

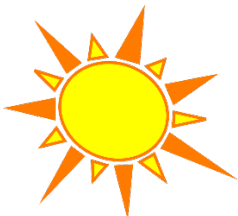
Tazewell Woodford Head Start

May 2024

Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><b>Breakfast</b> 1.5 oz (½ c) Scrambled Eggs 1 slice WG Toast (1 oz) ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Turkey &amp; Cheese on WG Bread (2 oz) 1 oz (15) Cheddar Sun Chips ½ c Carrot Sticks ¼ c Mixed Fruit 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>	<p><b>2</b></p> <p><b>Breakfast</b> 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Fruit Cocktail 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (3) Chicken Teriyaki Bites ¼ c Rice ½ c Corn ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>3</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) Toasted Oats Cereal ½ c (1) Banana 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Cheese on WG Pizza Crust (2 oz) ½ c Carrot Sticks w/ Ranch ¼ c (½) Banana 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 tbsp) PB &amp; J on 1 oz (1) WG Bread, 4 oz 1% Milk</p>
<p><b>6</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) Toasted Oats Cereal ½ c Grapes 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (1) Grilled Cheese on WG Bread (2 oz) ¼ c Potato Smiles ½ c Cooked Broccoli ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p><b>7</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 1 oz (1) WG Pancake w/ Syrup ½ c Grapes 6 oz 1% Milk</p> <p><b>Lunch</b> 1.75 oz (1) Pork Tenderloin (1.25 oz grain) on WG Bun (2 oz) ¼ c Au Gratin Potatoes ½ c Corn ¼ c Grapes 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Ritz Bites, 4 oz 1% Milk</p>	<p><b>8</b></p> <p><b>Breakfast</b> 1.5 oz (1) Egg Patty &amp; Ham w/ Cheese on WG Bun (2 oz) ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (½ c) Ground Beef w/ Cheese Sauce over 1 oz (10) WG Tortilla Chips ½ c Corn ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>	<p><b>9</b></p> <p><b>Breakfast</b> 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1 c) Popcorn Chicken in WG Breading ¼ c Mashed Potatoes w/ Gravy ½ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>10</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) Toasted Oats Cereal ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Sausage/Cheese on WG Pizza Crust (2 oz) ½ c Hot Carrots ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>
<p><b>13</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) Toasted Oats Cereal ½ c Peaches 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Hot Dog on WG Bun (2 oz) 1 oz (16) Original Sun Chips ½ c Mixed Veggies ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p><b>14</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 1.5 oz (2) WG French Toast Sticks ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) 1 oz (16) Original Sun Chips ½ c Carrots ¼ c Apple Slices 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Ritz Bites, 4 oz 1% Milk</p>	<p><b>15</b></p> <p><b>Breakfast</b> 1.5 oz (½ c) Scrambled Eggs 1 slice WG Toast (1 oz) ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Taco Meat on WG Tortilla (1 oz) (Cheese/Lettuce) ½ c Corn ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast</b> 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (4) Chicken Nuggets in WG Breading (0.75 oz) ½ c Peas ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>17</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick 1 oz (1) Toasted Oats Cereal ½ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Cheese on WG Pizza Crust (2 oz) ½ c Carrot Sticks w/ Ranch ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 tbsp) PB &amp; J on 1 oz (1) WG Bread, 4 oz 1% Milk</p>

WG = Whole Grain



Have a great summer break!!!



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