

**Tazewell Woodford Head Start**  
**September 2023**  
**Hensey Head Start**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Breakfast</b> 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c Mixed Fruit 6 oz 1% Milk <b>Lunch</b> 1.5 oz (3) Cheese Bites wrapped in WG Breading (1.5 oz) w/ Marinara ½ c Hot Carrots ¼ c Mixed Fruit 6 oz 1% Milk <b>Snack</b> ½ c Pineapple w/ Cottage Cheese, 4 oz 1% Milk
<b>4</b>  <b>No School</b>  <b>Labor Day</b>	<b>5</b> <b>Breakfast</b> 1.25 oz (3) Sausage Links 2 oz (1) WG Chocolate Chip Muffin ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Chicken Hot Dog wrapped in WG Breading (2 oz) ½ c Corn ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk	<b>6</b> <b>Breakfast</b> 2 slices Bacon 2 oz (1) WG Blueberry Bread ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2 oz (½ c) Mandarin Orange Chicken ¼ c Steamed Rice ½ c Broccoli ¼ c Pineapple 6 oz 1% Milk <b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk	<b>7</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (2) WG French Toast Sticks ½ c (1) Craisins 6 oz 1% Milk <b>Lunch</b> 1 oz (1) Uncrustables wrapped in WG Breading (1 oz) 1 oz (1) Cheese Stick 1 ½ oz (1) Doritos (Nacho) ¼ c Tossed Salad ¼ c Fresh Fruit 6 oz 1% Milk <b>Snack</b> ½ oz (7) Hard Pretzels, 4 oz 1% Milk	<b>8</b> <b>Breakfast</b> 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c Pears 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Sausage/Cheese/Sauce on WG Pizza Crust (2 oz) ½ c Baby Carrots w/ Dip ¼ c Pears 6 oz 1% Milk <b>Snack</b> ½ c (1) Banana, 4 oz 1% Milk
<b>11</b> <b>Breakfast</b> 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 1.6 oz (5) Sausages wrapped in WG Pancake (1.6 oz) ¼ c Baby Carrots ¼ c Fresh Fruit 6 oz 1% Milk <b>Snack</b> ½ oz (2 rectangles) Grahams, 4 oz 1% Milk	<b>12</b> <b>Breakfast</b> 2 slices Bacon 2 oz (1) WG Blueberry Muffin ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) (Pickle Slices) ¼ c Baked Beans ¼ c Apple Slices 6 oz 1% Milk <b>Snack</b> 1.25 oz (1) Sun Chips, 4 oz 1% Milk	<b>13</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 2 oz (1 slice) WG Banana Bread ½ c Mixed Fruit 6 oz 1% Milk <b>Lunch</b> 2 oz (5) Chicken Nuggets in WG Breading (1 oz grain) 1 oz (1 slice) WG Bread w/ Butter ½ c Mashed Potatoes w/ Gravy ¼ c Mixed Fruit 6 oz 1% Milk <b>Snack</b> 1 oz (1) Wheat Thins, 4 oz 1% Milk	<b>14</b> <b>Breakfast</b> 1.25 oz (3) Sausage Links 1 oz (1) WG Pancake ½ c Pears 6 oz 1% Milk <b>Lunch</b> 1 oz (½ c) Cheese Sauce w/ 1 WG Soft Pretzel (2 oz grain) 1 oz (1) Cheese Stick ¼ c Broccoli w/ Dip ½ c (1) Apple Crisps 6 oz 1% Milk <b>Snack</b> 1 oz (1) Chex Mix, 4 oz 1% Milk	<b>15</b> <b>Breakfast</b> 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c (1) Craisins 6 oz 1% Milk <b>Lunch</b> 2 oz (3) Mini Calzone in WG Breading (2 oz) ½ c Green Beans ¼ c Peaches 6 oz 1% Milk <b>Snack</b> ½ oz (1 tbsp) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk
<b>18</b> <b>Breakfast</b> 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Pears 6 oz 1% Milk <b>Lunch</b> 1.5 oz (¾ c) Yogurt 1 oz (2) WG French Toast Sticks ½ c Celery ¼ c Apple Slice w/ Peanut Butter 6 oz 1% Milk <b>Snack</b> 1 ½ oz (1) Doritos (Nacho), 4 oz 1% Milk	<b>19</b> <b>Breakfast</b> 1.25 oz (3) Sausage Links 2 oz (1) WG Chocolate Chip Muffin ½ c Mandarin Oranges 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Hot Dog w/ Chili Sauce on WG Bun (2 oz) (Pickle Spear) ½ c Curly Fries ¼ c Orange Wedges 6 oz 1% Milk <b>Snack</b> 1 oz (½ c) Yogurt w/ Granola (1 oz), 4 oz 1% Milk	<b>20</b> <b>Breakfast</b> 2 slices Bacon 2 oz (1) WG Blueberry Bread ½ c (1) Apple Crisps 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Mixed Vegetables ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 1.25 oz (1) Baked Cheetos, 4 oz 1% Milk	<b>21</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (2) WG French Toast Sticks ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 2 oz (1/3 c) Ground Taco Beef over ¼ c (7) Tortilla chips (Lettuce/Cheese (1 oz)/Salsa) ½ c Corn ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> 1 oz (1) Munchies, 4 oz 1% Milk	<b>22</b>  <b>No School</b>  <b>Professional Development Day</b>
<b>25</b> <b>Breakfast</b> 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Pears 6 oz 1% Milk <b>Lunch</b> 1.6 oz (4) Sausage Links 1 oz (1) WG Pancake ¼ c Baby Carrots ¼ c Pears 6 oz 1% Milk <b>Snack</b> ½ oz (1) Popcorn, 4 oz 1% Milk	<b>26</b> <b>Breakfast</b> 2 slices Bacon 2 oz (1) WG Blueberry Muffin ½ c (1) Raisins 6 oz 1% Milk <b>Lunch</b> 2 oz (2/3 c) Mac n' Cheese (1 oz grain) 1 oz (1) WG Garlic Bread ½ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> ½ oz (5) Tortilla Chips, 4 oz 1% Milk	<b>27</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 2 oz (1 slice) WG Banana Bread ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 2 oz (5) Chicken Nuggets in WG Breading (1 oz grain) 1 oz (1 slice) WG Bread w/ Butter ½ c Mashed Potatoes w/ Gravy ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	<b>28</b> <b>Breakfast</b> 1.25 oz (3) Sausage Links 1 oz (1) WG Pancake ½ c Mixed Fruit 6 oz 1% Milk <b>Lunch</b> 1.5 oz (¾ c) Pork Roast Sandwich on WG Bun (2 oz) ½ c Baby Carrots w/ Dip ¼ c Apple Slices 6 oz 1% Milk <b>Snack</b> ½ c Celery w/ Peanut Butter, 4 oz 1% Milk	<b>29</b> <b>Breakfast</b> 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c Apple Slices 6 oz 1% Milk <b>Lunch</b> 1 oz (1) Uncrustables wrapped in WG Breading (1 oz) 1 oz (1) Cheese Stick 1.25 oz (1) Baked Cheetos ¼ c Baby Carrots ½ c (1) Raisins 6 oz 1% Milk <b>Snack</b> ½ oz (2 rectangles) Grahams, 4 oz 1% Milk

WG = Whole Grain; SF = Sugar Free