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk	13 Breakfast 1 oz (1) Turkey Sausage Patty 1 oz (1) WG Toast w/ Jelly ½ c Roasted Potatoes 6 oz 1% Milk Lunch 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c California Blend Veggies ¼ c Blueberries 6 oz 1% Milk Snack ½ c Pineapple Cup, 4 oz 1% Milk	14 Breakfast 1.5 oz (1) Hard-boiled Egg 2 oz (½) WG Bagel w/ Cream Cheese ½ c Watermelon 6 oz 1% Milk Lunch 1.75 oz (½ c) Turkey Taco Salad over 1 oz (1) Corn Chips (Lettuce, Salsa, Cheese) ½ c Corn ¼ c Applesauce 6 oz 1% Milk Snack ½ oz (1) Goldfish Crackers, 4 oz 1% Milk	15 Breakfast 0.75 oz (2/3 c) Turkey Hash w/ ½ c Roasted Potatoes/Peppers ½ c Mango 6 oz 1% Milk Lunch 1.5 oz (1) Cheese Pizza on WG Crust (1 oz) ½ c Baby Carrots w/ Ranch ¼ c Green Grapes 6 oz 1% Milk Snack 1 oz Cheese Cubes, 4 oz 1% Milk
18 Breakfast 1.75 oz (½ c) Scrambled Eggs w/ Cheese & Sausage on 2 oz (1) WG Tortilla ½ c Peaches 6 oz 1% Milk Lunch 2 oz (4) Chicken Nuggets in WG Breading (1 oz) ½ c Baby Carrots w/ Ranch ¼ c Tropical Fruit 6 oz 1% Milk Snack ½ oz (7) Tortilla Chips w/ Salsa cup (¼ c Veggie), 4 oz 1% Milk	19 Breakfast 1 oz (2) Sausage Links ½ oz (½ c) Multigrain Cheerios ½ c Cantaloupe 6 oz 1% Milk Lunch 1.5 oz (1) Meatloaf Ball 1 oz (1) WG Garlic Breadstick ½ c Corn ¼ c Pears 6 oz 1% Milk Snack ½ c Broccoli/Cauliflower w/ Ranch, 4 oz 1% Milk	20 Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese 1 oz (2) French Toast Sticks w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk Lunch 2.25 oz (2/3 c) Chicken/ Broccoli Casserole w/ Brown Rice (½ oz) ¼ c Broccoli (in casserole) ¼ c (1) Cutie 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	21 Breakfast 1 oz (½ c) Strawberry Yogurt 1 oz (1) Granola Bites ½ c (12) Hashbrown Coins 6 oz 1% Milk Lunch 2 oz (1) Turkey Hot Dog on WG Bun (1 oz) ½ c Oven Potatoes ¼ c Apple Slices 6 oz 1% Milk Snack ½ c (1) Applesauce Cup, 4 oz 1% Milk	<b style="color: red;">No School <b style="color: red;">Professional Development Day
25 Breakfast 3 oz (1) Egg/Cheese Omelet 1 oz (1) WG Toast w/ Jelly ½ c Peaches 6 oz 1% Milk Lunch 1.6 oz (8) Mini Corn Dogs wrapped in WG Breading (2 oz) ½ c Bell Pepper Slices w/ Ranch ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	26 Breakfast 2 oz (6) Little Smokies 1 oz (1) WG Banana Muffin ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.75 (½ c) Ground Turkey Taco on 2 oz (1) WG Tortilla (Lettuce, Salsa, Cheese) ½ c Roasted Corn w/ Peppers ¼ c Mango 6 oz 1% Milk Snack ½ c Mixed Fruit Cup, 4 oz 1% Milk	27 Breakfast 1 oz (1) Maple French Toast Square w/ SF Syrup ½ c Tropical Fruit 6 oz 1% Milk Lunch 2 oz (1) WG Chicken Patty (1 oz grain) on WG Bun (½ oz) ½ c Baked Beans ¼ c Applesauce 6 oz 1% Milk Snack ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk	28 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (½) WG English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk Lunch 1.75 oz (½ c) Beef/Bean in Chili Sauce (½ c Veggie) over 2 oz (1) Cornbread Bowl ½ c Green Beans ¼ c (½) Banana 6 oz 1% Milk Snack 1 oz (1) Cheese Stick, 4 oz 1% Milk	29 Breakfast 1 oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Blueberries 6 oz 1% Milk Lunch 2 oz (2) Cheese Bosco Stick in WG Breading (Marinara) ½ c Cucumber Slices w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk Snack ½ oz (1) Goldfish Pretzels, 4 oz 1% Milk

WG = Whole Grain; SF = Sugar Free

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