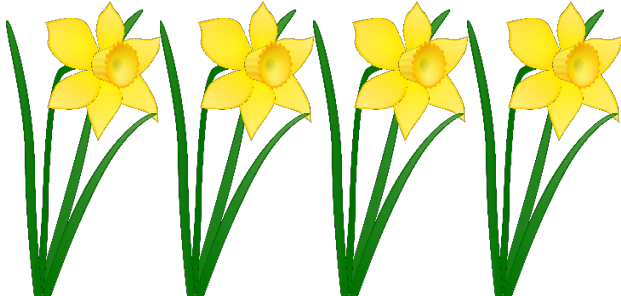


Tazewell Woodford Head Start

April 2024

Pekin Head Start

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 <u>No School</u> <u>Easter Monday</u> | 2 <u>No School</u> <u>Spring Break</u> | 3 <u>No School</u> <u>Spring Break</u> | 4 <u>No School</u> <u>Spring Break</u> | 5 <u>No School</u> <u>Spring Break</u> |
| 8 <u>Breakfast</u> 0.6 oz (1) Turkey Sausage Patty 1 oz (½ c) Oatmeal w/ Brown Sugar ½ c Grapes 6 oz 1% Milk <u>Lunch</u> 1.5 oz (2) Cheese Stick in Breading (Marinara) ½ c Cauliflower ¼ c Pears 6 oz 1% Milk <u>Snack</u> 1 oz (1) Sun Chips, 4 oz 1% Milk | 9 <u>Breakfast</u> 1.5 oz (2) Pork Sausage Link ½ oz (1) WG Pancake ½ c Cinnamon Apples 6 oz 1% Milk <u>Lunch</u> 2 oz (5) Chicken Nuggets in WG Breading (1 oz) ½ c Sweet Potato Tots ½ c Berry Smoothie 6 oz 1% Milk <u>Snack</u> ½ oz (4) Cheese & Crackers, 4 oz 1% Milk | 10 <u>Breakfast</u> 2 oz (1) WG Breakfast Pizza Square (1.25 oz grain) ½ c Mandarin Oranges 6 oz 1% Milk <u>Lunch</u> 1.75 oz (1) Mini Meatloaf 1.25 oz (1) WG Roll ½ c Mashed Potatoes ¼ c Peaches 6 oz 1% Milk <u>Snack</u> ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk | 11 <u>Breakfast</u> 1 oz (½ c) Yogurt 1 oz (1) WG Waffle ½ c Apple 6 oz 1% Milk <u>Lunch</u> 3.8 oz (1 c) Turkey/Bean in Chili Sauce 1 oz (1) WG Cornbread Muffin 2/3 c Pinto Beans (in Chili) ¼ c Strawberries 6 oz 1% Milk <u>Snack</u> 1 oz (1) Hard Pretzels, 4 oz 1% Milk | 12 <u>No School</u> <u>Professional Development Day</u> |
| 15 <u>Breakfast</u> 2 oz (½ c) Cottage Cheese ½ oz (½ c) Frosted Mini Cereal ½ c Strawberries 6 oz 1% Milk <u>Lunch</u> 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c Broccoli ¼ c Peaches 6 oz 1% Milk <u>Snack</u> 1 oz (1) Cheez-its, 4 oz 1% Milk | 16 <u>Breakfast</u> 1.5 oz (2) Pork Sausage Link 1 oz (3) WG French Toast Sticks ½ c Pears 6 oz 1% Milk <u>Lunch</u> 2 oz Carved Turkey w/ Gravy 1 oz (1) WG Bread w/ Butter ½ c Mashed Potatoes ¼ c Cinnamon Apples 6 oz 1% Milk <u>Snack</u> ½ c (1) Applesauce Cup, 4 oz 1% Milk | 17 <u>Breakfast</u> 2 slices Bacon 1 oz (1) WG Toast w/ Jelly ½ c Oranges 6 oz 1% Milk <u>Lunch</u> 1.5 oz (7 pieces) Beef Ravioli w/ Marinara/Meat Sauce 1 oz (1) WG Breadstick ½ c Green Beans ¼ c Peaches 6 oz 1% Milk <u>Snack</u> ½ c Grapes, 4 oz 1% Milk | 18 <u>Breakfast</u> 2 oz (1) Hard-boiled Egg 2 oz (1) WG Banana Square ½ c Grapes 6 oz 1% Milk <u>Lunch</u> 2 oz (1) "Lunchable" (Salami, Turkey, Cheese) 1 oz (½) WG Naan Pita Bread ½ c Carrots w/ Ranch ¼ c Apple 6 oz 1% Milk <u>Snack</u> 1 oz (1) Sun Chips, 4 oz 1% Milk | 19 <u>Breakfast</u> 1.5 oz (½ c) Ham/Egg/Cheese Hashbrown Casserole ½ c Fruit Cocktail 6 oz 1% Milk <u>Lunch</u> 2 oz BBQ Pulled Pork on WG Bun (2 oz) ½ c Tator Tots ¼ c Pineapple 6 oz 1% Milk <u>Snack</u> ½ oz (1 tbs) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk |
| 22 <u>Breakfast</u> 1.4 oz (1) Turkey Sausage Patty/Cheese on 2 oz (1) WG English Muffin ½ c (1) Banana 6 oz 1% Milk <u>Lunch</u> 2 oz (1) Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Carrots ¼ c Pears 6 oz 1% Milk <u>Snack</u> 1 oz (10) Tortilla Chips w/ Salsa, 4 oz 1% Milk | 23 <u>Breakfast</u> 1 oz (½ c) Yogurt 1 oz (½ c) WG Frosted Mini Wheats ½ c Grapes 6 oz 1% Milk <u>Lunch</u> 1.5 oz (¼ c) Taco Beef over ½ oz (16) Corn Chips (Cheese, Lettuce, Sour Cream) ½ c Corn ¼ c Mango 6 oz 1% Milk <u>Snack</u> 1 oz (1) Hard Pretzels, 4 oz 1% Milk | 24 <u>Breakfast</u> 1.5 oz (2) Pork Sausage Link 1 oz (1) WG Waffle ½ c Strawberries 6 oz 1% Milk <u>Lunch</u> 1.5 oz (4) Meatballs w/ Marinara on WG Bun ½ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk <u>Snack</u> ½ c (2/3 c) Dried Fruit/Cereal Snack Mix (½ oz grain), 4 oz 1% Milk | 25 <u>Breakfast</u> ½ c Scrambled Eggs 1 oz (1) WG Toast w/ Jelly ½ c Pineapple 6 oz 1% Milk <u>Lunch</u> 2.5 oz (5) Fish Nuggets in WG Breading (1.8 oz) ½ c Oven Potatoes ¼ c (½) Banana 6 oz 1% Milk <u>Snack</u> ½ oz (22) Goldfish, 4 oz 1% Milk | 26 <u>Breakfast</u> 1.5 oz Egg/Cheese on WG Bagel (2 oz) ½ c Apple 6 oz 1% Milk <u>Lunch</u> 1.25 oz (1) Pork Sausage/Cheese on WG Pizza Bagel (2 oz) ½ c Carrots w/ Ranch ¼ c Grapes 6 oz 1% Milk <u>Snack</u> 1 oz Cheese Stick, 4 oz 1% Milk |
| 29 <u>Breakfast</u> 1 oz (½ c) Yogurt 1 oz (1) WG Waffle ½ c Fruit Cocktail 6 oz 1% Milk <u>Lunch</u> 2 oz Hot Ham/Cheese on WG Slider (1.25 oz) ½ c Salad w/ Ranch ¼ c Pears 6 oz 1% Milk <u>Snack</u> ½ oz (2 squares) Graham Crackers, 4 oz 1% Milk | 30 <u>Breakfast</u> 1 oz (¼ c) Pork Sausage Gravy over (1) WG Biscuit (2.25 oz) ½ c Apple 6 oz 1% Milk <u>Lunch</u> 2.5 oz (¼ c) Chicken/Cheese Quesadilla on WG Tortilla (1 oz) ½ c Corn ¼ c Grapes 6 oz 1% Milk <u>Snack</u> 1 oz (1) Animal Crackers, 4 oz 1% Milk |  | | |

WG = Whole Grain