


Tazewell Woodford Head Start
February 2024
Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (½) WG English Muffin w/ Jelly 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	2 Breakfast 1 oz (½ c) Blueberry Yogurt 1 oz (1) WG Banana Muffin ½ c Red Grapes 6 oz 1% Milk Lunch 1.5 oz (1) Cheese Pizza on WG Crust (1 oz) ½ c Baby Carrots w/ Ranch ¼ c Strawberries 6 oz 1% Milk Snack 1 oz Cheese Cubes, 4 oz 1% Milk
5 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 Cucumber Slices w/ Ranch ¼ c (½) Banana 6 oz 1% Milk Snack ½ oz (7) Tortilla Chips w/ Salsa, 4 oz 1% Milk	6 Breakfast 2 slices Bacon ½ oz (½ c) Multigrain Cheerios ½ c Pineapple 6 oz 1% Milk Lunch 1.5 oz (1) Meatloaf Ball 1 oz (1) WG Bread w/ Butter ½ c Corn ¼ c Pears 6 oz 1% Milk Snack ½ c Broccoli/Cauliflower w/ Ranch, 4 oz 1% Milk	7 Breakfast 1 oz (1) Turkey Sausage Patty 1 oz (½ c) WG Banana Oatmeal 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	8 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 Tropical Fruit 6 oz 1% Milk Snack ½ c (1) Applesauce Cup, 4 oz 1% Milk	9 <p style="text-align: center;">No School</p> <p style="text-align: center;">Professional Development Day</p>
12 Breakfast 3 oz (1) Egg/Cheese Omelet 1 oz (1) WG Toast w/ Jelly ½ c Peaches 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 (½) Banana 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	13 Breakfast 2 oz (6) Little Smokies 1 oz (1) WG Banana Muffin ½ c Mandarin Oranges 6 oz 1% Milk Lunch 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c California Blend Veggies ¼ c Pear Slices 6 oz 1% Milk Snack ½ c (1) Mixed Fruit Cup, 4 oz 1% Milk	14 Breakfast 1 oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Tropical Fruit 6 oz 1% Milk Lunch 2 oz (1) WG Chicken Patty (1 oz grain) on WG Bun (½ oz) ½ c Baked Beans ¼ c Applesauce 6 oz 1% Milk Snack ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk	15 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (½) WG English Muffin w/ Jelly ½ c Pineapple 6 oz 1% Milk Lunch 1.75 oz (½ c) Beef/Bean in Chili Sauce over 2 oz (1) Cornbread Muffin ½ c Cooked Broccoli ¼ c (1) Cutie 6 oz 1% Milk Snack 1 oz (1) Cheese Stick, 4 oz 1% Milk	16 Breakfast 1 oz (1) Maple French Toast Square w/ SF Syrup ½ c Red Grapes 6 oz 1% Milk Lunch 2 oz (2) Cheese Max Stick in WG Breading (2 oz) (Marinara) ½ c Hot Carrots ½ c Apple Slices 6 oz 1% Milk Snack ½ oz (1) Goldfish Pretzels, 4 oz 1% Milk
19 <p style="text-align: center;">No School</p> <p style="text-align: center;">President's Day</p>	20 Breakfast 1 oz (1) Turkey Sausage Patty ½ oz (¾ 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 Pear Slices 6 oz 1% Milk Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk	21 Breakfast 1.5 oz (1) Egg/Ham/Cheese Muffin 1 oz (2) French Toast 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 Blueberries 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	22 Breakfast 1 oz (½ c) Raspberry Yogurt ¾ 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 MMA) ½ c Tossed Salad w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk Snack ½ c (1) Banana, 4 oz 1% Milk	23 Breakfast 1 oz (2) Sausage Links 2 oz (½) WG Bagel w/ Cream Cheese ½ c Red Grapes 6 oz 1% Milk Lunch 1.75 oz (½ c) Beef Spaghetti w/ WG Pasta (½ oz) ½ c Corn ¼ c Applesauce 6 oz 1% Milk Snack ½ oz (1) Mini Rice Cakes, 4 oz 1% Milk
26 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 Au Gratin Potatoes ¼ c (½) Banana 6 oz 1% Milk Snack ½ oz (1) Goldfish Crackers, 4 oz 1% Milk	27 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 w/ Butter ½ c Mashed Potatoes ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk	28 Breakfast 1 oz (1) Turkey Sausage Patty 1 oz (1) WG Toast w/ Jelly ½ c Roasted Potatoes 6 oz 1% Milk Lunch 1.5 oz (6 pieces) Beef Ravioli 1 oz (1) WG Garlic Breadstick ½ c Corn ¼ c (1) Cutie 6 oz 1% Milk Snack ½ c (1) Pineapple Cup, 4 oz 1% Milk	29 <p style="text-align: center;">No School</p> <p style="text-align: center;">Parent-Teacher Conferences</p>	

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

For menus, classroom news and more visit: www.twbsp.org