

Tazewell Woodford Head Start

May 2024

Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Breakfast 1 oz (1) Egg/Cheese Omelet 1 oz (1) WG Toast w/ Jelly ½ c Orange 6 oz 1% Milk</p> <p>Lunch 2 oz (1 c) Beef Spaghetti over WG Pasta (1 oz) 1 oz (1) WG Garlic Breadstick ½ c Hot Carrots ¼ c Pineapple 6 oz 1% Milk</p> <p>Snack 1 oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p>2</p> <p>Breakfast 0.6 oz (1) Turkey Sausage Patty ½ oz (¾ c) Kix Cereal ½ c Peaches 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ½ c Tater Tots ¼ c Applesauce 6 oz 1% Milk</p> <p>Snack ½ oz (22) Goldfish, 4 oz 1% Milk</p>	<p>3</p> <p>Breakfast 2 oz (¼ c) Breakfast Burrito on WG Tortilla (1 oz) ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 2 oz (1) Turkey Hot Dog on WG Bun 1 oz (1) Multigrain Sun Chips ½ c Baked Beans ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack ½ c (1) Banana, 4 oz 1% Milk</p>
<p>6</p> <p>Breakfast 0.6 oz (1) Turkey Sausage Patty 1 oz (½ c) Oatmeal w/ Brown Sugar ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 1.5 oz (2) Cheese Stick in Breading (Marinara) ½ c Cauliflower ¼ c Pears 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p>7</p> <p>Breakfast 1.5 oz (2) Pork Sausage Link ½ oz (1) WG Pancake ½ c Cinnamon Apples 6 oz 1% Milk</p> <p>Lunch 2 oz (5) Chicken Nuggets in WG Breading (1 oz) ½ c Sweet Potato Tots ½ c Berry Smoothie 6 oz 1% Milk</p> <p>Snack ½ oz (4) Cheese & Crackers, 4 oz 1% Milk</p>	<p>8</p> <p>Breakfast 2 oz (1) WG Breakfast Pizza Square (1.25 oz grain) ½ c Mandarin Oranges 6 oz 1% Milk</p> <p>Lunch 1.75 oz (1) Mini Meatloaf 1.25 oz (1) WG Roll ½ c Mashed Potatoes ¼ c Peaches 6 oz 1% Milk</p> <p>Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk</p>	<p>9</p> <p>Breakfast 1 oz (½ c) Yogurt 1 oz (1) WG Waffle ½ c Apple 6 oz 1% Milk</p> <p>Lunch 3.8 oz (1 c) Turkey/Bean in Chili Sauce 1 oz (1) WG Combread Muffin 2/3 c Pinto Beans (in Chili) ¼ c Strawberries 6 oz 1% Milk</p> <p>Snack 1 oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p>10</p> <p>Breakfast 1 oz (1) Sliced Ham 2 oz (½) WG Bagel w/ Cream Cheese ½ c Fruit Cocktail 6 oz 1% Milk</p> <p>Lunch 1.5 oz (1) Grilled Cheese on WG Bread (2 oz) ½ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p>Snack ½ c Carrots w/ Ranch, 4 oz 1% Milk</p>
<p>13</p> <p>Breakfast 2 oz (½ c) Cottage Cheese ½ oz (½ c) Frosted Mini Cereal ½ c Strawberries 6 oz 1% Milk</p> <p>Lunch 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c Broccoli ¼ c Peaches 6 oz 1% Milk</p> <p>Snack 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p>14</p> <p>Breakfast 1.5 oz (2) Pork Sausage Link 1 oz (3) WG French Toast Sticks ½ c Pears 6 oz 1% Milk</p> <p>Lunch 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</p> <p>Snack ½ c (1) Applesauce Cup, 4 oz 1% Milk</p>	<p>15</p> <p>Breakfast 2 slices Bacon 1 oz (1) WG Toast w/ Jelly ½ c Oranges 6 oz 1% Milk</p> <p>Lunch 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</p> <p>Snack ½ c Grapes, 4 oz 1% Milk</p>	<p>16</p> <p>Breakfast 2 oz (1) Hard-boiled Egg 2 oz (1) WG Banana Square ½ c Grapes 6 oz 1% Milk</p> <p>Lunch 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</p> <p>Snack 1 oz (1) Sun Chips, 4 oz 1% Milk</p>	<p>17</p> <p>Breakfast 1.5 oz (½ c) Ham/Egg/Cheese Hashbrown Casserole ½ c Fruit Cocktail 6 oz 1% Milk</p> <p>Lunch 2 oz BBQ Pulled Pork on WG Bun (2 oz) ½ c Tator Tots ¼ c Pineapple 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>

WG = Whole Grain; PB = Peanut Butter



Have a great summer break!!!

