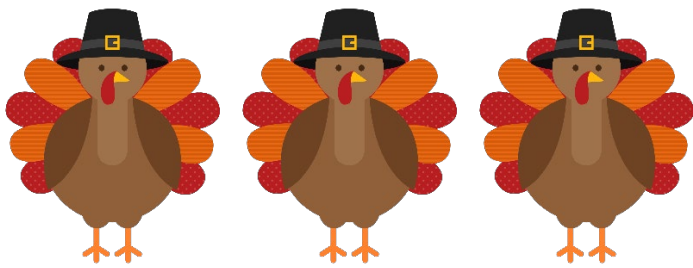








**Tazewell Woodford Head Start**  
**November 2024**  
**Pekin Head Start – 8 am Classes Only**

**\*\*** = Thanksgiving Feast Day

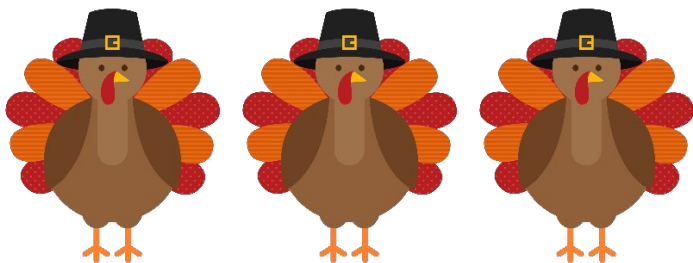






Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Breakfast</b> 2 slices Bacon 1 oz (1) WG Toast w/ Jelly ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 2 oz BBQ Pulled Pork on WG Bun (1 oz) ½ c Tator Tots ¼ c Oranges 6 oz 1% Milk <b>Snack</b> ½ c Carrots w/ Ranch, 4 oz 1% Milk
<b>4</b> <b>Breakfast</b> 1 oz (1) Turkey Sausage Patty/Cheese on 2 oz (1) WG English Muffin ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Chicken Patty on WG Bun (1 oz) (Ketchup) ½ c Hot Carrots ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Cheez-its, 4 oz 1% Milk	<b>5</b>  <b>Election Day</b>	<b>6</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (1) WG Waffle w/ SF Syrup ¼ c Grapes 6 oz 1% Milk <b>Lunch</b> 2 oz (4) Beef Meatball/Marinara on WG Bun (1 oz) ½ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish Crackers, 4 oz 1% Milk	<b>7</b> <b>Breakfast</b> 1.5 oz (½ c) Scrambled Eggs 1 oz (1) WG Toast (Butter) ½ c Apples 6 oz 1% Milk <b>Lunch</b> 2 oz (4) Fish Sticks in WG Breading (1.5 oz) (Ketchup, Tartar Sauce) ½ c Tator Tots ¼ c (½) Banana 6 oz 1% Milk <b>Snack</b> ½ oz (1 full sheet) Graham Crackers, 4 oz 1% Milk	<b>8</b> <b>Breakfast</b> 1.75 oz (1) Egg Patty/Cheese on ½ WG Bagel (2 oz) ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 1.5 oz (1) Pork Sausage/Cheese Pizza on ½ WG Bagel (2 oz) ½ c Tator Tots ¼ c Orange 6 oz 1% Milk <b>Snack</b> ½ c (1) Strawberry/Banana Applesauce Cup, 4 oz 1% Milk
<b>11</b>  <b>Veteran's Day</b>	<b>12</b> <b>Breakfast</b> 1 oz (¼ c) Turkey Sausage Gravy over (1) WG Biscuit (2 oz) ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2.5 oz (1) Chicken/Cheese Quesadilla on WG Tortilla (3 oz) (Sour Cream) ½ c Salad w/ Ranch ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	<b>13</b> <b>Breakfast</b> 2.75 oz (1) Egg/Cheese Omelet 1 oz (1) WG Toast (Butter) ¼ c Grapes 6 oz 1% Milk <b>Lunch</b> 2 oz (½ c) Spaghetti Meat Sauce over WG Pasta (1.5 oz) 1 oz (1 slice) WG Bread (Butter) ½ c Green Beans ¼ c Pineapple 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish Crackers, 4 oz 1% Milk	<b>14</b> <b>Breakfast</b> 0.9 oz (1) Turkey Sausage Patty 1 oz (½ c) WG Frosted Mini Wheats ¼ c Apples 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Turkey Hot Dog on WG Bun (1 oz) 1 oz (1 slice) WG Bread (Butter) ½ c Baked Beans ¼ c Strawberries 6 oz 1% Milk <b>Snack</b> 1.25 oz (1) WG Sun Chips, 4 oz 1% Milk	<b>15</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (3) WG French Toast Sticks w/ SF Syrup ¼ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 3 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ½ c Tator Tots ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> ½ c Carrots w/ Ranch, 4 oz 1% Milk
<b>18</b> <b>Breakfast</b> 0.9 oz (1) Turkey Sausage Patty 1 oz (½ c) Oatmeal w/ Brown Sugar ½ c Hot Cinnamon Apples 6 oz 1% Milk <b>Lunch</b> 2 oz (2) Cheese Stick in WG Breading (2 oz) (¼ c Marinara, Ranch) ½ c Green Beans ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Cheez-its, 4 oz 1% Milk	<b>19</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (1) WG Pancake w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk <b>Lunch</b> 2 oz (4) Chicken Nuggets in WG Breading (1 oz) (Ketchup) ½ c Tator Tots ¼ c Berry Smoothie 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	<b>20</b> <b>Breakfast</b> 1 oz (1) Turkey Sausage/Pancake Stick wrapped in WG Breading (1 oz) w/ SF Syrup ¼ c Grapes 6 oz 1% Milk <b>**Lunch</b> 2 oz Carved Turkey 1 oz (1) WG Dinner Roll ½ c Mashed Potatoes w/ Gravy ¼ c Green Bean Casserole ¼ c Fresh Mixed Fruit 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish Crackers, 4 oz 1% Milk	<b>21</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) WG Waffle w/ SF Syrup ¼ c Apples 6 oz 1% Milk <b>Lunch</b> 1.5 oz Hot Turkey/Cheese on WG Slider Bun (1 oz) ¼ c Cucumbers w/ Ranch ¼ c Orange 6 oz 1% Milk <b>Snack</b> ½ oz (1 full sheet) Graham Crackers, 4 oz 1% Milk	<b>22</b>  <b>Professional Development Day</b>
<b>25</b> <b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (½ c) WG Frosted Mini Wheats ¼ c Pineapple 6 oz 1% Milk <b>Lunch</b> 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c Peas ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 1 oz (1) Cheese Stick, 4 oz 1% Milk	<b>26</b> <b>Breakfast</b> 1 oz (¼ c) Turkey Sausage Gravy over (1) WG Biscuit (2 oz) ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 1.5 oz Carved Turkey 1 oz (1) WG Bread w/ Butter ½ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	<b>27</b>  <b>Fall Break</b>	<b>27</b>  <b>Thanksgiving Day</b>	<b>29</b>  <b>Fall Break</b>

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

For menus, classroom news and more visit: [www.twhsp.org](http://www.twhsp.org)

**Tazewell Woodford Head Start**  
**November 2024**  
**Pekin Head Start – 9 am Classes Only**

**\*\*** = Thanksgiving Feast Day

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Breakfast</b> 2 slices Bacon 1 oz (1) WG Toast w/ Jelly ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 2 oz BBQ Pulled Pork on WG Bun (1 oz) ½ c Tator Tots ¼ c Oranges 6 oz 1% Milk <b>Snack</b> ½ c Carrots w/ Ranch, 4 oz 1% Milk
<b>4</b> <b>Breakfast</b> 1 oz (1) Turkey Sausage Patty/Cheese on 2 oz (1) WG English Muffin ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Chicken Patty on WG Bun (1 oz) (Ketchup) ½ c Hot Carrots ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Cheez-its, 4 oz 1% Milk	<b>5</b>  <b>Election Day</b>	<b>6</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (1) WG Waffle w/ SF Syrup ¼ c Grapes 6 oz 1% Milk <b>Lunch</b> 2 oz (4) Beef Meatball/Marinara on WG Bun (1 oz) ½ c Green Beans ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish Crackers, 4 oz 1% Milk	<b>7</b> <b>Breakfast</b> 1.5 oz (½ c) Scrambled Eggs 1 oz (1) WG Toast (Butter) ½ c Apples 6 oz 1% Milk <b>Lunch</b> 2 oz (4) Fish Sticks in WG Breading (1.5 oz) (Ketchup, Tartar Sauce) ½ c Tator Tots ¼ c (½) Banana 6 oz 1% Milk <b>Snack</b> ½ oz (1 full sheet) Graham Crackers, 4 oz 1% Milk	<b>8</b> <b>Breakfast</b> 1.75 oz (1) Egg Patty/Cheese on ½ WG Bagel (2 oz) ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 1.5 oz (1) Pork Sausage/Cheese Pizza on ½ WG Bagel (2 oz) ½ c Tator Tots ¼ c Orange 6 oz 1% Milk <b>Snack</b> ½ c (1) Strawberry/Banana Applesauce Cup, 4 oz 1% Milk
<b>11</b>  <b>Veteran's Day</b>	<b>12</b> <b>Breakfast</b> 1 oz (¼ c) Turkey Sausage Gravy over (1) WG Biscuit (2 oz) ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 2.5 oz (1) Chicken/Cheese Quesadilla on WG Tortilla (3 oz) (Sour Cream) ½ c Salad w/ Ranch ¼ c Mandarin Oranges 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	<b>13</b> <b>Breakfast</b> 2.75 oz (1) Egg/Cheese Omelet 1 oz (1) WG Toast (Butter) ¼ c Grapes 6 oz 1% Milk <b>Lunch</b> 2 oz (½ c) Spaghetti Meat Sauce over WG Pasta (1.5 oz) 1 oz (1 slice) WG Bread (Butter) ½ c Green Beans ¼ c Pineapple 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish Crackers, 4 oz 1% Milk	<b>14</b> <b>Breakfast</b> 0.9 oz (1) Turkey Sausage Patty 1 oz (½ c) WG Frosted Mini Wheats ¼ c Apples 6 oz 1% Milk <b>Lunch</b> 2 oz (1) Turkey Hot Dog on WG Bun (1 oz) 1 oz (1 slice) WG Bread (Butter) ½ c Baked Beans ¼ c Strawberries 6 oz 1% Milk <b>Snack</b> 1.25 oz (1) WG Sun Chips, 4 oz 1% Milk	<b>15</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (3) WG French Toast Sticks w/ SF Syrup ½ c Fruit Cocktail 6 oz 1% Milk <b>Lunch</b> 3 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ½ c Tator Tots ¼ c Applesauce 6 oz 1% Milk <b>Snack</b> ½ c Carrots w/ Ranch, 4 oz 1% Milk
<b>18</b> <b>Breakfast</b> 0.9 oz (1) Turkey Sausage Patty 1 oz (½ c) Oatmeal w/ Brown Sugar ½ c Hot Cinnamon Apples 6 oz 1% Milk <b>Lunch</b> 2 oz (2) Cheese Stick in WG Breading (2 oz) (¼ c Marinara, Ranch) ½ c Green Beans ¼ c Pears 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Cheez-its, 4 oz 1% Milk	<b>19</b> <b>Breakfast</b> 1 oz (1) Pork Sausage Link 1 oz (1) WG Pancake w/ SF Syrup ½ c Mandarin Oranges 6 oz 1% Milk <b>Lunch</b> 2 oz (4) Chicken Nuggets in WG Breading (1 oz) (Ketchup) ½ c Tator Tots ¼ c Berry Smoothie 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	<b>20</b> <b>Breakfast</b> 1 oz (1) Turkey Sausage/Pancake Stick wrapped in WG Breading (1 oz) w/ SF Syrup ¼ c Grapes 6 oz 1% Milk <b>Lunch</b> 1.75 oz (1) Mini Meatloaf 1 oz (1 slice) WG Bread (Ketchup, Butter) ¼ c Mashed Potatoes ¼ c Peaches 6 oz 1% Milk <b>Snack</b> ½ oz (22) Goldfish Crackers, 4 oz 1% Milk	<b>21</b> <b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) WG Waffle w/ SF Syrup ½ c Apples 6 oz 1% Milk <b>**Lunch</b> 2 oz Carved Turkey 1 oz (1) WG Dinner Roll ½ c Mashed Potatoes w/ Gravy ¼ c Green Bean Casserole ¼ c Fresh Mixed Fruit 6 oz 1% Milk <b>Snack</b> ½ oz (1 full sheet) Graham Crackers, 4 oz 1% Milk	<b>22</b>  <b>Professional Development Day</b>
<b>25</b> <b>Breakfast</b> 2 oz (½ c) Cottage Cheese 1 oz (½ c) WG Frosted Mini Wheats ¼ c Pineapple 6 oz 1% Milk <b>Lunch</b> 2 oz (2/3 c) Mac n' Cheese w/ WG Pasta (1 oz) ½ c Peas ¼ c Peaches 6 oz 1% Milk <b>Snack</b> 1 oz (1) Cheese Stick, 4 oz 1% Milk	<b>26</b> <b>Breakfast</b> 1 oz (¼ c) Turkey Sausage Gravy over (1) WG Biscuit (2 oz) ½ c Peaches 6 oz 1% Milk <b>Lunch</b> 1.5 oz Carved Turkey 1 oz (1) WG Bread w/ Butter ½ c Mashed Potatoes w/ Gravy ¼ c Cinnamon Apples 6 oz 1% Milk <b>Snack</b> 1 oz (1) WG Animal Crackers, 4 oz 1% Milk	<b>27</b>  <b>Fall Break</b>	<b>27</b>  <b>Thanksgiving Day</b>	<b>29</b>  <b>Fall Break</b>

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