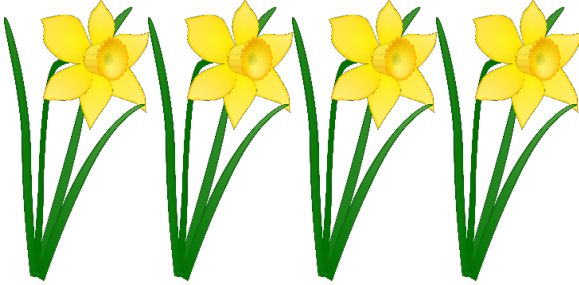


Tazewell Woodford Head Start

April 2024

Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
1 <div style="text-align: center;"><u>No School</u></div> <div style="text-align: center;"><u>Easter Monday</u></div>	2 Breakfast 1 oz (1) Cheese Stick 1 oz (1) Toasted Oats Cereal ½ c Pears 6 oz 1% Milk Lunch 2 oz (1) Turkey Hot Dog wrapped in WG Breading (2 oz) ½ c Baked Beans ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	3 Breakfast 1 oz (½ c) Oatmeal 1 slice WG Toast (1 oz) ½ c (2 pkts) Raisins 6 oz 1% Milk Lunch 1.5 oz (1) Grilled Cheese on WG Bread (2 oz) 1 c Chicken Noodle Soup (½ c Veggie) ½ oz (1 pack) WG Saltines ¼ c Mixed Fruit 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	4 Breakfast 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c (1) Banana 6 oz 1% Milk Lunch 1 oz (½ c) Beef Goulash w/ ½ oz Shredded Cheese 1 oz (1) WG Breadstick ¼ c Peas ¼ c (½) Banana 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	5 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (1) Cheese Stick ½ c Apple Slices 6 oz 1% Milk Lunch 1.5 oz (3) Cheese Pizza Bites in WG Breading (1.5 oz) (Pizza Sauce) ½ c Green Beans ¼ c Pineapple 6 oz 1% Milk Snack ½ oz (1 tbsp) PB & J on 1 oz (1) WG Bread, 4 oz 1% Milk
8 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (1) WG Toast w/ 1 tbsp PB & Jelly ½ c Peaches 6 oz 1% Milk Lunch 1.5 oz Hot Ham & Cheese on WG Bun (2 oz) ½ c Baked Beans ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) Sun Chips, 4 oz 1% Milk	9 Breakfast 1 oz (1) Sausage Patty 1 oz (1) WG Pancake w/ Syrup ½ c Mixed Fruit 6 oz 1% Milk Lunch 1.5 oz (½ c) Ground Beef w/ Cheese Sauce over 1 oz (10) WG Tortilla Chips ½ c Carrots w/ Ranch ¼ c Strawberries 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	10 Breakfast 1 oz (1) Sausage Link wrapped in WG Pancake Breading (1 oz) ½ c Mixed Fruit 6 oz 1% Milk Lunch 1.5 oz (3) Chicken Teriyaki Bites ¼ c Rice ½ c Corn ¼ c Mixed Fruit 6 oz 1% Milk Snack ½ oz (1) Hard Pretzels, 4 oz 1% Milk	11 Breakfast 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Mandarin Oranges 6 oz 1% Milk Lunch 2 oz (4) Chicken Nuggets in WG Breading (0.75 oz) ¼ c Mashed Potatoes w/ Gravy ½ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	<div style="text-align: center;"><u>No School</u></div> <div style="text-align: center;"><u>Professional Development Day</u></div>
15 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (1) WG Toast w/ 1 tbsp PB & Jelly ½ c Peaches 6 oz 1% Milk Lunch 2 oz (1) Hot Dog on WG Bun (2 oz) 1 oz (15) Cheddar Sun Chips ½ c Corn ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	16 Breakfast 1 oz (1) Sausage Patty 1.5 oz (2) WG French Toast Sticks ½ c Pears 6 oz 1% Milk Lunch 2 oz (1) Cheese Quesadilla on WG Crust (2 oz) (Salsa) ¼ c Spanish Rice ½ c Corn ¼ c Mandarin Oranges 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	17 Breakfast 1.25 oz (1) Egg/Cheese Omelet 1 slice WG Toast (1 oz) ½ c Mixed Fruit 6 oz 1% Milk Lunch 1.5 oz (3 tbsp) PB & Jelly on 2 slices WG Bread (2 oz) 1 oz (16) Original Sun Chips ½ c Carrot Stick ¼ c Apple Slices 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	18 Breakfast 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Applesauce 6 oz 1% Milk Lunch 1.75 oz (1) Pork Tenderloin (1.25 oz grain) on WG Bun (2 oz) ½ c Oven Potatoes ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	19 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (½ c) Yogurt ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (1) Cheese on WG Pizza Crust (2 oz) ¼ c Confetti Bean Salsa ½ c Celery Sticks w/ PB Cup ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Ritz Bites, 4 oz 1% Milk
22 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (1) WG Toast w/ 1 tbsp PB & Jelly ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (1/3 c) Sloppy Joe w/ Cheese on WG Bun (2 oz) ½ c Potato Wedges ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	23 Breakfast 1 oz (1) Sausage Patty 2 oz (1) WG Dutch Waffle w/ Syrup ½ c Pears 6 oz 1% Milk Lunch 2 oz (1) Chicken & Cheese Burrito on WG Tortilla (2 oz) ¼ c Red Beans & Rice ¼ c Corn ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	24 Breakfast 1.5 oz (1) Egg Patty & Ham w/ Cheese on WG Bun (2 oz) ½ c Mixed Fruit 6 oz 1% Milk Lunch 2 oz (1) Beef/Spaghetti Sauce over WG Pasta (1.5 oz) 1 oz (1) WG Garlic Bread ½ c Green Beans ¼ c Mixed Fruit 6 oz 1% Milk Snack ½ oz (1) Hard Pretzels, 4 oz 1% Milk	25 Breakfast 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Applesauce 6 oz 1% Milk Lunch 1.5 oz (¾ c) Beef/Bean in Chili Sauce ½ oz (1 tbsp) PB & J on 1 oz (1) WG Bread ½ oz (1 pack) WG Saltines ½ c Cooked Broccoli ¼ c Applesauce 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	26 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (½ c) Yogurt ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.5 oz (2) Cheese Stick w/ Pepperoni wrapped in WG Breading (4.5 oz) (Marinara Sauce) ½ c Hot Carrots ¼ c Pineapple 6 oz 1% Milk Snack ½ oz (1 tbsp) PB & J on 1 oz (1) WG Bread, 4 oz 1% Milk
29 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (½ c) Yogurt ½ c Peaches 6 oz 1% Milk Lunch 1.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ¼ c Oven Potatoes ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	30 Breakfast 1 oz (1) Sausage Patty 1.5 oz (2) WG French Toast Sticks ½ c (1) Banana 6 oz 1% Milk Lunch 1.5 oz (¼ c) Taco Meat over ½ oz (5) Crushed WG Tortilla Chips (Cheese/Lettuce Cup, Salsa) ½ c Corn ¼ c (½) Banana 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk			

WG = Whole Grain; PB = Peanut Butter

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