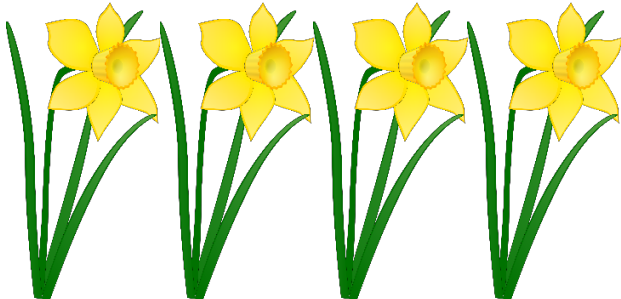


Tazewell Woodford Head Start

April 2024

Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
1 <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> No School Easter Monday </div>	2 Breakfast 2 slices Bacon 1 oz (1) WG Pancake ½ c Mixed Fruit 6 oz 1% Milk Lunch 1 oz (½ c) Yogurt 1 oz (1) Sunflower Seeds 2 oz (1) WG Dutch Waffle ½ c Green Beans ½ c Mixed Fruit 6 oz 1% Milk Snack 1 ½ oz (1) Doritos (Cool Ranch), 4 oz 1% Milk	3 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 Lunch 1.5 oz (6) Nacho Bites (Bites include 1.5 oz grain) ½ c Refried Beans ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	4 Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Banana Bread ½ c Peaches 6 oz 1% Milk 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 Peaches 6 oz 1% Milk Snack ½ oz (2 rectangles) Grahams, 4 oz 1% Milk	5 Breakfast 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c Pears 6 oz 1% Milk Lunch 1.5 oz (3) Cheese Bites wrapped in WG Breading (1.5 oz) w/ Marinara ½ c Corn ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Funyuns, 4 oz 1% Milk
8 Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Chocolate Chip Muffin ½ c (1) Raisins 6 oz 1% Milk Lunch 2 oz (1) BBQ Rib Patty on WG Bun (2 oz) (Pickle Slices) ½ c Tater Tots ¼ c Mixed Fruit 6 oz 1% Milk Snack 1.25 oz (1) Sun Chips, 4 oz 1% Milk	9 Breakfast 2 slices Bacon 1 oz (2) WG French Toast Sticks ½ c Pineapple 6 oz 1% Milk Lunch 1.25 oz (3) Sausage Links 1 oz (4) WG Mini Pancakes ½ c Corn ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	10 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 Lunch 2 oz (½ c) Beef Lasagna w/ WG Pasta (½ oz) 1 oz (1) WG Garlic Bread ½ c Tossed Salad ½ c Mandarin Oranges 6 oz 1% Milk Snack ½ oz (1 tbsp) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk	11 Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Bread ½ c (1) Craisins 6 oz 1% Milk Lunch 2 oz (2) Chicken Strips in WG Breading (1 oz grain) 2 oz (1) WG Dinner Roll w/ Butter ½ c Baby Carrots w/ Dip ¼ c Orange Wedges 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk	<div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> No School Professional Development Day </div>
15 Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Muffin ½ c Applesauce 6 oz 1% Milk 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 Snack 1 oz (1) Cheese Puffs, 4 oz 1% Milk	16 Breakfast 1.25 oz (3) Sausage Links 1 oz (1) WG Pancake ½ c (1) Dried Cherries 6 oz 1% Milk Lunch 1 oz (½ c) Yogurt 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 Snack 1 oz (1) Chex Mix, 4 oz 1% Milk	17 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 Lunch 1 oz (¼ c) Cheese Sauce w/ 1 WG Soft Pretzel (2 oz grain) 1 oz (1) Cheese Stick ½ c Broccoli w/ Dip ¼ c Orange Wedges 6 oz 1% Milk Snack ½ oz (1) Popcorn, 4 oz 1% Milk	18 Breakfast 2 slices Bacon 2 oz (1) WG Banana Bread ½ c Mixed Fruit 6 oz 1% Milk 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 Mixed Fruit 6 oz 1% Milk Snack 1 oz (½ c) Yogurt w/ Granola (1 oz), 4 oz 1% Milk	19 Breakfast 1 oz (2) Sausage Links 2 oz (½) WG Bagel w/ Cream Cheese ½ c Red Grapes 6 oz 1% Milk Lunch 1.75 oz (½ c) Beef Spaghetti w/ WG Pasta (½ oz) ½ c Corn ¼ c Applesauce 6 oz 1% Milk Snack ½ oz (1) Mini Rice Cakes, 4 oz 1% Milk
22 Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Chocolate Chip Muffin ½ c (1) Craisins 6 oz 1% Milk Lunch 2 oz (1) Hot Dog w/ Chili Sauce on WG Bun (2 oz) (Pickle Spear) ½ c Curly Fries ½ c (1) Raisins 6 oz 1% Milk Snack 1.25 oz (1) Tostitos, 4 oz 1% Milk	23 Breakfast 2 slices Bacon 1 oz (2) WG French Toast Sticks ½ c Applesauce 6 oz 1% Milk Lunch 1.6 oz (5) Turkey Sausages wrapped in WG Pancake (1.6 oz) ½ c Corn ¼ c Orange Wedges 6 oz 1% Milk Snack ½ oz (7) Hard Pretzels, 4 oz 1% Milk	24 Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Pears 6 oz 1% Milk Lunch 1.5 oz Pork Roast w/ Gravy 2 oz (1) WG Dinner Roll w/ Butter ½ c Mashed Potatoes ¼ c Pears 6 oz 1% Milk Snack ½ c (1) Banana, 4 oz 1% Milk	25 Breakfast 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Bread ½ c Oranges Wedges 6 oz 1% Milk Lunch 2 oz (1) Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) (Pickle Slices) ½ c Green Beans ¼ c Apple Slices 6 oz 1% Milk Snack 1 ½ oz (1) Doritos (Nacho), 4 oz 1% Milk	26 Breakfast 1 oz (1) Turkey Sausage Patty 2 oz (½) WG Bagel w/ Cream Cheese ½ c Roasted Potatoes 6 oz 1% Milk Lunch 1.5 oz (1) Cheese Pizza on WG Crust (1 oz) ½ c Baby Carrots w/ Ranch ¼ c Red Grapes 6 oz 1% Milk Snack 1 oz (1) Strawberry Yogurt Chex, 4 oz 1% Milk
29 Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Muffin ½ c Peaches 6 oz 1% Milk Lunch 2.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) (Pickle Slices) ½ c Baked Beans ¼ c Peaches 6 oz 1% Milk Snack ½ oz (2 rectangles) Grahams, 4 oz 1% Milk	30 Breakfast 1.25 oz (3) Sausage Links 1 oz (1) WG Pancake ½ c (1) Raisins 6 oz 1% Milk Lunch 1 oz (½ c) Yogurt 2.5 oz (1) Biscuit w/ Gravy ½ c Corn ¼ c Apple Slices w/ 1 tbsp PB (½ oz) 6 oz 1% Milk Snack ½ c Pineapple w/ Cottage Cheese, 4 oz 1% Milk			

WG = Whole Grain

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