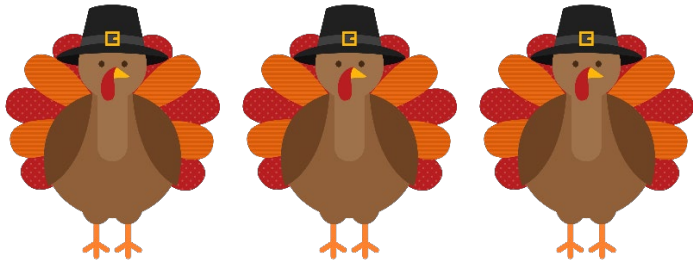








Tazewell Woodford Head Start

November 2024

** = Thanksgiving Feast Day

Family Center Head Start – 8 am Classes Only

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast 2.5 oz (1) Turkey Sausage Patty 1 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Tropical Fruit 6 oz 1% Milk Lunch 1.5 oz (1) GF Beef Meatloaf Ball 1 oz (1) WG Bread w/ Butter ½ c Green Beans ¼ c Raspberries 6 oz 1% Milk Snack 1 oz (1) WG Cheez-its, 4 oz 1% Milk
4 Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese 1 oz (½) WG Toasted Bagel w/ Cream Cheese ½ c Hashbrown Coins (Ketchup) 6 oz 1% Milk Lunch 1.5 oz (6) Mini Corn Dogs wrapped in WG Breading (1.5 oz) (Ketchup) ½ c Glazed Baby Carrots ¼ c Red Grapes 6 oz 1% Milk Snack ½ c (1) Banana, 4 oz 1% Milk	5  Election Day	6 Breakfast ¾ oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Peaches 6 oz 1% Milk Lunch 1.5 oz (1) Cheese Pizza on WG Crust (1 oz) ½ c Corn ¼ c Watermelon 6 oz 1% Milk Snack 1 oz (1) Cheese Stick, 4 oz 1% Milk	7 Breakfast 1 oz (½ c) Vanilla Yogurt 1 oz (¼ c) WG Granola ½ c Strawberries 6 oz 1% Milk Lunch 1.5 oz (1 c) Broccoli Cheddar Soup ½ oz (1) Garlic Breadstick ½ c Tossed Salad w/ Ranch ¼ c Cinnamon Applesauce 6 oz 1% Milk Snack 1 oz (7) WG Tortilla Chips w/ Salsa, 4 oz 1% Milk	8 Breakfast 1 oz (2) Pork Sausage Links 1 oz (2) French Toast Sticks w/ SF Syrup ½ c Tropical Fruit 6 oz 1% Milk Lunch 2.5 oz (2) Chicken Drumsticks 1 oz (1) WG Dinner Roll ¼ c Baked Beans ½ c (1) Cutie 6 oz 1% Milk Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk
11  Veteran's Day	12 Breakfast 2 slices Pork Bacon ½ oz (¼ c) Rice Krispies ½ c Hashbrown Coins (Ketchup) 6 oz 1% Milk Lunch 1.5 oz (½) Grilled Cheese on 1 slice WG Bread (1 oz) ½ c Tomato Soup ¼ c Celery w/ Ranch ¼ c Fruit Mix 6 oz 1% Milk Snack ½ c Apple Slices w/ Wowbutter, 4 oz 1% Milk	13 Breakfast 1 oz (½ c) Strawberry Yogurt 1 oz (1) Apple Cinnamon Muffin ½ c Pears 6 oz 1% Milk Lunch 1.5 oz (1 c) Chicken & WG Noodles (1.25oz) ½ c Corn ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) WG Soft Pretzel w/ Cheese, 4 oz 1% Milk	14 Breakfast 2 oz (¼ c) Cottage Cheese 1 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (1) Turkey Hot Dog on WG Bun (2 oz) (Ketchup) ½ c Oven Potatoes ¼ c Tropical Fruit 6 oz 1% Milk Snack ½ oz (7) Apple Cinnamon Rice Cakes, 4 oz 1% Milk	15 Breakfast 2.5 oz (1) Turkey Sausage Patty 1.75 oz (¾ c) Banana Oatmeal ½ c Raspberries 6 oz 1% Milk Lunch 1.75 oz (½ c) Beef Spaghetti w/ WG Pasta (½ oz) (Parmesan) ½ c Baby Carrots w/ Ranch ½ c (1) Cutie 6 oz 1% Milk Snack 1 oz Cheese Slices w/ Crackers, 4 oz 1% Milk
18 Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese 1 oz (½) WG Toasted Bagel w/ Cream Cheese ½ c (1) Banana 6 oz 1% Milk Lunch 2 oz (1) Chicken Parmesan over ¼ c WG Spaghetti (½ oz) (Parmesan) ½ c Green Beans ¼ c Red Grapes 6 oz 1% Milk Snack 1 oz (1) WG Strawberry Yogurt Chex Mix, 4 oz 1% Milk	19 Breakfast 1 oz (2) Pork Sausage Links 1 oz (1) WG Pancake w/ SF Syrup ½ c Strawberries 6 oz 1% Milk Lunch 2.4 oz (1) Beef Patty (Cheese) on WG Bun (2 oz) (Ketchup, Mayo) ½ c Cucumber Slices w/Ranch ¼ c Applesauce 6 oz 1% Milk Snack ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk	20 Breakfast ¾ oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (2) Cheese Max Stick in WG Breading (1.5 oz) (Marinara) ¼ c Tossed Salad w/Ranch ¼ c (1) Cutie 6 oz 1% Milk Snack 1 oz (1) WG Goldfish Crackers, 4 oz 1% Milk	21 Breakfast 1 oz (½ c) Blueberry Yogurt 1 oz (1) WG Granola Bites ½ c Fruit Mix 6 oz 1% Milk Lunch 3 oz (1 c) Tater Tot Casserole (½ c Vegetable in Casserole) 1 oz (1) WG Dinner Roll ½ c Peaches 6 oz 1% Milk Snack 1 oz (12) Blueberry Muffin Mini Waffles, 4 oz 1% Milk	22  Professional Development Day
25 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (2 halves) WG Toast w/ Butter & Jelly ½ c Pineapple 6 oz 1% Milk **Lunch** 1.5 oz Turkey Pot Roast 1 oz (1) WG Dinner Roll ¼ c Stuffing ¼ c Mashed Potatoes w/ Gravy ¼ c Green Bean Casserole ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	26 Breakfast 1 oz (½ c) Vanilla Yogurt 1 oz (10) WG Mini Spooners ½ c Strawberries 6 oz 1% Milk Lunch 1 oz (1) Sunbutter & Grape Jelly wrapped in WG Breading (1.5 oz) 1 oz (1) Cheese Stick ½ c Baby Carrots w/ Ranch ¼ c (1) Applesauce Cup 6 oz 1% Milk Snack 1 oz (1) WG Cheez-its, 4 oz 1% Milk	27  Fall Break	28  Thanksgiving Day	29  Fall Break

WG = Whole Grain; SF = Sugar Free; GF = Gluten Free


For menus, classroom news and more visit: www.twhsp.org

Tazewell Woodford Head Start

** = Thanksgiving Feast Day

November 2024

Family Center Head Start – 9 am Classes Only

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast 2.5 oz (1) Turkey Sausage Patty 1 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Tropical Fruit 6 oz 1% Milk Lunch 1.5 oz (1) GF Beef Meatloaf Ball 1 oz (1) WG Bread w/ Butter ½ c Green Beans ¼ c Raspberries 6 oz 1% Milk Snack 1 oz (1) WG Cheez-its, 4 oz 1% Milk
4 Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese 1 oz (½) WG Toasted Bagel w/ Cream Cheese ½ c Hashbrown Coins (Ketchup) 6 oz 1% Milk Lunch 1.5 oz (6) Mini Corn Dogs wrapped in WG Breading (1.5 oz) (Ketchup) ½ c Glazed Baby Carrots ¼ c Red Grapes 6 oz 1% Milk Snack ½ c (1) Banana, 4 oz 1% Milk	5  Election Day	6 Breakfast ¾ oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Peaches 6 oz 1% Milk Lunch 1.5 oz (1) Cheese Pizza on WG Crust (1 oz) ½ c Corn ¼ c Watermelon 6 oz 1% Milk Snack 1 oz (1) Cheese Stick, 4 oz 1% Milk	7 Breakfast 1 oz (½ c) Vanilla Yogurt 1 oz (¼ c) WG Granola ½ c Strawberries 6 oz 1% Milk Lunch 1.5 oz (1 c) Broccoli Cheddar Soup ½ oz (1) Garlic Breadstick ½ c Tossed Salad w/ Ranch ¼ c Cinnamon Applesauce 6 oz 1% Milk Snack 1 oz (7) WG Tortilla Chips w/ Salsa, 4 oz 1% Milk	8 Breakfast 1 oz (2) Pork Sausage Links 1 oz (2) French Toast Sticks w/ SF Syrup ½ c Tropical Fruit 6 oz 1% Milk Lunch 2.5 oz (2) Chicken Drumsticks 1 oz (1) WG Dinner Roll ½ c Baked Beans ½ c (1) Cutie 6 oz 1% Milk Snack ½ c Cucumber Slices w/ Ranch, 4 oz 1% Milk
11  Veteran's Day	12 Breakfast 2 slices Pork Bacon ½ oz (¼ c) Rice Krispies ½ c Hashbrown Coins (Ketchup) 6 oz 1% Milk Lunch 1.5 oz (½) Grilled Cheese on 1 slice WG Bread (1 oz) ½ c Tomato Soup ¼ c Celery w/ Ranch ¼ c Fruit Mix 6 oz 1% Milk Snack ½ c Apple Slices w/ Wowbutter, 4 oz 1% Milk	13 Breakfast 1 oz (½ c) Strawberry Yogurt 1 oz (1) Apple Cinnamon Muffin ½ c Pears 6 oz 1% Milk Lunch 1.5 oz (1 c) Chicken & WG Noodles (1.25oz) ½ c Corn ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) WG Soft Pretzel w/ Cheese, 4 oz 1% Milk	14 Breakfast 2 oz (¼ c) Cottage Cheese 1 oz (2) WG Waffle Sticks w/ SF Syrup ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (1) Turkey Hot Dog on WG Bun (2 oz) (Ketchup) ½ c Oven Potatoes ½ c Tropical Fruit 6 oz 1% Milk Snack ½ oz (7) Apple Cinnamon Rice Cakes, 4 oz 1% Milk	15 Breakfast 2.5 oz (1) Turkey Sausage Patty 1.75 oz (½ c) Banana Oatmeal ½ c Raspberries 6 oz 1% Milk Lunch 1.75 oz (½ c) Beef Spaghetti w/ WG Pasta (½ oz) (Parmesan) ½ c Baby Carrots w/ Ranch ½ c (1) Cutie 6 oz 1% Milk Snack 1 oz Cheese Slices w/ Crackers, 4 oz 1% Milk
18 Breakfast 1.5 oz (½ c) Scrambled Eggs w/ Cheese 1 oz (½) WG Toasted Bagel w/ Cream Cheese ½ c (1) Banana 6 oz 1% Milk Lunch 2 oz (1) Chicken Parmesan over ¼ c WG Spaghetti (½ oz) (Parmesan) ½ c Green Beans ¼ c Red Grapes 6 oz 1% Milk Snack 1 oz (1) WG Strawberry Yogurt Chex Mix, 4 oz 1% Milk	19 Breakfast 1 oz (2) Pork Sausage Links 1 oz (1) WG Pancake w/ SF Syrup ½ c Strawberries 6 oz 1% Milk Lunch 2.4 oz (1) Beef Patty (Cheese) on WG Bun (2 oz) (Ketchup, Mayo) ½ c Cucumber Slices w/Ranch ¼ c Applesauce 6 oz 1% Milk Snack ½ c Baby Carrots w/ Ranch, 4 oz 1% Milk	20 Breakfast ¾ oz (½ c) Pork Sausage Gravy over 1 oz (1) WG Biscuit ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (2) Cheese Max Stick in WG Breading (1.5 oz) (Marinara) ¼ c Tossed Salad w/Ranch ½ c (1) Cutie 6 oz 1% Milk Snack 1 oz (1) WG Goldfish Crackers, 4 oz 1% Milk	21 Breakfast 1 oz (½ c) Blueberry Yogurt 1 oz (1) WG Granola Bites ½ c Fruit Mix 6 oz 1% Milk Lunch 3 oz (1 c) Tater Tot Casserole (½ c Vegetable in Casserole) 1 oz (1) WG Dinner Roll ¼ c Peaches 6 oz 1% Milk Snack 1 oz (12) Blueberry Muffin Mini Wheats, 4 oz 1% Milk	22  Professional Development Day
25 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (2 halves) WG Toast w/ Butter & Jelly ½ c Pineapple 6 oz 1% Milk Lunch 1 oz (1) Sunbutter & Grape Jelly wrapped in WG Breading (1.5 oz) 1 oz (1) Cheese Stick ½ c Baby Carrots w/ Ranch ¼ c (1) Applesauce Cup 6 oz 1% Milk Snack 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	26 Breakfast 1 oz (½ c) Vanilla Yogurt 1 oz (10) WG Mini Spooners ½ c Strawberries 6 oz 1% Milk **Lunch 1.5 oz Turkey Pot Roast 1 oz (1) WG Dinner Roll ¼ c Stuffing ¼ c Mashed Potatoes w/ Gravy ¼ c Green Bean Casserole ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) WG Cheez-its, 4 oz 1% Milk	27  Fall Break	28  Thanksgiving Day	29  Fall Break

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