

Tazewell Woodford Head Start

September 2023

Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast 1 oz (1) Cheese Stick 2 oz (½) WG Bagel w/ Cream Cheese ½ c Fruit Cocktail 6 oz 1% Milk Lunch 1.5 oz (1) Grilled Cheese on WG Bread (2 oz) ½ c Green Beans ¼ c Pears 6 oz 1% Milk Snack ½ c Carrots w/ Ranch, 4 oz 1% Milk
4 <b style="color: red;">No School <b style="color: red;">Labor Day	5 Breakfast 1 oz (1) Pork Sausage Link 1 oz (3) WG French Toast Sticks ½ c Pears 6 oz 1% Milk Lunch 2 oz Carved Turkey w/ Gravy ½ c Mashed Potatoes ¼ c Cinnamon Apples 6 oz 1% Milk Snack ½ c (1) Applesauce Cup, 4 oz 1% Milk	6 Breakfast 2 slices Bacon 1 oz (1) WG Toast w/ Jelly ½ c Oranges 6 oz 1% Milk Lunch 1.5 (7 pies) Beef Ravioli w/ Marinara/Meat Sauce 1 oz (1) WG Breadstick ½ c Green Beans ¼ c Peaches 6 oz 1% Milk Snack ½ c Grapes, 4 oz 1% Milk	7 Breakfast 2 oz (1) Hard-boiled Egg ½ oz (½ c) Frosted Mini Cereal ½ c Strawberries 6 oz 1% Milk Lunch 2 oz (1) "Lunchable" (Salami, Turkey, Cheese) 1 oz (½) WG Naan Pita Bread ½ c Carrots w/ Ranch ¼ c Apple 1 Cookie 6 oz 1% Milk Snack 1 oz (1) Sun Chips, 4 oz 1% Milk	8 Breakfast 1.5 oz (½ c) Ham/Egg/Cheese Hashbrown Casserole ½ c Fruit Cocktail 6 oz 1% Milk Lunch 2 oz BBQ Pulled Pork on WG Bun (2 oz) ½ c Tator Tots ¼ c Pineapple 6 oz 1% Milk Snack ½ oz (1 tbsp) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk
11 Breakfast 1.4 oz (1) Turkey Sausage Patty/Cheese on 2 oz (1) WG English Muffin ½ c (1) Banana 6 oz 1% Milk Lunch 2 oz (1) Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Carrots ¼ c Pears 6 oz 1% Milk Snack 1 oz (10) Tortilla Chips w/ Salsa, 4 oz 1% Milk	12 Breakfast 1 oz (½ c) Yogurt 1 oz (½ c) WG Frosted Mini Wheats ½ c Grapes 6 oz 1% Milk Lunch 1.5 oz (¼ c) Taco Beef over ½ oz (16) Corn Chips ½ c Corn ¼ c Mango 6 oz 1% Milk Snack 1 oz (1) Hard Pretzels, 4 oz 1% Milk	13 Breakfast 1 oz (1) Pork Sausage Link 1 oz (1) WG Waffle ½ c Strawberries 6 oz 1% Milk Lunch 1.5 oz (4) Meatballs w/ Marinara on WG Bun ½ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk Snack ½ c (2/3 c) Dried Fruit/Cereal Snack Mix (½ oz grain), 4 oz 1% Milk	14 Breakfast ½ c Scrambled Eggs 1 oz (1) WG Toast w/ Jelly ½ c Pineapple 6 oz 1% Milk Lunch 2.5 oz (5) Fish Nuggets in WG Breading (1.8 oz) ½ c Oven Potatoes ¼ c (½) Banana 6 oz 1% Milk Snack ½ oz (22) Goldfish, 4 oz 1% Milk	15 Breakfast 1.5 oz Egg/Cheese on WG Bagel (2 oz) ½ c Apple 6 oz 1% Milk Lunch 1.5 oz (1) Pork Sausage/Cheese on WG Pizza Bagel (2 oz) ½ c Carrots w/ Ranch ¼ c Grapes 6 oz 1% Milk Snack 1 oz Cheese Stick, 4 oz 1% Milk
18 Breakfast 1 oz (½ c) Yogurt 1 oz (1) WG Waffle ½ c Fruit Cocktail 6 oz 1% Milk Lunch 2 oz Hot Ham/Cheese on WG Slider (1.25 oz) ½ c Salad w/ Ranch ¼ c Pears 6 oz 1% Milk Snack ½ oz (2 squares) Graham Crackers, 4 oz 1% Milk	19 Breakfast 1 oz (¼ c) Pork Sausage Gravy over (1) WG Biscuit (2.25 oz) ½ c Apple 6 oz 1% Milk Lunch 2.5 oz (¼ c) Chicken/Cheese Quesadilla on WG Tortilla (1 oz) ½ c Corn ¼ c Grapes 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	20 Breakfast 1 oz (1) Egg/Cheese Omelet 1 oz (1) WG Toast w/ Jelly ½ c Orange 6 oz 1% Milk Lunch 2 oz (1 c) Beef Spaghetti over WG Pasta (1 oz) 1 oz (1) WG Garlic Breadstick ½ c Hot Carrots ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Hard Pretzels, 4 oz 1% Milk	21 Breakfast 0.6 oz (1) Turkey Sausage Patty ½ oz (¾ c) Kix Cereal ½ c Peaches 6 oz 1% Milk Lunch 2 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ½ c Tater Tots ¼ c Applesauce 6 oz 1% Milk Snack ½ oz (22) Goldfish, 4 oz 1% Milk	<b style="color: red;">No School <b style="color: red;">Professional Development Day
25 Breakfast 0.6 oz (1) Turkey Sausage Patty 1 oz (½ c) Oatmeal w/ Brown Sugar ½ c Grapes 6 oz 1% Milk Lunch 1.5 oz (2) Cheese Stick in Breading (Marinara) ½ c Cauliflower ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Cheese Stick, 4 oz 1% Milk	26 Breakfast 1 oz (1) Pork Sausage Link ½ oz (1) WG Pancake ½ c Cinnamon Apples 6 oz 1% Milk Lunch 2 oz (5) Chicken Nuggets in WG Breading (1 oz) ½ c Sweet Potato Tots ½ c Berry Smoothie 6 oz 1% Milk Snack ½ oz (4) Cheese & Crackers, 4 oz 1% Milk	27 Breakfast 2 oz (1) WG Breakfast Pizza Square (1.25 oz grain) ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.75 oz (1) Mini Meatloaf 1.25 oz (1) WG Roll ½ c Mashed Potatoes ¼ c Peaches 6 oz 1% Milk Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk	28 Breakfast 1 oz (½ c) Yogurt 1 oz (1) WG Waffle ½ c Apple 6 oz 1% Milk Lunch 3.8 oz (1 c) Turkey/Bean in Chili Sauce 1 oz (1) WG Cornbread Muffin 2/3 c Pinto Beans (in Chili) ¼ c Strawberries 6 oz 1% Milk Snack 1 oz (1) Hard Pretzels, 4 oz 1% Milk	29 Breakfast 1 oz (1) Cheese Stick 2 oz (½) WG Bagel w/ Cream Cheese ½ c Fruit Cocktail 6 oz 1% Milk Lunch 1.5 oz (1) Grilled Cheese on WG Bread (2 oz) ½ c Green Beans ¼ c Pears 6 oz 1% Milk Snack ½ c Carrots w/ Ranch, 4 oz 1% Milk

WG = Whole Grain; SF = Sugar Free