

Tazewell Woodford Head Start

January 2025

Robein Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1  Winter Break	2  Winter Break	3  Winter Break
6  Professional Development Day	7 Breakfast 1 oz (1) Cheese Cubes 1 oz (1) Toasted O's Cereal ½ c (1) Craisins 6 oz 1% Milk Lunch 2 oz (4) Chicken Fries in WG Breading (1 oz) ½ c Hot Carrots ½ c Hot Apples 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	8 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c Mandarin Oranges 6 oz 1% Milk Lunch 2 oz (1) Cheese Quesadilla on WG Breading (2.25 oz) 2.25 oz (1) Tortilla Chips w/ Salsa ½ c Corn ¼ c Pineapple 6 oz 1% Milk Snack 1 oz (1) Fritos, 4 oz 1% Milk	9 Breakfast 1 oz (1) Cheese Stick 1 oz (1) Cinnamon Chex Cereal ½ c (1) Raisins 6 oz 1% Milk Lunch 1.5 oz (½ c) Scrambled Eggs 1 oz (4) WG Mini Pancakes w/ Syrup ½ c Cheesy Potatoes ¼ c Blueberries 6 oz 1% Milk Snack ½ oz (1) Teddy Grahams, 4 oz 1% Milk	10 Breakfast 1 oz (½ c) Yogurt 1 oz (1) WG Banana Muffin ½ c (1) Honey Cran Trial Mix 6 oz 1% Milk Lunch 1.8 oz (1) Pork Tenderloin on WG Bun (2 oz) ½ c Green Beans ¼ c Pears 6 oz 1% Milk Snack 1 oz (1) Cheez-its, 4 oz 1% Milk
13 Breakfast 1 oz (1) Cheese Stick ½ oz (1) Corn Flakes Cereal ½ c (1) Raisins 6 oz 1% Milk Lunch 2 oz (1 c) Chicken & Noodles (1 oz grain) 1 oz (1) WG Dinner Roll ½ c Green Beans ¼ c Fruit Mix 6 oz 1% Milk Snack 1 oz (1) Lil Grahams, 4 oz 1% Milk	14 Breakfast 1 oz (1) Cheese Cubes 1 oz (1) Rice Chex Cereal ½ c Fruit Mix 6 oz 1% Milk Lunch 2 oz (1) Beef Patty on WG Bun (2 oz) (Pickles) ½ c (7) Hashbrown Starz ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) Ritz Bits Cheese Crackers, 4 oz 1% Milk	15 Breakfast 1 oz (1) Egg/Sausage/Bacon/ Sauce on WG Bagel (1.75 oz) ½ c (1) Craisins 6 oz 1% Milk Lunch 2 oz (1) Grilled Cheese on WG Bread (2 oz) 1 c Tomato Soup ½ c Fresh Veggies ¼ c Fresh Fruit 6 oz 1% Milk Snack 1 oz (1) Bel Vita Grahams, 4 oz 1% Milk	16 Breakfast 1 oz (½ c) Yogurt 1 oz (1) Blueberry Chex Cereal ½ c Peaches 6 oz 1% Milk Lunch 2 oz (3) Chicken Strips in WG Breading (1 oz) ½ c Hot Carrots ½ c Apricots 6 oz 1% Milk Snack 1 oz (1) Hard Pretzels, 4 oz 1% Milk	17 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (1) Bel Vita Grahams ½ c Applesauce 6 oz 1% Milk Lunch 2 oz (2) Cheese Bosco Sticks wrapped in WG Breading (2 oz) (Marinara) ½ c Corn ¼ c Tropical Fruit 6 oz 1% Milk Snack 1 oz (1) Sunflower Seeds, 4 oz 1% Milk
20  Martin Luther King Jr. Day	21 Breakfast 1 oz (1) Cheese Stick 1 oz (1) Mini Wheats Cereal ½ c (1) Raisins 6 oz 1% Milk Lunch 3 oz (2/3 c) Sloppy Joe on WG Bun (2 oz) ½ c Corn ½ c Pears 6 oz 1% Milk Snack 1 oz (1) Crunchy Cheetos, 4 oz 1% Milk	22 Breakfast 2 oz (1) Egg/Cheese Omelet 1 oz (1) Bel Vita Grahams ½ c (1) Craisins 6 oz 1% Milk Lunch 2 oz (3) Chicken Zoo Crew in WG Breading (1.25 oz grain) ½ c Green Beans ½ c Hot Apples 6 oz 1% Milk Snack ½ oz (1) Goldfish, 4 oz 1% Milk	23 Breakfast 1 oz (1) Cheese Cubes ½ oz (1) Crisp Rice Cereal ½ c Pineapple 6 oz 1% Milk Lunch 2 oz (1) Hot Dog on WG Bun (2 oz) ½ c Baked Beans ½ c Peaches 6 oz 1% Milk Snack 1 oz (1) WG Apple Cinnamon Muffin, 4 oz 1% Milk	24 Breakfast 1 oz (½ c) Yogurt 1 oz (1) WG Blueberry Muffin ½ c (1) Honey Cran Trial Mix 6 oz 1% Milk Lunch 2 oz (1) Grilled Chicken Patty on WG Bun (2 oz) ½ c Carrots w/ Dip ½ c Fruit Mix 6 oz 1% Milk Snack 1 oz (1) Scooby Doo Grahams, 4 oz 1% Milk
27 Breakfast 1 oz (1) Cheese Stick 1 oz (1) Toasted O's Cereal ½ c Pears 6 oz 1% Milk Lunch 1.5 oz (¼ c) Beef Nachos w/ Cheese over 2 oz (1) Tortilla Chips ½ c Corn ¼ c Pineapple 6 oz 1% Milk Snack ½ oz (1) Popcorn, 4 oz 1% Milk	28 Breakfast 2 oz (½ c) Cottage Cheese 1 oz (1) WG Mini Bagel w/ Cream Cheese ½ c (1) Dried Fruit 6 oz 1% Milk Lunch 2 oz (½ c) Grilled Chicken Strips 1 oz (1) Lil Grahams ½ c Romaine Lettuce (Ranch, French) ½ c Fruit Mix 6 oz 1% Milk Snack 1 oz (1) Bug Bites Cinnamon Grahams, 4 oz 1% Milk	29 Breakfast 1 oz (1) Cheese Cubes 1 oz (1) Cinnamon Chex Cereal ½ c (1) Raisins 6 oz 1% Milk Lunch 2 oz (1 slice) Cheese/Sauce on WG Pizza Crust (2 oz) ½ c Hot Carrots ¼ c Tropical Fruit 6 oz 1% Milk Snack 1.5 oz (1) Doritos (Nacho), 4 oz 1% Milk	30 Breakfast 1 oz (1) Egg/Sausage/Bacon/ Sauce on WG Bagel (1.75 oz) ½ c (1) Craisins 6 oz 1% Milk Lunch 2 oz (6) Mini Hot Dog in WG Breading (2 oz) ½ c Fresh Veggies ½ c Apricots 6 oz 1% Milk Snack 1 oz (1) Animal Crackers, 4 oz 1% Milk	31 Breakfast 1 oz (½ c) Yogurt w/ Granola 1 oz (1) WG Banana Muffin ½ c (1) Dried Apple Slices 6 oz 1% Milk Lunch 2 oz (1) WG Breaded Chicken Patty (1 oz) on WG Bun (2 oz) ½ c Green Beans ¼ c Peaches 6 oz 1% Milk Snack 1 oz (1) Fritos, 4 oz 1% Milk

WG = Whole Grain