

# Tazewell Woodford Head Start

## January 2025

### Pekin Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		 <b>Winter Break</b>	 <b>Winter Break</b>	 <b>Winter Break</b>
 <b>Professional Development Day</b>	<p><b>7</b></p> <p><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</p> <p><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</p> <p><b>Snack</b>                      1 oz (1) WG Animal Crackers,                      4 oz 100% Apple Juice</p>	<p><b>8</b></p> <p><b>Breakfast</b>                      1 oz (1) Turkey Sausage/Pancake Stick wrapped in WG Breading (1 oz) w/ SF Syrup                      ½ c Grapes                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.75 oz (1) Mini Meatloaf                      1 oz (1 slice) WG Bread (Ketchup, Butter)                      ½ c Mashed Potatoes                      ¼ c Peaches                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (22) Goldfish Crackers,                      4 oz 100% Apple Juice</p>	<p><b>9</b></p> <p><b>Breakfast</b>                      1 oz (½ c) Yogurt                      1 oz (1) WG Waffle w/ SF Syrup                      ½ c Apples                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Hot Turkey/Cheese on WG Slider Bun (1 oz)                      ½ c Cucumbers w/ Ranch                      ½ c Orange                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (1 full sheet) Graham Crackers,                      4 oz 100% Apple Juice</p>	<p><b>10</b></p> <p><b>Breakfast</b>                      1 oz (1) Ham Slice                      1 oz (½) WG Blueberry Bagel w/ Cream Cheese                      ½ c Fruit Cocktail                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz (1) Grilled Cheese on 2 slices WG Bread (2 oz)                      1 c Tomato Soup                      ½ c Carrots w/ Ranch                      ¼ c Apricots                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (7) Hard Pretzels,                      4 oz 100% Apple Juice</p>
<p><b>13</b></p> <p><b>Breakfast</b>                      2 oz (½ c) Cottage Cheese                      1 oz (½ c) WG Frosted Mini Wheats                      ½ c Pineapple                      6 oz 1% Milk</p> <p><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</p> <p><b>Snack</b>                      1 oz (1) Cheese Stick,                      4 oz 100% Apple Juice</p>	<p><b>14</b></p> <p><b>Breakfast</b>                      1 oz (¼ c) Turkey Sausage Gravy over (1) WG Biscuit (2 oz)                      ½ c Peaches                      6 oz 1% Milk</p> <p><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</p> <p><b>Snack</b>                      1 oz (1) WG Animal Crackers,                      4 oz 100% Apple Juice</p>	<p><b>15</b></p> <p><b>Breakfast</b>                      2 oz (1) WG Turkey Sausage Breakfast Pizza Square (1.25 oz grain)                      ½ c Grapes                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz (6) Beef Ravioli in Meat Sauce                      1 oz (1) WG Breadstick                      ½ c Green Beans                      ¼ c Pears                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (22) Goldfish Crackers,                      4 oz 100% Apple Juice</p>	<p><b>16</b></p> <p><b>Breakfast</b>                      1 oz (½ c) Yogurt                      2 oz (1) WG Banana Square                      ½ c Apples                      6 oz 1% Milk</p> <p><b>Lunch</b>                      2.25 oz (1 c) Chicken w/ WG Noodles (1.5 oz)                      ½ c Corn                      ¼ c Strawberries                      6 oz 1% Milk</p> <p><b>Snack</b>                      1.25 oz (1) WG Sun Chips,                      4 oz 100% Apple Juice</p>	<p><b>17</b></p> <p><b>Breakfast</b>                      2 slices Bacon                      1 oz (1) WG Toast w/ Jelly                      ½ c Fruit Cocktail                      6 oz 1% Milk</p> <p><b>Lunch</b>                      2 oz BBQ Pulled Pork on WG Bun (1 oz)                      ½ c Tator Tots                      ¼ c Oranges                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ c Carrots w/ Ranch,                      4 oz 100% Apple Juice</p>
 <b>Martin Luther King Jr. Day</b>	<p><b>21</b></p> <p><b>Breakfast</b>                      1 oz (½ c) Yogurt                      ½ oz (¼ c) Kix Cereal                      ½ c Applesauce                      6 oz 1% Milk</p> <p><b>Lunch</b>                      2 oz (¼ c) Beef Taco Meat over ½ oz (16) Corn Chips (Cheese, Sour Cream)                      ½ c Corn                      ¼ c Pineapple                      6 oz 1% Milk</p> <p><b>Snack</b>                      1 oz (1) WG Animal Crackers,                      4 oz 100% Apple Juice</p>	<p><b>22</b></p> <p><b>Breakfast</b>                      1 oz (1) Pork Sausage Link                      1 oz (1) WG Waffle w/ SF Syrup                      ½ c Grapes                      6 oz 1% Milk</p> <p><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</p> <p><b>Snack</b>                      ½ oz (22) Goldfish Crackers,                      4 oz 100% Apple Juice</p>	<p><b>23</b></p> <p><b>Breakfast</b>                      1.5 oz (½ c) Scrambled Eggs                      1 oz (1) WG Toast (Butter)                      ½ c Apples                      6 oz 1% Milk</p> <p><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</p> <p><b>Snack</b>                      ½ oz (1 full sheet) Graham Crackers,                      4 oz 100% Apple Juice</p>	<p><b>24</b></p> <p><b>Breakfast</b>                      1.75 oz (1) Egg Patty/Cheese on ½ WG Bagel (2 oz)                      ½ c Fruit Cocktail                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz (1) Pork Sausage/Cheese Pizza on ½ WG Bagel (2 oz)                      ½ c Carrots w/ Ranch                      ¼ c Orange                      6 oz 1% Milk</p> <p><b>Snack</b>                      ½ oz (7) Hard Pretzels,                      4 oz 100% Apple Juice</p>
<p><b>27</b></p> <p><b>Breakfast</b>                      1 oz (½ c) Yogurt                      1 oz (1) WG Waffle w/ SF Syrup                      ½ c Apricots                      6 oz 1% Milk</p> <p><b>Lunch</b>                      1.5 oz Hot Ham/Cheese on WG Slider Bun (1 oz)                      ½ c Corn                      ¼ c Pears                      6 oz 1% Milk</p> <p><b>Snack</b>                      1 oz (1) Cheese Stick,                      4 oz 100% Apple Juice</p>	<p><b>28</b></p> <p><b>Breakfast</b>                      1 oz (¼ c) Turkey Sausage Gravy over (1) WG Biscuit (2 oz)                      ½ c Peaches                      6 oz 1% Milk</p> <p><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</p> <p><b>Snack</b>                      1 oz (1) WG Animal Crackers,                      4 oz 100% Apple Juice</p>	<p><b>29</b></p> <p><b>Breakfast</b>                      2.75 oz (1) Egg/Cheese Omelet                      1 oz (1) WG Toast (Butter)                      ½ c Grapes                      6 oz 1% Milk</p> <p><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</p> <p><b>Snack</b>                      ½ oz (22) Goldfish Crackers,                      4 oz 100% Apple Juice</p>	<p><b>30</b></p> <p><b>Breakfast</b>                      0.9 oz (1) Turkey Sausage Patty                      1 oz (½ c) WG Frosted Mini Wheats                      ½ c Apples                      6 oz 1% Milk</p> <p><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</p> <p><b>Snack</b>                      1.25 oz (1) WG Sun Chips,                      4 oz 100% Apple Juice</p>	<p><b>31</b></p> <p><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</p> <p><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</p> <p><b>Snack</b>                      ½ c Carrots w/ Ranch,                      4 oz 100% Apple Juice</p>

WG = Whole Grain; SF = Sugar Free Syrup