

# Tazewell Woodford Head Start

## September 2023

### Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (1) Toasted O's Cereal ½ c Apricots 6 oz 1% Milk <b>Lunch</b> 1.5 oz (2) Sausage Links 1 oz (4) Mini Waffles w/ Syrup ½ c Cheesy Potatoes ½ c Blueberries 6 oz 1% Milk <b>Snack</b> 1 oz (1) Crunchy Cheetos, ½ c (4 oz) Apple Juice
<b>4</b>  <b style="color: red;">No School</b>  <b style="color: red;">Labor Day</b>	<b>5</b> <b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Corn Flakes Cereal ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Chicken Drumsticks in WG Breading (1 oz) 2 oz (1) WG Dinner Roll ½ c Mashed Potatoes w/ Gravy ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 2.25 oz (1) Tortilla Chips w/ Salsa, 4 oz 1% Milk	<b>6</b> <b>Breakfast</b> 1 oz (1) Cheese Cubes 2 oz (1) Oatmeal Rounds ½ c (1) Raisins 6 oz 1% Milk <b>Lunch</b> 2 oz (½ c) Pulled Pork on WG Bun (2 oz) ½ c Baked Beans ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Apple Cinnamon Muffin, 4 oz 1% Milk	<b>7</b> <b>Breakfast</b> 1 oz (1) Hard-boiled Egg 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c Mandarin Oranges 6 oz 1% Milk <b>Lunch</b> 2 oz (1) WG Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Green Beans ¼ c Hot Apples 6 oz 1% Milk <b>Snack</b> ½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk	<b>8</b> <b>Breakfast</b> 1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Chocolate Chip Muffin ½ c (1) Dried Apple Slices 6 oz 1% Milk <b>Lunch</b> 2 oz (2) Cheese Bosco Sticks wrapped in WG Breading (2 oz) (Marinara) ½ c Corn ¼ c Fruit Mix 6 oz 1% Milk <b>Snack</b> 1 oz (1) Hard Pretzels, 4 oz 1% Milk
<b>11</b> <b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Kix Cereal ½ c Pears 6 oz 1% Milk <b>Lunch</b> 2 oz (1 c) Chicken & Noodles (1 oz grain) 2 oz (1) WG Dinner Roll ¼ c Green Beans ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 1 oz (1) Lil Grahams, 4 oz 1% Milk	<b>12</b> <b>Breakfast</b> 2 oz (½ c) Cottage Cheese ½ oz (1) Crisp Rice Cereal ½ c Fruit Mix 6 oz 1% Milk <b>Lunch</b> 2 oz (4) Fish Nuggets in WG Breading (1.75 oz) (Tartar Sauce) ½ c Corn ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> ½ oz (1) Goldfish, 4 oz 1% Milk	<b>13</b> <b>Breakfast</b> 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c (9) Hashbrown Sticks ½ c (1) Craisins 6 oz 1% Milk <b>Lunch</b> 2 oz (3) Chicken Strips in WG Breading (1 oz) ½ c Romaine Lettuce ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk	<b>14</b> <b>Breakfast</b> 1 oz (1) Cheese Cubes 1 oz (1) WG Blueberry Muffin ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2 oz (1) BBQ Rib Patty on WG Bun (2 oz) ½ c Fresh Veggies w/ Dip ¼ c Apricots 6 oz 1% Milk <b>Snack</b> 1 oz (1) Fritos, 4 oz 1% Milk	<b>15</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) Mini Wheats Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Beef Patty on WG Bun (2 oz) ½ c Hot Carrots ¼ c Fruit Mix 6 oz 1% Milk <b>Snack</b> ½ c Carrots w/ Dip, 4 oz 1% Milk
<b>18</b> <b>Breakfast</b> 1 oz (1) Hardboiled Egg ½ oz (1) Corn Flakes Cereal ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 3 oz (2/3 c) Sloppy Joe on WG Bun (2 oz) ½ c Corn ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk	<b>19</b> <b>Breakfast</b> 2 oz (½ c) Cottage Cheese 2 oz (1) Oatmeal Rounds 1/2 c (1) Raisins 6 oz 1% Milk <b>Lunch</b> 1.5 oz (3) Sausage Links 1 oz (4) Mini French Toast w/ Syrup ½ c (7) Hashbrown Starz ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> ½ oz (1) Popcorn, 4 oz 1% Milk	<b>20</b> <b>Breakfast</b> 1 oz (1) Cheese Stick 1 oz (1) Rice Chex Cereal ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2 oz (1 slice) Cheese/Sauce on WG Pizza Crust (2 oz) ½ c Romaine Salad ¼ c Pineapple 6 oz 1% Milk <b>Snack</b> ½ c Cucumbers w/ Dip, 4 oz 1% Milk	<b>21</b> <b>Breakfast</b> 1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz) ½ c Fruit Mix 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Hot Dog on WG Bun (2 oz) ½ c Baked Beans ½ c Peaches 6 oz 1% Milk <b>Snack</b> 1 oz (1) Dino Bites, 4 oz 1% Milk	<b style="color: red;">No School</b>  <b style="color: red;">Professional Development Day</b>
<b>25</b> <b>Breakfast</b> 1 oz (1) Cheese Cubes 1 oz (1) Mini Wheats Cereal ½ c Apricots 6 oz 1% Milk <b>Lunch</b> 2 oz (6) Mini Hot Dog in WG Breading (2 oz) ½ c Macaroni & Cheese ¼ c Green Beans ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 1.25 oz (1) Sun Chips, 4 oz 1% Milk	<b>26</b> <b>Breakfast</b> 1 oz (1) Hardboiled Egg 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c Tropical Fruit 6 oz 1% Milk <b>Lunch</b> 1.8 oz (1) Pork Tenderloin on WG Bun (2 oz) ½ c Corn ¼ c Pears 6 oz 1% Milk <b>Snack</b> ½ oz (1) Teddy Grahams, 4 oz 1% Milk	<b>27</b> <b>Breakfast</b> 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c (9) Hashbrown Sticks ½ c (1) Craisins 6 oz 1% Milk <b>Lunch</b> 2 oz (3) Chicken Zoo Crew In WG Breading (1.25 oz grain) ½ c Fresh Veggies w/ Dip ¼ c Fresh Fruit 6 oz 1% Milk <b>Snack</b> 1.5 oz (1) Doritos (Nacho), 4 oz 1% Milk	<b>28</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) WG Chocolate Chip Muffin ½ c Blueberries 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Cheese Quesadilla on WG Breading (2.25 oz) 2.25 oz (1) Tortilla Chips w/ Salsa ½ c Hot Carrots ¼ c Tropical Fruit 6 oz 1% Milk <b>Snack</b> 1 oz (1) Sport Bites, 4 oz 1% Milk	<b>29</b> <b>Breakfast</b> 1 oz (1) Cheese Stick 1 oz (1) Toasted O's Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk <b>Lunch</b> 1.5 oz Turkey/Cheese on WG Bun (2 oz) ½ c Carrots w/ Dip ¼ c Fresh Fruit 1 Treat 6 oz 1% Milk <b>Snack</b> 1 oz (1) Crunchy Cheetos, 4 oz 1% Milk

WG = Whole Grain; SF = Sugar Free