



November, 2011, Gleamns Early Head Start Menu



(2-2)

BREAKFAST

10/31/2011		11/1/2011		11/2/2011		11/3/2011		
1/4 cup	Apricot Halves	1/4 cup	Applesauce	1/2 each	Fresh Orange (2 quarters)	1/4 cup	Diced Pears	1 each
1 pkg	WG Cheerio Cereal	2 each	French Toast Sticks	1 each	Bagelette Sliced	1/3 cup	Buttered Grits	1 each
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
				1 tbsp	Cream Cheese	1 oz	Scrambled Eggs	

LUNCH

1 each	Hamburger 3.2 oz (CN)	5 each	Chicken Nuggets .6 oz each (CN)	4 oz	BBQ Pork (CN)	4 each	Teriyaki Dippers (CN)	6 oz
1 each	Romaine Let/Slice Tomato	1/8 cup	Steamed Carrots	1/8 cup	Baked Beans	2 each	Sliced Cucumbers	1/8 cup
1/8 cup	Diced Peaches	1/8 cup	Cream Corn	1/8 cup	Cole Slaw	1/8 cup	California Blend Vegetable	1/2 each
1 each	WW Bun		Breading on Nuggets	1 each	WW Bun	1 each	WW Bread	1 each
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
1 pkt	Ketchup/Mustard	1 pkt	Ketchup			1 pkt	Low Fat Ranch Dressing	

SNACK

4 oz	Strawberry Yogurt	1/2 cup	Tropical Fruit	1 each	Fresh Apple (4 quarters)	2 each	Pineapple Rings	1 each
1 pkg	WW Graham Goldfish Cracker	4 each	Saltine Crackers	1 pkg	Graham Bug Bites	1 each	WW Blueberry Mini Loaf	1 pkg
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup

(2-3)

BREAKFAST

11/7/2011		11/8/2011		11/9/2011		11/10/2011	
1/4 cup	Stewed Cinnamon Apples	1 half	Fresh Orange (2 quarters)	1 each	Banana	1/4 cup	Apricot Halves
1 each	Waffle	1/3 cup	Buttered Grits	1 pkg	WG Cin Tst Crunch Cereal	1 each	WW Biscuit
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
						1 each	Turkey Sausage Patty

LUNCH

1 slice	WW Pepperoni Pizza 4.67 oz (CN)	6 oz	(HM) Mexican Chix & Rice	4 each	Fish Sticks 1 oz (CN)	4 oz	(HM) Beef/Spag Casserole
2 each	Sliced Cucumbers	1/8 cup	Steamed Broccoli/Cheese	1/8 cup	Chuckwagon Vegetable Blend		Tomato Sauce
1/8 cup	Cream Corn	1/8 cup	Steamed Cauliflower	1 each	Yam Patty	1/8 cup	Green Beans
	WW Breading in Pizza		Breading in Entee		Breading on Fish		WW noodles in Casserole
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	1/2 each	Breadstick
1 pkg	Ranch Dressing Low Fat			1 pkt	Ket/Tarter Sauce	4 oz	Whole Milk

SNACK

1/2 cup	Pineapple Tidbits	1/2 cup	Diced Peaches	1/2 cup	Mandarin Oranges	1/2 cup	Tropical Fruit
1 each	WW Banana Mini Loaf	10 each	Cheese Its	1 pkg	WW Apple Cinn. Bear Cracker	10 each	Animal Crackers
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Fruit Juice 100%	1/2 cup	Chilled Water

All fresh fruit served to Early Head Start children must be peeled, cored, free of seeds and stems before serving.

All children over the age of two are to receive 1% Low Fat milk unless ordered by a doctor.

Juice is 100%

WC means whole corn

WW means whole wheat

WG means whole grain

CN means child nutrition label



November, 2011, Gleams Early Head Start Menu

(2-4)

BREAKFAST

11/14/2011		11/15/2011		11/16/2011		11/17/2011		
1 half	Fresh Orange (2 quarters)	1/4 cup	Applesauce	1/4 Cup	Mandarin Orange	1/4 cup	Diced Pears	1 each
1 pkg	WG Cheerio Cereal	2 each	French Toast Sticks	1 pkg	WG Total Cereal	1/3 cup	Buttered Grits	1 each
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
						1 oz	Scrambled Eggs	

LUNCH

1 each	Salisbury Steak 3.2 oz (CN)	1 each	(HM) Turkey Sandwich 1 oz	1 oz	Slice Turkey	5 each	Chicken Nuggets (CN)	1 oz
1/8 cup	Green Peas	1 each	Pickle Spear	1/8 cup	Green Beans	1/8 cup	Mixed Vegetables	1/8 cup
1/8 cup	Tropical Fruit	5 each	Crispy Potato Smiles	1 each	Yam Patty	1/2 each	Kiwi (2 quarters)	1/8 cup
1/3 cup	Rice	2 each	WW Bread	1/3 cup	Dressing		Breading on Chix.	1 each
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
1 tbsp	Gravy	1 pkt	Mayo/Mustard	1 tbsp	Gravy	1 pkt	Honey Mustard/Ketchup	
				1 tbsp	Cranberry Sauce			

HOLIDAY LUNCH

SNACK

4 oz	Strawberry Yogurt	1/2 cup	Diced Peaches	1/2 cup	Pineapple Tidbits	1 each	Cheese String	1 slice
1 pkg	WW Grahm Goldfish Cracker	4 each	Saltine Crackers	1 pkg	Graham Bug Bites	1 each	WW Blueberry Mini Loaf	1/2 cup
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Apple Juice 100%	1/2 cup	Chilled Water	1/2 cup

BIRTH

(2-1)

BREAKFAST

11/21/2011		11/22/2011	
1/4 cup	Strawberries	1 half	Fresh Oranges (2 quarters)
1 each	Waffle	1/3 cup	Buttered Grits
4 oz	Whole Milk	4 oz	Whole Milk

HAPPY HOLIDAY 11/23/2011



HAPPY HOLIDAY 11/24/2011



LUNCH

1 oz	Turkey/Sliced (CN)	1 each	(HM) Tortilla Roll Up
1/8 cup	Baked Sweet Potato	1/8 cup	Pinto Beans
1/8 cup	Oriental Vegetables	1/8 cup	Diced Rom. Let/Tomato
1 each	WW Honey Ranch Roll	1 each	Flour Tortilla
4 oz	Whole Milk	4 oz	Whole Milk
		1 tbsp	Shredded Cheese

SNACK

1 each	Fresh Apple (4 quarters)	1/2 cup	Diced Peaches
1 each	WW Banana Mini Loaf	10 each	Cheese Its
1/2 cup	Chilled Water	1/2 cup	Chilled Water

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November, 2011, Gleamns Early Head Start Menu

(2-2)

BREAKFAST

11/28/2011		11/29/2011		11/30/2011		12/1/2011		
1/4 cup	Apricot Halves	1/4 cup	Applesauce	1/2 each	Fresh Orange (2 quarters)	1/4 cup	Diced Pears	1 each
1 pkg	WG Cheerio Cereal	2 each	French Toast Sticks	1 each	Bagelette Sliced	1/3 cup	Buttered Grits	1 each
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
				1 tbsp	Cream Cheese	1 oz	Scrambled Eggs	

LUNCH

1 each	Hamburger 3.2 oz (CN)	5 each	Chicken Nuggets .6 oz each (CN)	4 oz	BBQ Pork (CN)	4 each	Teriyaki Dippers (CN)	6 oz
1 each	Romaine Let/Slice Tomato	1/8 cup	Steamed Carrots	1/8 cup	Baked Beans	2 each	Sliced Cucumbers	1/8 cup
1/8 cup	Diced Peaches	1/8 cup	Cream Corn	1/8 cup	Cole Slaw	1/8 cup	California Blend Vegetable	1/2 each
1 each	WW Bun		Breading on Nuggets	1 each	WW Bun	1 each	WW Bread	1 each
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
1 pkt		1 pkg	Ketchup			1 pkg	Low Fat Ranch Dressing	

SNACK

4 oz	Strawberry Yogurt	1/2 cup	Tropical Fruit	1 each	Fresh Apple (4 quarters)	2 each	Pineapple Rings	1 each
1 pkg	WW Graham Goldfish Cracker	4 each	Saltine Crackers	1 pkg	Graham Bug Bites	1 each	WW Blueberry Mini Loaf	1 pkg
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup

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HS 18 DAYS

EHS 18 DAYS



11/4/2011

Banana
WW Cinnamon Toast
Whole Milk

(HM) Chix Pot Pie
Veges in Pie
Kiwi (2 quarters)
WW Biscuit
Whole Milk

String Cheese
WW Strawberry Poptart
Apple Juice 100%

SERVICE TRAINING

NO CHILDREN

11/11/2011



HM means homemade

11/18/2011

Banana
WW Cinnamon Toast
Whole Milk

(HM) Sloppy Joe
Cole Slaw
Baked Beans
WW Bun
Whole Chocolate Milk

HOLIDAY CELEBRATION

Yellow Cake
Strawberries
Chilled Water

HAPPY HOLIDAY

11/25/2011



HM means homemade

12/2/2011

Banana
WW Cinnamon Toast
Whole Milk

(HM) Chix Pot Pie
Vegs in Casserole
Kiwi (2 quarters)
WW Biscuit
Whole Milk

String Cheese
WW Strawberry Poptart
Apple Juice 100%

HM means homemade