

# Tazewell Woodford Head Start

## January 2025

### Creve Coeur Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p>  <p><b>Winter Break</b></p>	<p><b>2</b></p>  <p><b>Winter Break</b></p>	<p><b>3</b></p>  <p><b>Winter Break</b></p>
<p><b>6</b></p>  <p><b>Professional Development Day</b></p>	<p><b>7</b></p> <p><b>Breakfast</b> 2 slices Bacon 0.75 oz (1) Mini Cinnamon Swirl French Toast (1 oz) ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (¼ c) Taco Meat over ½ oz (5) Crushed WG Tortilla Chips (Cheese/Lettuce Cup, Salsa) ½ c Corn ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Teddy Grahams, 4 oz 1% Milk</p>	<p><b>8</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick 1 oz (1) WG Banana Loaf ¼ c Apple Slices 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Beef/Spaghetti Sauce over WG Pasta (1.5 oz) 1 oz (1) WG Garlic Bread ¼ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p><b>9</b></p> <p><b>Breakfast</b> 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Mixed Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (3) Chicken Teriyaki Bites ¼ c Brown Rice ½ c Hot Carrots ¼ c Mixed Fruit 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>10</b></p> <p><b>Breakfast</b> 2.5 oz (1) Chicken Sausage &amp; Cheese WG Pancake Sandwich (2 oz) ¼ c Hashbrowns ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (2) Cheese Pizza Dippers in WG Breading (2 oz) (Marinara) ¼ c Hot Broccoli ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>
<p><b>13</b></p> <p><b>Breakfast</b> 1 oz (½ c) Strawberry/Banana Smoothie (½ c fruit) 1 oz (1) WG Toasted Oats Cereal 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (¾ c) Chicken &amp; Noodles (1.35 oz grain) 1 oz (1) WG Dinner Roll ½ c Romaine Salad w/ Ranch ¼ c Mashed Potatoes w/ Gravy ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Ritz Bits, 4 oz 1% Milk</p>	<p><b>14</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 1 oz (4) WG Pancake Bites w/ Syrup ½ c Pears 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Cheese Quesadilla on WG Crust (2 oz) (Salsa) ¼ c Brown Rice ½ c Corn ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk</p>	<p><b>15</b></p> <p><b>Breakfast</b> 1.25 oz (1) Egg Patty/Cheese on WG Bun (2oz) ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 1.6 oz (5) Mini Chicken Corn Dogs wrapped in WG Breading (1.6 oz) ¼ c Pork &amp; Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast</b> 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Mixed Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (3 slices) Grilled Cheese on 2 slices WG Bread (2 oz) 1 c Chicken Noodle Soup w/ Saltines (½ c Veggie in Soup) ¼ c Mixed Fruit 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>17</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (1) WG Toasted Oats Cereal ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) Sausage/Cheese Pizza on WG Breading (2 oz) ¼ c Carrots w/ Ranch ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>
<p><b>20</b></p>  <p><b>Martin Luther King Jr. Day</b></p>	<p><b>21</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 2 oz (1) WG Maple Belgium Waffle ¼ c Strawberries 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (¼ c) Taco Beef over WG Tortilla Shell (1 oz) (Cheese/Lettuce Cup, Salsa) ½ c Corn ¼ c Strawberries 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Teddy Grahams, 4 oz 1% Milk</p>	<p><b>22</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt 1 oz (½ c) WG Oatmeal 1 oz (1 slice) WG Toast ¼ c Grapes 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (3) Chicken Drumsticks in WG Breading (½ oz) ½ c Tator Tots ¼ c Hot Broccoli ¼ c Grapes 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p><b>23</b></p> <p><b>Breakfast</b> 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz Open Faced Turkey on 1 slice WG Bread (1 oz) ¼ c Mashed Potatoes w/ Gravy ¼ c Mixed Veggies ¼ c Mandarin Oranges 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>24</b></p> <p><b>Breakfast</b> 1 oz (1) Cheese Stick 1 oz (1) WG Toasted Oats Cereal ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (3) Cheese Pizza Bites in WG Breading (1.5 oz) (Pizza Sauce) ¼ c Hot Carrots ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>
<p><b>27</b></p> <p><b>Breakfast</b> 1 oz (½ c) Yogurt Parfait w/ ¼ c Granola (1oz) &amp; ¼ c Blueberry/Strawberry Mix 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (1) Beef Patty w/ Cheese on WG Bun (2 oz) ¼ c Potato Wedges ¼ c Peaches 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1 tbs) PB &amp; J on 1 oz (1) WG Bread, 4 oz 1% Milk</p>	<p><b>28</b></p> <p><b>Breakfast</b> 1 oz (1) Sausage Patty 1 oz (1) WG Pancake ¼ c (1) Banana 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (½ c) Ground Beef w/ Cheese Sauce over 1 oz (10) WG Tortilla Chips ½ c Corn ¼ c (½) Banana 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Animal Crackers, 4 oz 1% Milk</p>	<p><b>29</b></p> <p><b>Breakfast</b> 1.5 oz (½ c) Scrambled Eggs 1 oz (1 slice) WG Toast ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Lunch</b> 1.5 oz (¾ c) Beef/Bean in Chili Sauce (Cheese Cup) ½ oz (16) WG Fritos ¼ c Green Beans ¼ c Applesauce 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Cheez-its, 4 oz 1% Milk</p>	<p><b>30</b></p> <p><b>Breakfast</b> 2.5 oz (¼ c) Sausage Gravy over 2 oz (1) WG Biscuit 1.25 oz (3) Sausage Links ½ c Mixed Fruit 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1 c) Popcorn Chicken ½ oz (1) Teddy Grahams ¼ c Oven Potatoes ¼ c Pears 6 oz 1% Milk</p> <p><b>Snack</b> ½ oz (1) Hard Pretzels, 4 oz 1% Milk</p>	<p><b>31</b></p> <p><b>Breakfast</b> 1.25 oz (3) Sausage Links 2 oz (1) WG Cinnamon Belgium Waffle ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Lunch</b> 2 oz (1) White Garlic Pizza on WG Breading (2 oz) ¼ c Cucumber Slices w/ Ranch ¼ c Pineapple 6 oz 1% Milk</p> <p><b>Snack</b> 1 oz (1) Goldfish Crackers, 4 oz 1% Milk</p>

WG = Whole Grain

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