

Tazewell Woodford Head Start

November 2023

Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast 2 slices Bacon 2 oz (1) WG Blueberry Bread ½ c Mixed Fruit 6 oz 1% Milk Lunch 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 Snack 1 oz (1) Chex Mix, 4 oz 1% Milk	2 No School Parent-Teacher Conferences	3 No School Parent-Teacher Conferences
6 Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c (1) Raisins 6 oz 1% Milk Lunch 1.6 oz (5) Turkey Sausages wrapped in WG Pancake (1.6 oz) ½ c Baby Carrots ¼ c Orange Wedges 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	7 Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Muffin ½ c Applesauce 6 oz 1% Milk Lunch 2 oz (2/3 c) Mac n' Cheese (1 oz grain) 1 oz (1) WG Garlic Bread ½ c Green Beans ¼ c Pineapple ¼ c Orange Wedges 6 oz 1% Milk Snack 1 ½ oz (1) Doritos (Nacho), 4 oz 1% Milk	8 Breakfast 2 slices Bacon 2 oz (1 slice) WG Banana Bread ½ c Peaches 6 oz 1% Milk Lunch 2 oz (1) Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Tossed Salad ¼ c Mandarin Oranges 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	9 Breakfast 1 oz (½ c) Yogurt 1 oz (1) WG Pancake ½ c (1) Craisins 6 oz 1% Milk Lunch 2 oz (2/3 c) Beef/Bean in Chili Sauce 0.5 oz (1 tbsp) PB & J on 1 slice WG Bread (1 oz) ½ c Celery ¼ c Applesauce 6 oz 1% Milk Snack ½ oz (2 rectangles) Grahams, 4 oz 1% Milk	10 No School Observing Veteran's Day
13 Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Mixed Fruit 6 oz 1% Milk Lunch 1 oz (½ c) Yogurt 1 oz (1) Cheese Stick 2 oz (1) WG Dutch Waffle ½ c Baby Carrots w/ Dip ½ c (1) Craisins 6 oz 1% Milk Snack ½ oz (5) Tortilla Chips, 4 oz 1% Milk	14 Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Chocolate Chip Muffin ½ c Peaches 6 oz 1% Milk Lunch 2.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) (Pickle Slices) ½ c Baked Beans ¼ c Mixed Fruit 6 oz 1% Milk Snack 1 oz (1) Cheese Puffs, 4 oz 1% Milk	15 Breakfast 2 slices Bacon 2 oz (1) WG Blueberry Bread ½ c Applesauce 6 oz 1% Milk Lunch 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 Peaches 6 oz 1% Milk Snack 1 ½ oz (1) Doritos (Cool Ranch), 4 oz 1% Milk	16 Breakfast 1 oz (½ c) Yogurt 1 oz (2) WG French Toast Sticks ½ c (1) Apple Crisps 6 oz 1% Milk Lunch 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 Snack 1.25 oz (1) Sun Chips, 4 oz 1% Milk	17 Breakfast 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c (1) Raisins 6 oz 1% Milk Lunch 1 oz (1) Uncrustables wrapped in WG Breading (1 oz) 1 oz (1) Cheese Stick 1 ½ oz (1) Doritos (Nacho) ½ c Green Beans ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Wheat Thins, 4 oz 1% Milk
20 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (½) WG English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk Lunch 1.5 oz Turkey Pot Roast 1 oz (1) WG Dinner Roll ¼ c Stuffing ¼ c Mashed Potatoes w/ Gravy ¼ c Green Bean Casserole ¼ c Cantaloupe/Honeydew/Red Grape Mix 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	21 Breakfast 1 oz (½ c) Blueberry Yogurt 1 oz (1) WG Banana Muffin ½ c (1) Cutie 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 ½ c Mixed Fruit Cup, 4 oz 1% Milk	22 No School Fall Break	23 No School Thanksgiving Day	24 No School Fall Break
27 Breakfast 1 oz (½ c) Yogurt ½ oz (1) WG Cereal ½ oz (2 rectangles) Grahams ½ c Applesauce 6 oz 1% Milk Lunch 1 oz (½ c) Yogurt 1 oz (1) Sunflower Seeds 1 oz (2) WG French Toast Sticks ½ c Corn ¼ c Mixed Fruit 6 oz 1% Milk Snack 1 oz (1) Uncrustables wrapped in WG Breading (1 oz), 4 oz 1% Milk	28 Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Muffin ½ c Mixed Fruit 6 oz 1% Milk Lunch 2 oz (1) BBQ Rib Patty on WG Bun (2 oz) ½ c Baked Beans ¼ c Applesauce 6 oz 1% Milk Snack 1 oz (1) Funyuns, 4 oz 1% Milk	29 Breakfast 2 slices Bacon 2 oz (1 slice) WG Banana Bread ½ c Mandarin Oranges 6 oz 1% Milk Lunch 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 Snack 1 oz (1) Munchies, 4 oz 1% Milk	30 Breakfast 1.25 oz (3) Sausage Links 1 oz (1) WG Pancake ½ c Pears 6 oz 1% Milk Lunch 2 oz (½ c) Beef Lasagna w/ WG Pasta (½ oz) 1 oz (1) WG Garlic Bread ½ c Tossed Salad ¼ c Mandarin Oranges 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	

WG = Whole Grain; PB = Peanut Butter