

# Tazewell Woodford Head Start

March 2024

## Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  <u>No School</u>  <u>Parent-Teacher Conferences</u>
<b>4</b>  <b>Breakfast</b> 1 oz (½ c) Yogurt 2 oz (1) WG Chocolate Chip Muffin ½ c Mandarin Oranges 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Hot Dog w/ Chili Sauce on WG Bun (2 oz) (Pickle Spear) ½ c Curly Fries ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> 1 oz (1) Wheat Thins, 4 oz 1% Milk	<b>5</b>  <b>Breakfast</b> 2 slices Bacon 1 oz (2) WG French Toast Sticks ½ c Pears 6 oz 1% Milk <b>Lunch</b> 1 oz (½ c) Yogurt 2.5 oz (1) Biscuit w/ Gravy ½ c Green Beans ¼ c Apple Slices w/ 1 tbsp PB (½ oz) 6 oz 1% Milk <b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk	<b>6</b>  <b>Breakfast</b> 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 <b>Lunch</b> 2 oz (2/3 c) Beef/Bean in Chili Sauce 0.5 oz (1 tbsp) PB & J on 1 slice WG Bread (1 oz) ½ c Celery ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> 1 oz (1) Funyuns, 4 oz 1% Milk	<b>7</b>  <b>Breakfast</b> 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Bread ½ c Pineapple 6 oz 1% Milk <b>Lunch</b> 2 oz (½ c) Mandarin Orange Chicken ¼ c Steamed Rice ½ c Broccoli ¼ c Pineapple 6 oz 1% Milk <b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk	<b>8</b>  <u>No School</u>  <u>Professional Development Day</u>
<b>11</b>  <b>Breakfast</b> 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Muffin ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 2 oz (2/3 c) Mac n' Cheese (1 oz grain) 1 oz (1) WG Garlic Bread ½ c Green Beans ¼ c Pears 6 oz 1% Milk <b>Snack</b> ½ oz (7) Hard Pretzels, 4 oz 1% Milk	<b>12</b>  <b>Breakfast</b> 1.25 oz (3) Sausage Links 1 oz (1) WG Pancake ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 1 oz (1) Cheese Stick 1 oz (1) Sunflower Seeds 2 oz (1) WG Dutch Waffle ½ c Baby Carrots w/ Dip ½ c Orange Wedges 6 oz 1% Milk <b>Snack</b> ½ oz (5) Tortilla Chips, 4 oz 1% Milk	<b>13</b>  <b>Breakfast</b> 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 <b>Lunch</b> 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 <b>Snack</b> 1.25 oz (1) Sun Chips, 4 oz 1% Milk	<b>14</b>  <b>Breakfast</b> 2 slices Bacon 2 oz (1) WG Banana Bread ½ c (1) Raisins 6 oz 1% Milk <b>Lunch</b> 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 (1) Craisins 6 oz 1% Milk <b>Snack</b> 1 ½ oz (1) Doritos (Cool Ranch), 4 oz 1% Milk	<b>15</b>  <b>Breakfast</b> 1.6 oz (5) Turkey Sausages wrapped in WG Pancake (1.6 oz) ½ c Mixed Fruit 6 oz 1% Milk <b>Lunch</b> 1.5 oz (3) Cheese Bites wrapped in WG Breading (1.5 oz) w/ Marinara ½ c Tossed Salad ¼ c Mixed Fruit 6 oz 1% Milk <b>Snack</b> ½ oz (1) Popcorn, 4 oz 1% Milk
<b>18</b>  <b>Breakfast</b> 1 oz (½ c) Yogurt 2 oz (1) WG Chocolate Chip Muffin ½ c Pears 6 oz 1% Milk <b>Lunch</b> 2.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) (Pickle Slices) ½ c Baked Beans ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 ½ oz (1) Doritos (Nacho), 4 oz 1% Milk	<b>19</b>  <b>Breakfast</b> 1 oz (1) Turkey Sausage Patty ½ oz (¼ c) Rice Krispies Cereal ½ c Tropical Fruit 6 oz 1% Milk <b>Lunch</b> 1.75 oz (½ 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 <b>Snack</b> 1 oz (1) Sun Chips, 4 oz 1% Milk	<b>20</b>  <b>Breakfast</b> 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Chicken Hot Dog wrapped in WG Breading (2 oz) ½ c Green Beans ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk	<b>21</b>  <b>Breakfast</b> 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Bread ½ c Applesauce 6 oz 1% Milk <b>Lunch</b> 2 oz (5) Chicken Nuggets in WG Breading (1 oz grain) 1 oz (1 slice) WG Bread w/ Butter ½ c Mixed Vegetables ½ c Applesauce 6 oz 1% Milk <b>Snack</b> 1 oz (1) Chex Mix, 4 oz 1% Milk	<b>22</b>  <b>Breakfast</b> 1 oz (1 slice) Sausage/Cheese/Sauce on WG Pizza Crust (1 oz) ½ c (1) Raisins 6 oz 1% Milk <b>Lunch</b> 1 oz (1) Uncrustables wrapped in WG Breading (1 oz) 1 oz (1) Cheese Stick 1 ½ oz (1) Doritos (Nacho) ½ c Corn ½ c (1) Raisins 6 oz 1% Milk <b>Snack</b> ½ oz (2 rectangles) Grahams, 4 oz 1% Milk
<b>25</b>  <u>No School</u>  <u>Spring Break</u>	<b>26</b>  <u>No School</u>  <u>Spring Break</u>	<b>27</b>  <u>No School</u>  <u>Spring Break</u>	<b>28</b>  <u>No School</u>  <u>Spring Break</u>	<b>29</b>  <u>No School</u>  <u>Good Friday</u>

WG = Whole Grain; PB = Peanut Butter

For menus, classroom news and more visit: [www.twhsp.org](http://www.twhsp.org)