

Tazewell Woodford Head Start

February 2024

Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Bread ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Hot Dog w/ Chili Sauce on WG Bun (2 oz) (Pickle Spear) ½ c Curly Fries ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack ½ oz (2 rectangles) Grahams, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 2 oz (2) Cheese Max Stick in WG Breading (1.5 oz) w/ Marinara ½ c Cooked Broccoli ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 1 ½ oz (1) Doritos (Nacho), 4 oz 1% Milk</p>
<p>5</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Muffin ½ c (1) Raisins 6 oz 1% Milk</p> <p>Lunch 2 oz (1) BBQ Rib Patty on WG Bun (2 oz) ½ c Tater Tots ¼ c Orange Wedges 6 oz 1% Milk</p> <p>Snack 1 oz (1) Munchies, 4 oz 1% Milk</p>	<p>6</p> <p>Breakfast 2 slices Bacon 1 oz (1) WG Pancake ½ c Orange Wedges 6 oz 1% Milk</p> <p>Lunch 1 oz (½ c) Yogurt 1 oz (1) Cheese Stick 1 oz (2) WG French Toast Sticks ½ c Baby Carrots w/ Dip ¼ c Apple Slices w/ 1 tbsp PB 6 oz 1% Milk</p> <p>Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>	<p>7</p> <p>Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Apple Slices 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Grilled Cheese on WG Bread (2 oz grain) 1 oz (1) Goldfish Crackers 1 c Tomato Soup ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1) Wheat Thins, 4 oz 1% Milk</p>	<p>8</p> <p>Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Banana Bread ½ c Pears 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Chicken Strips in WG Breading (1 oz grain) 2 oz (1) WG Dinner Roll w/ Butter ½ c Tossed Salad ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz (1 tbsp) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk</p>	<p>9</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Professional Development Day</p>
<p>12</p> <p>Breakfast 2 slices Bacon 2 oz (1) WG Chocolate Chip Muffin ½ c (1) Apple Crisps 6 oz 1% Milk</p> <p>Lunch 1.5 oz (6) Nacho Bites (Bites include 1.5 oz grain) ½ c Refried Beans ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p>13</p> <p>Breakfast 1.25 oz (3) Sausage Links 1 oz (2) WG French Toast Sticks ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.6 oz (5) Turkey Sausages wrapped in WG Pancake (1.6 oz) ½ c Corn ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheese Puffs, 4 oz 1% Milk</p>	<p>14</p> <p>Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>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</p> <p>Snack 1 oz (1) Funyuns, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Bread ½ c (1) Craisins 6 oz 1% Milk</p> <p>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 ½ c (1) Dried Cherries 6 oz 1% Milk</p> <p>Snack 1.25 oz (1) Sun Chips, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz (3) Cheese Bites wrapped in WG Breading (1.5 oz) w/ Marinara ½ c Green Beans ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Snack ½ c Pineapple w/ Cottage Cheese, 4 oz 1% Milk</p>
<p>19</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">President's Day</p>	<p>20</p> <p>Breakfast 2 slices Bacon 1 oz (1) WG Pancake ½ c (1) Raisins 6 oz 1% Milk</p> <p>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) Apple Crisps 6 oz 1% Milk</p> <p>Snack ½ oz (7) Hard Pretzels, 4 oz 1% Milk</p>	<p>21</p> <p>Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c (1) Dried Cherries 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Hot Dog w/ Chili Sauce on WG Bun (2 oz) (Pickle Spear) ½ c Curly Fries ½ c (1) Craisins 6 oz 1% Milk</p> <p>Snack 1 oz (1) Chex Mix, 4 oz 1% Milk</p>	<p>22</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Banana Bread ½ c Pears 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Tossed Salad ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ oz (1) Popcorn, 4 oz 1% Milk</p>	<p>23</p> <p>Breakfast 1.6 oz (5) Turkey Sausages wrapped in WG Pancake (1.6 oz) ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Sausage/Cheese/Sauce on WG Pizza Crust (2 oz) ½ c Mixed Vegetables ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ c (1) Banana, 4 oz 1% Milk</p>
<p>26</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Muffin ½ c (1) Apple Crisps 6 oz 1% Milk</p> <p>Lunch 1 oz (¼ c) Cheese Sauce w/ 1 WG Soft Pretzel (2 oz grain) ½ c Celery Sticks ¼ c Apple Slices w/ 1 tbsp PB (½ oz) 6 oz 1% Milk</p> <p>Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk</p>	<p>27</p> <p>Breakfast 1.25 oz (3) Sausage Links 1 oz (2) WG French Toast Sticks ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 1.6 oz (4) Sausage Links 1 oz (4) WG Mini Pancakes ½ c Tossed Salad ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 1 ½ oz (1) Doritos (Cool Ranch), 4 oz 1% Milk</p>	<p>28</p> <p>Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Applesauce 6 oz 1% Milk</p> <p>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</p> <p>Snack 1 oz (½ c) Yogurt w/ Granola (1 oz), 4 oz 1% Milk</p>	<p>29</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Parent-Teacher Conferences</p>	

WG = Whole Grain; PB = Peanut Butter

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