

Tazewell Woodford Head Start

March 2024

Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>No School</u> <u>Parent-Teacher</u> <u>Conferences</u>
4 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 1.75 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 ½ oz (1) Kids Snack Mix, 4 oz 1% Milk	5 Breakfast 1 oz (1) Sausage Patty 1.5 oz (2) WG French Toast Sticks ½ c Grapes 6 oz 1% Milk Lunch 1.5 oz Taco Meat on WG Tortilla (1 oz) (Cheese/Lettuce, Salsa) ½ c Corn ¼ c Grapes 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	6 Breakfast 1.5 oz (½ c) Scrambled Eggs 1 slice WG Toast (1 oz) ½ c Strawberries 6 oz 1% Milk Lunch 1.5 oz (¼ c) Chicken & Noodles (1.35 oz grain) 1.25 oz (1) WG Dinner Roll ½ c Mashed Potatoes w' Gravy ¼ c Strawberries 6 oz 1% Milk Snack ½ oz (1) Hard Pretzels, 4 oz 1% Milk	7 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 (1) Cheese Quesadilla on WG Crust (2 oz) (Salsa) ¼ c Black Beans & Rice ½ c Corn ¼ c Mandarin Oranges 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	8 <u>No School</u> <u>Professional</u> <u>Development</u> <u>Day</u>
11 Breakfast 1 oz (½ c) Yogurt 1 oz (1) Toasted Oats Cereal ½ c Peaches 6 oz 1% Milk Lunch 2 oz (4) Chicken Nuggets in WG Breading (0.75 oz) ½ c (10) Potato Wedges ¼ c Peaches 6 oz 1% Milk Snack ½ oz (1) Kids Snack Mix, 4 oz 1% Milk	12 Breakfast 1 oz (1) Sausage Patty 1 oz (1) WG Pancake w/ Syrup ½ c Peaches 6 oz 1% Milk Lunch 1.5 oz (¼ c) Taco Meat over ½ oz (5) Crushed WG Tortilla Chips (Cheese/Lettuce Cup) ½ c Corn ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	13 Breakfast 1 oz (½ c) Oatmeal 1 slice WG Toast (1 oz) ½ c (2 pkts) Raisins 6 oz 1% Milk Lunch 2 oz (1) Hot Dog on WG Bun (2 oz) 1 oz (16) Original Sun Chips ½ c Carrots ¼ c Applesauce 6 oz 1% Milk Snack ½ oz (1) Hard Pretzels, 4 oz 1% Milk	14 Breakfast 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Mixed Fruit 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 ¼ c Cooked Broccoli ¼ c Mixed Fruit 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	15 Breakfast 1 oz (1) Toasted Oats Cereal 1 oz (1) Breakfast Sausage/Cheese on WG Pizza Crust (1.25 oz) ½ c Orange Juice Cup 6 oz 1% Milk Lunch 1.5 oz (3) Cheese Pizza Bites in WG Breading (1.5 oz) (Pizza Sauce) ½ c Hot Carrots ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk
18 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 1.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ¼ c Oven Potatoes ½ c Mixed Vegetables ¼ c Peaches 6 oz 1% Milk Snack ½ oz (1) Kids Snack Mix, 4 oz 1% Milk	19 Breakfast 1 oz (1) Cheese Stick 1 oz (1) Toasted Oats Cereal ½ c Apple Slices 6 oz 1% Milk Lunch 2 oz (1 c) Popcorn Chicken in WG Breading ¼ c Oven Potatoes ½ c Corn ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	20 Breakfast 1.25 oz (1) Egg/Cheese Omelet 1 slice WG Toast (1 oz) ½ c Pears 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 Applesauce 6 oz 1% Milk Snack ½ oz (1) Hard Pretzels, 4 oz 1% Milk	21 Breakfast 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Mixed Fruit 6 oz 1% Milk Lunch 1 oz (1) Sausage Patty 2 oz (1) WG Pretzel w/ ¼ c Cheese Cup ½ c Hot Carrots ¼ c Mixed Fruit 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	22 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) 1 oz (1) Cheddar Sun Chips ½ c Cooked Broccoli ¼ c Pineapple 6 oz 1% Milk Snack ½ oz (1 tbsp) PB & J on 1 oz (1) WG Bread, 4 oz 1% Milk
25 <u>No School</u> <u>Spring</u> <u>Break</u>	26 <u>No School</u> <u>Spring</u> <u>Break</u>	27 <u>No School</u> <u>Spring</u> <u>Break</u>	28 <u>No School</u> <u>Spring</u> <u>Break</u>	29 <u>No School</u> <u>Good</u> <u>Friday</u>

WG = Whole Grain

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