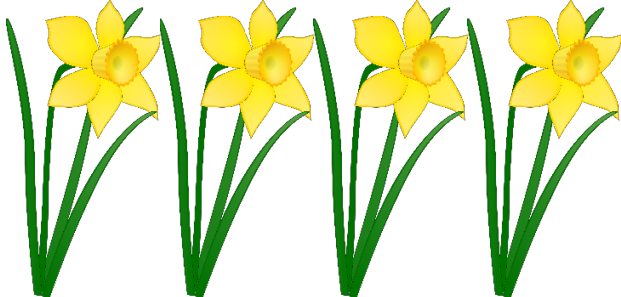


Tazewell Woodford Head Start

April 2024

Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
1 <p style="text-align: center; color: red;">No School</p> <p style="text-align: center; color: red;">Easter Monday</p>	2 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Cheese Stick ½ oz (1) Kix Cereal ½ c (1) Honey Cran Trail Mix 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>1.5 oz (¼ c) Taco Beef w/ Cheese over 2 oz (1) Tortilla Chips ½ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>½ c (1) Dried Fruit, 4 oz 1% Milk</p>	3 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c Apricots 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (1) WG Breaded Chicken Patty (1 oz grain) on WG Bun (2 oz) ½ c Corn ¼ c Peaches 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Pop Corners, 4 oz 1% Milk</p>	4 <p style="text-align: center;">Breakfast</p> <p>1 oz (½ c) Yogurt w/ Granola ½ oz (1) Corn Flakes Cereal ½ c (1) Craisins 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (1) BBQ Rib Patty on WG Bun (2 oz) ½ c Baked Beans ¼ c Fruit Mix 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Sport Bites, 4 oz 1% Milk</p>	5 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Scrambled Egg/Cheese/ Hashbrowns in WG Breading (1.25 oz) 1 oz (1) WG Blueberry Muffin ½ c Applesauce 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (4) Chicken Fries in WG Breading (1 oz) ½ c Fresh Carrots w/ Dip ¼ c Apricots 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Sunflower Seeds, 4 oz 1% Milk</p>
8 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Cheese Cubes 1 oz (1) Toasted O's Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>1.5 oz (¾ c) Beefy Macaroni over Pasta (1.5 oz) 1 oz (1) WG Banana Muffin ½ c Corn ¼ c Pears 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1.25 oz (1) Sun Chips, 4 oz 1% Milk</p>	9 <p style="text-align: center;">Breakfast</p> <p>2 oz (1) Egg/Cheese Omelet 2 oz (1) Oatmeal Rounds ½ c (1) Raisins 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (3) Chicken Strips in WG Breading (1 oz) ½ c Green Beans ¼ c Apricots 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Lil Grahams, 4 oz 1% Milk</p>	10 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz) ½ c Tropical Fruit 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>1.8 oz (1) Pork Tenderloin on WG Bun (2 oz) ½ c Romaine Lettuce ¼ c Hot Apples 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>½ c (1) Honey Cran Trail Mix, 4 oz 1% Milk</p>	11 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Cheese Stick 1 oz (1) Mini Wheats Cereal ½ c (1) Craisins 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (2) Sausage Patty 1 oz (4) WG Mini Pancakes w/ Syrup ½ c Cheesy Potatoes ¼ c Blueberries 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Animal Crackers, 4 oz 1% Milk</p>	<p style="text-align: center; color: red;">No School</p> <p style="text-align: center; color: red;">Professional Development Day</p>
15 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Cheese Stick 1 oz (1) Rice Chex Cereal ½ c (1) Craisins 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (1 c) Chicken & Noodles (1 oz grain) 1 oz (1) WG Bread w/ Butter ½ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Bel Vita Grahams, 4 oz 1% Milk</p>	16 <p style="text-align: center;">Breakfast</p> <p>2 oz (½ c) Cottage Cheese 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c Mandarin Oranges 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (2) Cheese Bosco Sticks wrapped in WG Breading (2 oz) (Marinara) ½ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>½ oz (1) Popcorn, 4 oz 1% Milk</p>	17 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Sunflower Seeds 2 oz (1) WG Pancake Bowl w/ ½ c Blueberries 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (1) Beef Patty on WG Bun (2 oz) (Pickles) ½ c (7) Hashbrown Starz ¼ c Corn 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk</p>	18 <p style="text-align: center;">Breakfast</p> <p>2 oz (1) Egg/Cheese Omelet ½ oz (1) Crisp Rice Cereal ½ c Apricots 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>1.6 oz (4) Chicken O's 1 oz (1) WG Bread w/ Butter ½ c Romaine Lettuce ¼ c Peaches 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk</p>	19 <p style="text-align: center;">Breakfast</p> <p>1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Apple Cinnamon Muffin ½ c (1) Honey Cran Trail Mix 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (1) Cheese Quesadilla on WG Breading (2.25 oz) 2.25 oz (1) Tortilla Chips w/ Salsa ½ c Fresh Veggies w/ Dip ¼ c Pineapple 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Fritos, 4 oz 1% Milk</p>
22 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Scrambled Egg/Cheese/ Hashbrowns in WG Breading (1.25 oz) ½ oz (1) Crisp Rice Cereal ½ c Applesauce 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>1.5 oz Turkey/Cheese on WG Tortilla (1 oz) ½ c Carrots w/ Dip ¼ c Fresh Fruit 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Cheez-its, 4 oz 1% Milk</p>	23 <p style="text-align: center;">Breakfast</p> <p>2 oz (½ c) Cottage Cheese 2 oz (1) Oatmeal Rounds ½ c (1) Raisins 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (2) Sausage Patty 1 oz (4) Mini French Toast w/ Syrup ½ c (1) Hashbrown Patty ¼ c Fresh Fruit 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Hard Pretzels, 4 oz 1% Milk</p>	24 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c (1) Dried Fruit 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>1.5 oz Chicken Taco on WG Tortilla (1 oz) (Lettuce, Tomato, Cheese, Sour Cream) ½ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Dino Bites, 4 oz 1% Milk</p>	25 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Cheese Cubes ½ oz (1) Corn Flakes Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (1) Hot Dog on WG Bun (2 oz) ½ c Baked Beans ¼ c Pears 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) WG Apple Cinnamon Muffin, 4 oz 1% Milk</p>	26 <p style="text-align: center;">Breakfast</p> <p>1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz) ½ c (1) Craisins 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (6) Mini Hot Dog in WG Breading (2 oz) ½ c Macaroni & Cheese ½ c Green Beans ¼ c Fruit Mix 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>½ oz (1) Goldfish, 4 oz 1% Milk</p>
29 <p style="text-align: center;">Breakfast</p> <p>2 oz (½ c) Cottage Cheese 1 oz (1) Mini Wheats Cereal ½ c (1) Raisins 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (4) Chicken Nuggets in WG Breading (1 oz) ½ c Mashed Potatoes w/ Gravy ¼ c Pears 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1 oz (1) Sunflower Seeds, 4 oz 1% Milk</p>	30 <p style="text-align: center;">Breakfast</p> <p>2 oz (1) Egg/Cheese Omelet ½ oz (1) Crisp Rice Cereal ½ c (1) Dried Fruit 6 oz 1% Milk</p> <p style="text-align: center;">Lunch</p> <p>2 oz (1 slice) Cheese/Sauce on WG Pizza Crust (2 oz) ½ c Corn ¼ c Applesauce 6 oz 1% Milk</p> <p style="text-align: center;">Snack</p> <p>1.5 oz (1) Doritos (Nacho), 4 oz 1% Milk</p>			

WG = Whole Grain

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