


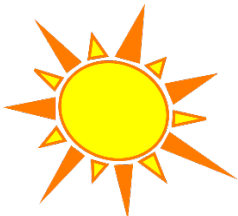
Tazewell Woodford Head Start

May 2024

Hensey Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.5 oz (3) Cheese Bites wrapped in WG Breading (1.5 oz) w/ Marinara ½ c Tossed Salad ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 2 slices Bacon 2 oz (1) WG Banana Bread ½ c (1) Apple Crisps 6 oz 1% Milk</p> <p>Lunch 1.5 oz Cheese Sauce over ¼ c Tortilla Chips (Salsa) ¼ c Refried Beans ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1) Wheat Thins, 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 2 slices Bacon 2 oz (1) WG Chocolate Chip Muffin ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Chicken Hot Dog wrapped in WG Breading (2 oz) ½ c Green Beans ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Snack 1.25 oz (1) Sun Chips, 4 oz 1% Milk</p>	<p>7</p> <p>Breakfast 1.25 oz (3) Sausage Links 1 oz (1) WG Pancake ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 1 oz (1) Uncrustables wrapped in WG Breading (1 oz) 1 oz (1) Cheese Stick 1 oz (1) Goldfish Crackers ½ c Baby Carrots ½ c (1) Raisins 6 oz 1% Milk</p> <p>Snack 1 oz (1) Funyuns, 4 oz 1% Milk</p>	<p>8</p> <p>Breakfast 1.5 oz (3 tbsp) Peanut Butter on 1 slice WG Toast (1 oz grain) ½ oz (1) WG Cereal ½ c Pears 6 oz 1% Milk</p> <p>Lunch 1 oz (¼ c) Cheese Sauce w/ 1 WG Soft Pretzel (2 oz grain) 1 oz (1) Cheese Stick ½ c Broccoli w/ Dip ¼ c Pears 6 oz 1% Milk</p> <p>Snack 1.25 oz (1) Tostitos, 4 oz 1% Milk</p>	<p>9</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Blueberry Bread ½ c Applesauce 6 oz 1% Milk</p> <p>Lunch 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 ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack 1 oz (1) Goldfish Crackers, 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 1.25 oz (3) Sausage Links 2 oz (1) WG Blueberry Muffin ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 2.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) (Pickle Slices) ½ c Tater Tots ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p>Snack 1 oz (½ c) Yogurt w/ Granola (1 oz), 4 oz 1% Milk</p>	<p>14</p> <p>Breakfast 2 slices Bacon 1 oz (2) WG French Toast Sticks ½ c Mixed Fruit 6 oz 1% Milk</p> <p>Lunch 1.6 oz (5) Turkey Sausages wrapped in WG Pancake (1.6 oz) ½ c Corn ¼ c Mixed Fruit 6 oz 1% Milk</p> <p>Snack ½ oz (1 tbsp) PB&J on 1 oz (1 slice) WG Bread, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 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</p> <p>Lunch 1.5 oz Bologna/Salami/Ham on WG Roll 1 ½ oz (1) Doritos (Nacho) ¼ c Baby Carrots w/Dip ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 1 oz (1) Chex Mix, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 1 oz (½ c) Yogurt 2 oz (1) WG Banana Bread ½ c Pineapple 6 oz 1% Milk</p> <p>Lunch 2 oz (½ c) Mandarin Orange Chicken ¼ c Steamed Rice ½ c Broccoli ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack ½ oz (2 rectangles) 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



Have a great summer break!!!



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