

**Tazewell Woodford Head Start**  
**November 2023**  
**Pekin Head Start**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Breakfast</b> 2 slices Bacon 1 oz (1) WG Toast w/ Jelly ½ c Oranges 6 oz 1% Milk <b>Lunch</b> 1.5 oz (7 pieces) Beef Ravioli w/ Marinara/Meat Sauce 1 oz (1) WG Breadstick ½ c Green Beans ¼ c Peaches 6 oz 1% Milk <b>Snack</b> ½ c Grapes, 4 oz 1% Milk	<b>2</b> <b>No School</b> <b>Parent-Teacher Conferences</b>	<b>3</b> <b>No School</b> <b>Parent-Teacher Conferences</b>
<b>6</b> <b>Breakfast</b> 1.4 oz (1) Turkey Sausage Patty/Cheese on 2 oz (1) WG English Muffin ½ c (1) Banana 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Carrots ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 oz (10) Tortilla Chips w/ Salsa, 4 oz 1% Milk	<b>7</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (½ c) WG Frosted Mini Wheats ½ c Grapes 6 oz 1% Milk <b>Lunch</b> 1.5 oz (¼ c) Taco Beef over ½ oz (16) Corn Chips ½ c Corn ¼ c Mango 6 oz 1% Milk <b>Snack</b> 1 oz (1) Hard Pretzels, 4 oz 1% Milk	<b>8</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (1) WG Waffle ½ c Strawberries 6 oz 1% Milk <b>Lunch</b> 1.5 oz (4) Meatballs w/ Marinara on WG Bun ½ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> ½ c (2/3 c) Dried Fruit/Cereal Snack Mix (½ oz grain), 4 oz 1% Milk	<b>9</b> <b>Breakfast</b> ½ c Scrambled Eggs 1 oz (1) WG Toast w/ Jelly ½ c Pineapple 6 oz 1% Milk <b>Lunch</b> 2.5 oz (5) Fish Nuggets in WG Breading (1.8 oz) ½ c Oven Potatoes ¼ c (½) Banana 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish, 4 oz 1% Milk	<b>10</b> <b>No School</b> <b>Observing Veteran's Day</b>
<b>13</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) WG Waffle ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 2 oz Hot Ham/Cheese on WG Slider (1.25 oz) ½ c Salad w/ Ranch ¼ c Pears 6 oz 1% Milk <b>Snack</b> ½ oz (2 squares) Graham Crackers, 4 oz 1% Milk	<b>14</b> <b>Breakfast</b> 1 oz (¼ c) Pork Sausage Gravy over (1) WG Biscuit (2.25 oz) ½ c Apple 6 oz 1% Milk <b>Lunch</b> 2.5 oz (¼ c) Chicken/Cheese Quesadilla on WG Tortilla (1 oz) ½ c Corn ¼ c Grapes 6 oz 1% Milk <b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk	<b>15</b> <b>Breakfast</b> 1 oz (1) Egg/Cheese Omelet 1 oz (1) WG Toast w/ Jelly ½ c Orange 6 oz 1% Milk <b>Lunch</b> 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 <b>Snack</b> 1 oz (1) Hard Pretzels, 4 oz 1% Milk	<b>16</b> <b>Breakfast</b> 0.6 oz (1) Turkey Sausage Patty ½ oz (¾ c) Kix Cereal ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ½ c Tater Tots ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish, 4 oz 1% Milk	<b>17</b> <b>Breakfast</b> 2 oz (¼ c) Breakfast Burrito on WG Tortilla (1 oz) ½ c Mandarin Oranges 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Turkey Hot Dog on WG Bun 1 oz (1) Multigrain Sun Chips ½ c Baked Beans ½ c Strawberries 6 oz 1% Milk <b>Snack</b> ½ c (1) Banana, 4 oz 1% Milk
<b>20</b> <b>Breakfast</b> 0.6 oz (1) Turkey Sausage Patty 1 oz (½ c) Oatmeal w/ Brown Sugar ½ c Grapes 6 oz 1% Milk <b>Lunch</b> 2 oz Carved Turkey 1 oz (1) WG Dinner Roll ¼ c Stuffing ½ c Mashed Potatoes w/ Gravy ¼ c Green Bean Casserole ¼ c Fresh Mixed Fruit 6 oz 1% Milk <b>Snack</b> 1 oz (1) Cheese Stick, 4 oz 1% Milk	<b>21</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link ½ oz (1) WG Pancake ½ c Cinnamon Apples 6 oz 1% Milk <b>Lunch</b> 2 oz (5) Chicken Nuggets in WG Breading (1 oz) ½ c Sweet Potato Tots ½ c Berry Smoothie 6 oz 1% Milk <b>Snack</b> ½ oz (4) Cheese & Crackers, 4 oz 1% Milk	<b>22</b> <b>No School</b> <b>Fall Break</b>	<b>23</b> <b>No School</b> <b>Thanksgiving Day</b>	<b>24</b> <b>No School</b> <b>Fall Break</b>
<b>27</b> <b>Breakfast</b> 2 oz (1) Hard-boiled Egg ½ oz (½ c) Frosted Mini Cereal ½ c Strawberries 6 oz 1% Milk <b>Lunch</b> 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c Broccoli ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk	<b>28</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (3) WG French Toast Sticks ½ c Pears 6 oz 1% Milk <b>Lunch</b> 2 oz Carved Turkey w/ Gravy 1 oz (1) WG Bread w/ Butter ½ c Mashed Potatoes ¼ c Cinnamon Apples 6 oz 1% Milk <b>Snack</b> ½ c (1) Applesauce Cup, 4 oz 1% Milk	<b>29</b> <b>Breakfast</b> 2 slices Bacon 1 oz (1) WG Toast w/ Jelly ½ c Oranges 6 oz 1% Milk <b>Lunch</b> 1.5 oz (7 pieces) Beef Ravioli w/ Marinara/Meat Sauce 1 oz (1) WG Breadstick ½ c Green Beans ¼ c Peaches 6 oz 1% Milk <b>Snack</b> ½ c Grapes, 4 oz 1% Milk	<b>30</b> <b>Breakfast</b> 2 oz (½ c) Cottage Cheese 2 oz (1) WG Banana Square ½ c Grapes 6 oz 1% Milk <b>Lunch</b> 2 oz (1) "Lunchable" (Salami, Turkey, Cheese) 1 oz (½) WG Naan Pita Bread ½ c Carrots w/ Ranch ¼ c Apple 1 Treat 6 oz 1% Milk <b>Snack</b> 1 oz (1) Sun Chips, 4 oz 1% Milk	

WG = Whole Grain