

Tazewell Woodford Head Start
November 2023
Family Center (Downstairs) Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> Breakfast 1.5 oz (1) Egg/Ham/Cheese Muffin 1.25 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.75 oz (1) BBQ Pork Rib Patty on WG Bun (½ oz) ½ c (4) Potato Smiles ¼ c Cantaloupe 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	<u>2</u> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;"><u>Parent-Teacher Conferences</u></p>	<u>3</u> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;"><u>Parent-Teacher Conferences</u></p>
<u>6</u> 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 oz (1) Goldfish Crackers, 4 oz 1% Milk	<u>7</u> Breakfast 1 oz (2) Sausage Links 1 oz (1) WG Pancake w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.25 oz (1 c) Beef Stew 1 oz (1) Cheese Stick 1 oz (1) WG Biscuit ½ c Mashed Potatoes ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk	<u>8</u> Breakfast 1 oz (1) Turkey Sausage Patty 1 oz (1) WG Toast w/ Jelly ½ c Roasted Potatoes 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 ½ c Pineapple Cup, 4 oz 1% Milk	<u>9</u> Breakfast 1.5 oz (1) Hard-boiled Egg 2 oz (½) WG Bagel w/ Cream Cheese ½ c Watermelon 6 oz 1% Milk Lunch 1.5 oz (6 pieces) Beef Ravioli 1 oz (1) WG Garlic Breadstick ½ c Corn ¼ c Tropical Fruit 6 oz 1% Milk Snack ½ c Bell Pepper w/ Ranch, 4 oz 1% Milk	<u>10</u> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;"><u>Observing Veteran's Day</u></p>
<u>13</u> 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, 4 oz 1% Milk	<u>14</u> Breakfast 2 slices Bacon 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	<u>15</u> 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 oz (1) Turkey Hot Dog on WG Bun (1 oz) ½ c Oven Potatoes ¼ c Apple Slices 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	<u>16</u> Breakfast 1 oz (½ c) Strawberry Yogurt 1 oz (1) Granola Bites ½ c (12) Hashbrown Coins 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 (½) Banana 6 oz 1% Milk Snack ½ c (1) Applesauce Cup, 4 oz 1% Milk	<u>17</u> Breakfast 1.5 oz (½ c) Ham/Cheese/Hashbrown Casserole ½ c Strawberry/Pineapple/Peach/Mango Mix 6 oz 1% Milk Lunch 2 oz (1 c) Tuna & Noodles w/ Egg Noodles (1 oz) ¼ c Green Beans ¼ c (1) Cutie 6 oz 1% Milk Snack 1 oz Cheese w/ Crackers, 4 oz 1% Milk
<u>20</u> Breakfast 2 oz (½ c) Cottage Cheese 1 oz (½) WG English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk Lunch 1 oz (1) Sunbutter & Grape Jelly wrapped in WG Breading (1.5 oz) 1 oz (1) Cheese Stick ½ c Baby Carrots w/ Ranch ¼ c Red Grapes 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	<u>21</u> Breakfast 1 oz (½ c) Blueberry Yogurt 1 oz (1) WG Banana Muffin ½ c (1) Cutie 6 oz 1% Milk Lunch 1.5 oz Turkey Pot Roast 1 oz (1) WG Dinner Roll ½ c Stuffing ¼ c Mashed Potatoes w/ Gravy ¼ c Green Bean Casserole ½ c Cantaloupe/Honeydew/Red Grape Mix 6 oz 1% Milk Snack ½ c Mixed Fruit Cup, 4 oz 1% Milk	<u>22</u> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;"><u>Fall Break</u></p>	<u>23</u> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;"><u>Thanksgiving Day</u></p>	<u>24</u> <p style="text-align: center;"><u>No School</u></p> <p style="text-align: center;"><u>Fall Break</u></p>
<u>27</u> Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese 1 oz (½) WG English Muffin w/ Jelly ½ c Peaches 6 oz 1% Milk Lunch 2 oz (4) Fish Nuggets In WG Breading (1.5 oz grain) (Tartar Sauce) ½ c Green Beans ¼ c Strawberries 6 oz 1% Milk Snack 1 oz (1) Sun Chips, 4 oz 1% Milk	<u>28</u> Breakfast 1 oz (1) Turkey Sausage Patty ½ oz (½ c) Rice Krispies Cereal ½ c Tropical Fruit 6 oz 1% Milk Lunch 1.75 oz (½ c) Turkey Taco Salad over 1 oz (1) Corn Chips (Lettuce, Salsa, Cheese) ½ c Roasted Corn w/ Peppers ¼ c Pears 6 oz 1% Milk Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk	<u>29</u> Breakfast 1.5 oz (1) Egg/Ham/Cheese Muffin 1.25 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.75 oz (1) BBQ Pork Rib Patty on WG Bun (½ oz) ½ c (4) Potato Smiles ¼ c Cantaloupe 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	<u>30</u> Breakfast 1 oz (½ c) Blueberry Yogurt ¼ oz (¼ c) Granola ½ c (2) Hashbrown Triangle 6 oz 1% Milk Lunch 1.25 oz (1) Chicken Drumstick 1 oz (1) WG Dinner Roll ¼ c Baked Beans (1 oz M/MA) ½ c Tossed Salad w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk Snack ½ c (1) Banana, 4 oz 1% Milk	

WG = Whole Grain; SF = Sugar Free; M/MA = Meat/Meat Alternative