

Tazewell Woodford Head Start
March 2024
Eureka Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>No School</u> <u>Parent-Teacher Conferences</u>
4 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 (1) Meatloaf Ball 1 oz (1) WG Bread w/ Butter ½ c Corn ¼ c Pears 6 oz 1% Milk Snack ½ oz (7) Tortilla Chips w/ Salsa, 4 oz 1% Milk	5 Breakfast 2 slices Bacon ½ oz (½ c) Multigrain Cheerios ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (4) Chicken Nuggets in WG Breading (1 oz) ½ c Tossed Salad w/ Ranch ¼ c (½) Banana 6 oz 1% Milk Snack 1 oz Cheese w/ Crackers, 4 oz 1% Milk	6 Breakfast 1 oz (½ c) Strawberry Yogurt 1 oz (2) French Toast Sticks w/ SF Syrup 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	7 Breakfast 1.5 oz (½ c) Scrambled Green Eggs & Ham 1 oz (½) WG English Muffin w/ Jelly ½ c (1) Cutie 6 oz 1% Milk Lunch 1.5 oz (1) Cheese Pizza on WG Crust (1 oz) ½ c Celery Sticks w/ Ranch ¼ c Tropical Fruit 6 oz 1% Milk Snack ½ c (1) Applesauce Cup, 4 oz 1% Milk	8 <u>No School</u> <u>Professional Development Day</u>
11 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	12 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 Baby Carrots w/ Ranch, 4 oz 1% Milk	13 Breakfast 1 oz (1) Maple French Toast Square w/ SF Syrup 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 0.75 oz (1) Teddy Grahams, 4 oz 1% Milk	14 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 (¾ c) Beef/Bean in Chili Sauce over ½ oz (1) Cornbread Square ½ c Cooked Broccoli ¼ c (1) Cutie 6 oz 1% Milk Snack 1 oz (1) Cheese Stick, 4 oz 1% Milk	15 Breakfast 1 oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit 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 ¼ c Apple Slices 6 oz 1% Milk Snack 1 oz (1) WG Soft Pretzel w/ Cheese, 4 oz 1% Milk
18 Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese 1 oz (½) WG English Muffin w/ Jelly ½ c Peaches 6 oz 1% Milk Lunch 2 oz (4) Fish Nuggets in WG Breading (1.5 oz grain) (Tartar Sauce) ½ c Green Beans ¼ c Strawberries 6 oz 1% Milk Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk	19 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 (¾ 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 1 oz (1) Sun Chips, 4 oz 1% Milk	20 Breakfast 1.5 oz (1) Egg/Ham/Cheese Muffin 1.25 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk Lunch 1.6 oz (4) Beef Meatball/Marinara Sub 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	21 Breakfast 1 oz (½ c) Blueberry Yogurt ¾ oz (¼ c) Granola Bites 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	22 Breakfast 1 oz (2) Sausage Links 2 oz (½) WG Bagel w/ Cream Cheese ½ c Watermelon 6 oz 1% Milk Lunch 2 oz (½ c) Tuna & Noodles w/ Egg Noodles (1 oz) ½ c Corn ½ c Red Grapes 6 oz 1% Milk Snack ½ oz (1) Mini Rice Cakes, 4 oz 1% Milk
25 <u>No School</u> <u>Spring Break</u>	26 <u>No School</u> <u>Spring Break</u>	27 <u>No School</u> <u>Spring Break</u>	28 <u>No School</u> <u>Spring Break</u>	29 <u>No School</u> <u>Good Friday</u>

WG = Whole Grain; SF = Sugar Free