


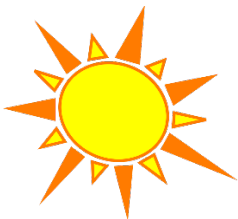
Tazewell Woodford Head Start

May 2024

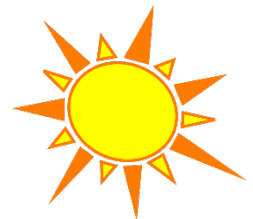
Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><u>1</u></p> <p><b>Breakfast</b> 1 oz (1) Scrambled Egg/Cheese/Hashbrowns in WG Breading (1.25 oz) 1 oz (1) Toasted O's Cereal ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (2) Sausage Patty 1 oz (4) Mini Waffles w/ Syrup ½ c (9) Hashbrown Sticks ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk</p>	<p><u>2</u></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Cheese wrapped in WG Breading (1 oz) ½ c (1) Craisins 6 oz 1% Milk</p> <p><b>Lunch</b> 1.75 oz (1) BBQ Pork Rib Patty on WG Bun (½ oz) ½ c Romaine Lettuce ¼ c Fruit Mix 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><u>3</u></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt w/ Granola 2 oz (1) Oatmeal Rounds ½ c (1) Honey Cran Trial Mix 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (4) Chicken Fries in WG Breading (1 oz) ½ c Green Beans ¼ c Fresh Fruit 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Bel Vita Grahams, 4 oz 1% Milk</p>
	<p><u>6</u></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Kix Cereal ½ c (1) Dried Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1 c) Beef Spaghetti over ¼ c WG Pasta (2 oz) 1.5 oz (1) WG Garlic Breadstick ½ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1.5 oz (1) Doritos (Nacho), 4 oz 1% Milk</p>	<p><u>7</u></p> <p><b>Breakfast</b> 1 oz (1) Scrambled Egg/Cheese/Hashbrowns in WG Breading (1.25 oz) 1 oz (1) WG Blueberry Muffin ½ c (1) Dried Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (3) Chicken Zoo Crew in WG Breading (1.25 oz) ½ c Cooked Carrots ¼ c Fruit Mix 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Sport Bites, 4 oz 1% Milk</p>	<p><u>8</u></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick ½ oz (1) Corn Flakes Cereal ½ c (1) Raisins 6 oz 1% Milk</p> <p><b>Lunch</b> 1.8 oz (1) Pork Tenderloin on WG Bun (2 oz) ½ c Baked Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Sunflower Seeds, 4 oz 1% Milk</p>	<p><u>9</u></p> <p><b>Breakfast</b> 1 oz (1) Egg/Sausage/Bacon/Sauce on WG Bagel (1.75 oz) ½ c (1) Craisins 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) WG Breaded Chicken Patty (1 oz) on WG Bun (2 oz) ½ c Corn ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz Cheese Slices w/ Crackers, 4 oz 1% Milk</p>
<p><u>13</u></p> <p><b>Breakfast</b> 1 oz (1) Cheese Cubes 1 oz (1) Toasted O's Cereal ½ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 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><b>Snack</b> 1 oz (1) Bug Bites, 4 oz 1% Milk</p>	<p><u>14</u></p> <p><b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c (1) Honey Cran Trial Mix 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Cheese Quesadilla on WG Breading (2.25 oz) 2.25 oz (1) Tortilla Chips w/ Salsa ½ c Corn ¼ c Tropical Fruit 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Crunchy Cheetos, 4 oz 1% Milk</p>	<p><u>15</u></p> <p><b>Breakfast</b> 2 oz (1) Egg/Cheese Omelet 1 oz (1) Rice Chex Cereal ½ c (1) Craisins 6 oz 1% Milk</p> <p><b>Lunch</b> 3 oz (2/3 c) Sloppy Joe w/ 1 oz (1) Fritos ½ c Green Beans ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Lil Grahams, 4 oz 1% Milk</p>	<p><u>16</u></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt w/ Granola 1 oz (1) Mini Wheats Cereal ½ c Apricots 6 oz 1% Milk</p> <p><b>Lunch</b> 1.6 oz (4) Chicken O's 1 oz (1) WG Bread w/ Butter ½ c Carrots ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> 1.25 oz (1) Sun Chips, 4 oz 1% Milk</p>	<p><u>17</u></p> <p><b>Breakfast</b> 1 oz (1) Scrambled Egg/Cheese/Hashbrowns in WG Breading (1.25 oz) 1 oz (1) WG Apple Cinnamon Muffin ½ c (1) Dried Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (2) Sausage Patty 1 oz (4) WG Mini Pancakes w/ Syrup ½ c (7) Hashbrown Starz ¼ c Blueberries 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Goldfish, 4 oz 1% Milk</p>

WG = Whole Grain



Have a great summer break!!!



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