

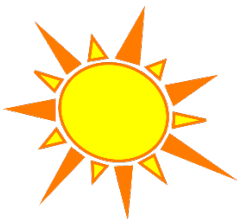
Tazewell Woodford Head Start

May 2024

Family Center Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Breakfast 1.5 oz (1) Egg Patty/Cheese on 1 oz (½) WG English Muffin ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Turkey Hot Dog on WG Bun (1 oz) ½ c Oven Potatoes ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 1 oz (½ c) Strawberry Yogurt 1 oz (1) Granola Bites ½ c (12) Hashbrown Coins 6 oz 1% Milk</p> <p>Lunch 2 oz (4) Fish Nuggets in WG Breading (1.5 oz grain) (Tartar Sauce) ½ c Green Beans ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk</p>	<p>3</p> <p>Breakfast 1 oz (2) Sausage Links 2 oz (½) WG Bagel w/ Cream Cheese ½ c Orange Slices 6 oz 1% Milk</p> <p>Lunch 1.75 oz (½ c) Beef Spaghetti w/ WG Pasta (½ oz) ½ c Corn ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz Cheese/Salami w/ Crackers, 4 oz 1% Milk</p>
<p>6</p> <p>Breakfast 3 oz (1) Egg/Cheese Omelet 1 oz (½) WG English Muffin w/ Jelly ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1.6 oz (8) Mini Corn Dogs wrapped in WG Breading (2 oz) ½ c Green Beans ¼ c (½) Banana 6 oz 1% Milk</p> <p>Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk</p>	<p>7</p> <p>Breakfast 2 oz (6) Little Smokies 1 oz (1) WG Banana Muffin ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c California Blend Veggies ¼ c Diced Pears 6 oz 1% Milk</p> <p>Snack ½ oz (1) Goldfish Crackers, 4 oz 1% Milk</p>	<p>8</p> <p>Breakfast 1 oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 2 oz (1) WG Chicken Patty (1 oz grain) on WG Bun (½ oz) ½ c Cooked Peas ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1) Strawberry Yogurt Chex, 4 oz 1% Milk</p>	<p>9</p> <p>Breakfast 2 oz (½ c) Cottage Cheese 1 oz (12) Blueberry Muffin Mini Wheats ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 1 oz (1) Sunbutter & Grape Jelly Sandwich in WG Breading (1.5 oz) 1 oz (1) Cheese Stick ½ c Baby Carrots w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk</p> <p>Snack 1 oz (7) Cheese Cubes, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 1 oz (1) Turkey Sausage Patty 1.25 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Raspberries 6 oz 1% Milk</p> <p>Lunch 2 oz (2) Cheese Max Stick in WG Breading (2 oz) (Marinara) ½ c Cucumber Slices w/ Ranch ¼ c Apple Slices 6 oz 1% Milk</p> <p>Snack ½ oz (1) Goldfish Pretzels, 4 oz 1% Milk</p>
<p>13</p> <p>Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese over 1 oz (1) WG Tortilla (Salsa) ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 2 oz (4) Chicken Nuggets in WG Breading (1 oz) ½ c Au Gratin Potatoes ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack 1 oz (1) Sun Chips, 4 oz 1% Milk</p>	<p>14</p> <p>Breakfast 1 oz (1) Turkey Sausage Patty 1 oz (½) WG English Muffin w/ Jelly ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.75 oz (½ c) Turkey Tacos over 1 oz (1) WG Tortilla (Lettuce, Salsa, Cheese) ½ c Roasted Corn w/ Peppers ¼ c Pear Slices 6 oz 1% Milk</p> <p>Snack 1 oz (1) WG Soft Pretzel w/ Cheese, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 1 oz (1) Cheese Stick 1 oz (1) Apple Cinnamon Muffin ½ c Watermelon 6 oz 1% Milk</p> <p>Lunch 1.75 oz (1) BBQ Pork Rib Patty on WG Bun (½ oz) ½ c (4) Potato Smiles ¼ c Blueberries 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 1 oz (½ c) Blueberry Yogurt ¾ oz (¼ c) Granola ½ c (2) Hashbrown Triangle 6 oz 1% Milk</p> <p>Lunch 1.25 oz (1) Chicken Drumstick 1 oz (1) WG Dinner Roll ¼ c Baked Beans (1 oz M/MA) ½ c Tossed Salad w/ Ranch ¼ c (1) Cutie 6 oz 1% Milk</p> <p>Snack 0.75 oz (1) Teddy Grahams, 4 oz 1% Milk</p>	<p>17</p> <p>Breakfast 1 oz (2) Sausage Links 1.25 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Tropical Fruit 6 oz 1% Milk</p> <p>Lunch 1.5 oz (1) Pepperoni/Cheese Pizza on WG Crust (1 oz) ½ c Hot Carrots ¼ c Red Grapes 6 oz 1% Milk</p> <p>Snack ½ c (1) Applesauce Cup, 4 oz 1% Milk</p>

WG = Whole Grain; SF = Sugar Free; M/MA = Meat/Meat Alternative



Have a great summer break!!!



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