

Tazewell Woodford Head Start

November 2023

Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz) ½ c (1) Craisins 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (3) Chicken Strips in WG Breading (1 oz) ½ c Green Beans ¼ c Apricots 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Pop Corners, 4 oz 1% Milk</p>	<p><b>2</b></p> <p><b>No School</b></p> <p><b>Parent-Teacher Conferences</b></p>	<p><b>3</b></p> <p><b>No School</b></p> <p><b>Parent-Teacher Conferences</b></p>
<p><b>6</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese ½ oz (1) Crisp Rice Cereal ½ c Tropical Fruit 6 oz 1% Milk</p> <p><b>Breakfast</b> 2 oz (1) Egg/Cheese Omelet 1 oz (4) Mini French Toast w/ Syrup ½ c (9) Hashbrown Sticks ¼ c Blueberries 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk</p>	<p><b>7</b></p> <p><b>Breakfast</b> 1 oz (1) Hard-boiled Egg 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c (1) Craisins 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (3) Chicken Zoo Crew in WG Breading (1.25 oz grain) ½ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> 1.5 oz (1) Doritos (Nacho), 4 oz 1% Milk</p>	<p><b>8</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Cubes ½ oz (1) Kix Cereal ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (¼ c) Taco Beef w/ Cheese over 2 oz (1) Tortilla Chips ¼ c Carrots w/ Dip ¼ c Tropical Fruit 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Sport Bites, 4 oz 1% Milk</p>	<p><b>9</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) Mini Wheats Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) WG Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Corn ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Crunchy Cheetos, 4 oz 1% Milk</p>	<p><b>10</b></p> <p><b>No School</b></p> <p><b>Observing Veteran's Day</b></p>
<p><b>13</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Corn Flakes Cereal ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (4) Chicken Nuggets 1 oz (1) WG Bread w/ Butter ½ c Mashed Potatoes w/ Gravy ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) WG Chocolate Chip Muffin, 4 oz 1% Milk</p>	<p><b>14</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese 2 oz (1) Oatmeal Rounds ½ c (1) Raisins 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Cheese Quesadilla on WG Breading (2.25 oz) 2.25 oz (1) Tortilla Chips w/ Salsa ¼ c Corn ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Sunflower Seeds, 4 oz 1% Milk</p>	<p><b>15</b></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c (1) Dried Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> ½ c Chicken Noodle Soup (Crackers) 2 oz (¼ c) Tuna Salad on 1 slice WG Bread (1 oz) ½ c Carrots w/ Dip ¼ c Fresh Fruit 6 oz 1% Milk</p> <p><b>Snack</b> 1.25 oz (1) Sun Chips, 4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast</b> 1 oz (1) Hard-boiled Egg 1 oz (1) Toasted O's Cereal ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) BBQ Rib Patty on WG Bun (2 oz) ½ c Green Beans ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Dino Bites, 4 oz 1% Milk</p>	<p><b>17</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Blueberry Muffin ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Grilled Chicken Patty on WG Bun (2 oz) ¼ c Mixed Vegetables ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Popcorn, 4 oz 1% Milk</p>
<p><b>20</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (1) Rice Chex Cereal ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 3 oz (2/3 c) Sloppy Joe on WG Bun (2 oz) ½ c Corn on the Cob ¼ c Fruit Mix 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (1) Dried Fruit, 4 oz 1% Milk</p>	<p><b>21</b></p> <p><b>Breakfast</b> 1 oz (1) Hard-boiled Egg 2 oz (1) WG Pancake Bowl w/ ½ c Blueberries 6 oz 1% Milk</p> <p><b>Lunch</b> 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</p> <p><b>Snack</b> 1 oz (1) Fritos, 4 oz 1% Milk</p>	<p><b>22</b></p> <p><b>No School</b></p> <p><b>Fall Break</b></p>	<p><b>23</b></p> <p><b>No School</b></p> <p><b>Thanksgiving Day</b></p>	<p><b>24</b></p> <p><b>No School</b></p> <p><b>Fall Break</b></p>
<p><b>27</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Cubes 1 oz (1) Toasted O's Cereal ½ c (1) Craisins 6 oz 1% Milk</p> <p><b>Lunch</b> 1.8 oz (1) Pork Tenderloin on WG Bun (2 oz) ½ c Green Beans ¼ c Apricots 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk</p>	<p><b>28</b></p> <p><b>Breakfast</b> 1 oz (1) Hard-boiled Egg 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (4) Chicken Fries in WG Breading (1 oz) ½ c Corn ¼ c Hot Apples 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk</p>	<p><b>29</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 2 oz (1) Oatmeal Rounds ½ c (1) Raisins 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1 slice) Cheese/Sauce on WG Pizza Crust (2 oz) ½ c Romaine Lettuce ¼ c Tropical Fruit 1 Treat 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Sport Bites, 4 oz 1% Milk</p>	<p><b>30</b></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c Tropical Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Hot Dog on WG Bun (2 oz) ½ c Baked Beans ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (1) Honey Cran Trail Mix, 4 oz 1% Milk</p>	

WG = Whole Grain