



October, 2011, Gleanms Early Head Start Menu



(2-2)

BREAKFAST

10/3/2011		10/4/2011		10/5/2011		10/6/2011		10/7/2011	
1/4 cup	Apricot Halves	1/4 cup	Applesauce	1/2 each	Fresh Orange (2 quarters)	1/4 cup	Diced Pears	1 each	Banana
1 pkg	WG Cheerio Cereal	2 each	French Toast Sticks	1 each	Bagelette Sliced	1/3 cup	Buttered Grits	1 each	WW Cinnamon Toast
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
				1 tbsp	Cream Cheese	1 oz	Scrambled Eggs		

LUNCH

1 oz	(HM) Tuna Salad Sandwich	5 each	Chicken Nuggets .6 oz each (CN)	4 oz	BBQ Pork (CN)	4 each	Teriyaki Dippers (CN)	6 oz	(HM) Chix Pot Pie
1 each	Romaine Let/Slice Tomato	1/8 cup	Steamed Carrots	1/8 cup	Baked Beans	1/8 cup	Tomato Soup	1/8 cup	Veges in Casserole
1/8 cup	Diced Peaches	1/8 cup	Steamed Carrots	1/8 cup	Baked Beans	2 each	Sliced Cucumbers	1/8 cup	Veges in Pie
2 sl	WW Bread	1/8 cup	Cream Corn	1/8 cup	Cole Slaw	1/8 cup	California Blend Vegetable	1/2 each	Kiwi (2 quarters)
4 oz	Whole Milk		Breading on Nuggets	1 each	WW Hamb Bun	1 each	WW Bread	1 each	WW Biscuit
		4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
		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	String Cheese
1 pkg	WW Graham Goldfish Cracker	4 each	Saltine Crackers	1 pkg	Graham Bug Bites	1 each	WW Blueberry Mini Loaf	1 pkg	WW Strawberry Poptart
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Apple Juice 100%

(2-3)

BREAKFAST

10/10/2011		10/11/2011		10/12/2011		10/13/2011		10/14/2011	
1/4 cup	Stewed Cinnamon Apples	1 half	Fresh Orange (2 quarters)	1 each	Banana	1/4 cup	Apricot Halves	1/4 cup	Diced Pears
1 each	Waffle	1/3 cup	Buttered Grits	1 pkg	WG Cin Tst Crunch Cereal	1 each	WW Biscuit	1 each	WW Cheese Toast
4 oz	Whole Milk	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	1 each	(HM) Teriyaki Chix Leg 3.5 oz
2 each	Sliced Cucumbers	1/8 cup	Steamed Cauliflower	1 each	Yam Pattie		Tomato Sauce	1/8 cup	Collard Greens
1/8 cup	Cream Corn		Breading in Entrée		Breading on Fish	1/8 cup	Green Beans	1 sq	Corn Bread
	WW Breading in Pizza	4 oz	Whole Milk	4 oz	Whole Milk		WW Noodles in Casserole	4 oz	Whole Milk
4 oz	Whole Milk			1 pkt	Ket/Tarter Sauce	1/2 each	Breadstick		
1 pkg	Ranch Dressing Low Fat					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	1/2 cup	Applesauce
1 each	WW Banana Mini Loaf	10 each	Cheese Its	1 pkg	WW Apple Cinn. Bear Crackers	10 each	Animal Crackers	1 pkg	WG Lemon Bear Grahams
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Fruit Juice 100%	1/2 cup	Chilled Water	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.

WC means whole corn

WW means whole wheat

WG means whole grain

CN means child nutrition label

HM means homemade

Juice is 100%

October, 2011 Gleanms Early Head Start Menu

(2-4)

BREAKFAST

10/17/2011		10/18/2011		10/19/2011		10/20/2011	
1 half	Fresh Orange (2 quarters)	1/4 cup	Applesauce	1/4 cup	Mandarin Orange	1/4 cup	Diced Pears
1 pkg	WG Cheerio Cereal	2 each	French Toast Sticks	1 pkg	WG Total Cereal	1/3 cup	Buttered Grits
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
						1 oz	Scrambled Eggs

10/21/2011
INSERVICE
NO CHILDREN



LUNCH

1 each	Salisbury Steak 3.2 oz (CN)	1 each	(HM) Turkey Sandwich 1 oz	6 oz	(HM) WW Mac/Cheese/Ham	5 each	Chicken Nuggets (CN)
1/8 cup	Green Beans	1 each	Pickle Spear	1/8 cup	Salad/Rom. Lettuce/Diced Tomato	1/8 cup	Mixed Vegetables
1/8 cup	Tropical Fruit	5 each	Crispy Potato Smiles	1/8 cup	Orange Glazed Carrots	1/2 each	Kiwi (2 quarters)
1/3 cup	Rice/Gravy	2 each	WW Bread	1 each	WW Honey Ranch Roll		Breading on Chix.
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
		1 pkt	Mayo/Mustard			1 pkt	Honey Mustard/Ketchup

SNACK

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

(2-2)

BREAKFAST

10/24/2011
PROFESSIONAL DAY
NO CHILDREN



10/24/2011		10/25/2011		10/26/2011		10/27/2011		10/28/2011	
1 half	Fresh Oranges (2 quarters)	1 each	Banana	1/4 cup	Stewed Cinnamon Apples	1/4 cup	Diced Pears	1/4 cup	Diced Pears
1/3 cup	Buttered Grits	1 pkg	WG Cinn. Toast Cereal	1 each	WW Biscuit	1 each	English Muffin	1 each	English Muffin
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
				1 each	Turkey Sausage Patty	1 pkt	Apple Jelly		

LUNCH

1 each	(HM) Tortilla Roll Up	1 slice	WW Cheese Pizza 4.67 oz (CN)	1 each	Hamburger Patty 2.5 oz (CN)	1 each	(HM) Sweet/Sour Chix Leg 3.5 oz
1/8 cup	Pinto Beans	1/8 cup	Cream Corn	5 each	Tater Tots	1/8 cup	Steamed Broccoli
1/8 cup	Diced Rom. Let/ Tomato	1/8 cup	Green Beans	1 each	Sliced Tomato	1/8 cup	Mandarin Oranges
1 each	Flour Tortilla		WW Breading in Pizza	1 each	WW Hamb Bun	1/3 cup	Rice/Gravy
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Chocolate Whole Milk
1 tbsp	Shredded Cheese			1 pkg	Ket/Must		

SNACK

1/2 cup	Diced Peaches	1/2 cup	Pineapple Tidbits	1/2 cup	Tropical Fruit	1 slice	Yellow Cake
10 each	Cheese Its	1 pkg	WW Apple Cinn. Bear Crackers	10 each	Animal Crackers	1/2 cup	Strawberries
1/2 cup	Chilled Water	1/2 cup	Grape Juice 100%	1/2 cup	Chilled Water	1/2 cup	Chilled Water

BIRTHDAY CELEBRATION

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HS 19 DAYS
EHS 19 DAYS