

# Tazewell Woodford Head Start

## February 2024

### Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Cubes 1 oz (1) Rice Chex Cereal ½ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Beef Patty on WG Bun (2 oz) (Pickles) ½ c Cooked Carrots ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (1) Dried Fruit, 4 oz 1% Milk</p>	<p><b>2</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Blueberry Muffin ½ c (1) Honey Cran Trail Mix 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Turkey/Cheese on WG Bun (2 oz) ½ c Fresh Veggies w/ Dip ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk</p>
<p><b>5</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Kix Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (¾ c) Beefy Macaroni over WG Pasta (1.5 oz) ½ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Pop Corners, 4 oz 1% Milk</p>	<p><b>6</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (1) Mini Wheats Cereal ½ c (1) Craisins 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (½ c) Pulled Pork on WG Bun (2 oz) ½ c Carrots ¼ c Fruit Mix 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p><b>7</b></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz) ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (3) Chicken Strips in WG Breading (1 oz) ½ c Romaine Lettuce ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Sunflower Seeds, 4 oz 1% Milk</p>	<p><b>8</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 2 oz (1) Oatmeal Rounds ½ c (1) Honey Cran Trail Mix 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Egg/Cheese Omelet 1 oz (4) WG Mini Pancakes w/ Syrup ½ c (7) Hashbrown Starz ¼ c Fresh Fruit 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) WG Apple Cinnamon Muffin, 4 oz 1% Milk</p>	<p><b>9</b></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><b>12</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) (Pickles) ½ c Carrots ¼ c Apricots 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Sport Bites, 4 oz 1% Milk</p>	<p><b>13</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c (1) Honey Cran Trail Mix 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (2) Cheese Bosco Sticks wrapped in WG Breading (2 oz) (Marinara) ½ c Corn ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Popcorn, 4 oz 1% Milk</p>	<p><b>14</b></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 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><b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk</p>	<p><b>15</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Corn Flakes Cereal ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Hot Dog on WG Bun (2 oz) ½ c Baked Beans ½ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Fritos, 4 oz 1% Milk</p>	<p><b>16</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 (4) Fish Nuggets in WG Breading (1.75 oz) ½ c Au Gratin Potatoes ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Goldfish, 4 oz 1% Milk</p>
<p><b>19</b></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><b>20</b></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (1) Mini Wheats Cereal ½ c (1) Raisins 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (6) Mini Hot Dog in WG Breading (2 oz) ½ c Macaroni &amp; Cheese ½ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk</p>	<p><b>21</b></p> <p><b>Breakfast</b> 1 oz (1) Scrambled Egg/Cheese/Hashbrowns in WG Breading (1.25 oz) 1 oz (1) WG Chocolate Chip Muffin ½ c (1) Dried Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (4) Chicken Fries in WG Breading (1 oz) ½ c Romaine Lettuce ¼ c Fruit Mix 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Crunchy Cheetos, 4 oz 1% Milk</p>	<p><b>22</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Crisp Rice Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) BBQ Rib Patty on WG Bun (2 oz) ½ c Carrots ¼ c Apricots 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (1) Honey Cran Trail Mix, 4 oz 1% Milk</p>	<p><b>23</b></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c (1) Craisins 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 ½ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Dino Bites, 4 oz 1% Milk</p>
<p><b>26</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Kix Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1 c) Chicken &amp; Noodles (1 oz grain) 1 oz (1) WG Bread w/ Butter ½ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) WG Blueberry Muffin, 4 oz 1% Milk</p>	<p><b>27</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c Tropical Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (2) Sausage Patty 1 oz (4) Mini French Toast w/ Syrup ½ c (1) Hashbrown Patty ¼ c Blueberries 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>28</b></p> <p><b>Breakfast</b> 2 oz (1) Egg/Cheese Omelet 2 oz (1) WG Pancake Bowl w/ ½ c Blueberries 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Grilled Chicken Patty on WG Bun (2 oz) ½ c Corn ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ c (1) Dried Fruit, 4 oz 1% Milk</p>	<p><b>29</b></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