

# August, 2011, Gleamns Early Head Start Menu

(2-1)

## BREAKFAST

**8/15/2011**  
 1/4 cup Fresh Strawberries  
 1 each Waffle  
 4 oz Whole Milk  
 1 tbsp Syrup

**8/16/2011**  
**EHS TRAINING**  
**NO CHILDREN**

## FIRST DAY OF NEW TERM

**8/17/2011**  
 1 each Banana  
 1 pkg WG Cinn. Toast Cereal  
 4 oz Whole Milk

**8/18/2011**  
 1/4 cup Stewed Cinnamon Apples  
 1 each WW Biscuit  
 4 oz Whole Milk  
 1 each Turkey Sausage Patty

**8/19/2011**  
 1/4 cup Diced Pears  
 1 each English Muffin  
 4 oz Whole Milk  
 1 pkt Apple Jelly

## LUNCH

1 oz Turkey/Sliced (CN)  
 1/8 cup Baked Sweet Potato  
 1/8 cup Oriental Vegetables  
 1 each WW Honey Ranch Roll  
 4 oz Whole Milk

1 slice WW Cheese Pizza 4.67 oz (CN)  
 1/8 cup Cream Corn  
 1/8 cup Green Beans  
 WW Breading in Pizza  
 4 oz Whole Milk

1 each Hamburger Patty 2.5 oz (CN)  
 5 each Tater Tots  
 1 each Sliced Tomato  
 1 each WW Hamb Bun  
 4 oz Whole Milk  
 1 pkg Ket/Must

1 each (HM) Sweet/Sour Chix Leg 3  
 1/8 cup Steamed Broccoli  
 1/8 cup Mandarin Oranges  
 1/3 cup Rice/Gravy  
 4 oz Whole Milk

## SNACK

1/2 cup Fresh Watermelon Cubes  
 1 each WW Banana Mini Loaf  
 1/2 cup Chilled Water

1/2 cup Fresh Cantaloupe  
 1 pkg WW Apple Cinn. Bear Crackers  
 1/2 cup Chilled Water

1/2 cup Tropical Fruit  
 10 each Animal Crackers  
 1/2 cup Chilled Water

1/2 cup Applesauce  
 1 pkg WG Lemon Bear Graham  
 1/2 cup Chilled Water

(2-2)

## BREAKFAST

**8/22/2011**  
 1/4 cup Apricot Halves  
 1 pkg WG Cheerio Cereal  
 4 oz Whole Milk

**8/23/2011**  
 1/4 cup Applesauce  
 2 each French Toast Sticks  
 4 oz Whole Milk  
 1 tbsp Syrup

**8/24/2011**  
 1/2 each Fresh Orange (2 quarters)  
 1 each Bagelette Sliced  
 4 oz Whole Milk  
 1 tbsp Cream Cheese

**8/25/2011**  
 1/4 cup Diced Pears  
 1/3 cup Buttered Grits  
 4 oz Whole Milk  
 1 oz Scrambled Eggs

**8/26/2011**  
 1 each Banana  
 1 each WW Cinnamon Toast  
 4 oz Whole Milk

## LUNCH

1 oz (HM) Tuna Salad Sandwich  
 1 each Sliced Tomato  
 1/8 cup Diced Peaches  
 2 slice WW Bread  
 4 oz Whole Milk

5 each Chicken Nuggets .6 oz each (CN)  
 1/8 cup Steamed Carrots  
 1/8 cup Cream Corn  
 Breading on Nuggets  
 4 oz Whole Milk  
 1 pkt Ketchup

4 oz BBQ Pork (CN)  
 1/8 cup Baked Beans  
 1/8 cup Cole Slaw  
 1 each WW Hamb Bun  
 4 oz Whole Milk

4 each Teriyaki Dippers (CN)  
 2 each Sliced Cucumbers  
 1/8 cup California Blend Vegetable  
 1 each WW Bun  
 4 oz Whole Milk

6 oz (HM) Chix Pot Pie  
 1/8 cup Vegetables in Pie  
 1/2 each Kiwi  
 1 each WW Biscuit  
 4 oz Whole Chocolate Milk

## SNACK

4 oz Strawberry Yogurt  
 1 pkg WW Graham Goldfish Cracker  
 1/2 cup Chilled Water

1/2 cup Fresh Cantaloupe  
 4 each Saltine Crackers  
 1/2 cup Chilled Water

1 each Fresh Apple (4 quarters)  
 1 pkg Graham Bug Bites  
 1/2 cup Chilled Water

2 each Pineapple Rings  
 1 each WW Blueberry Mini Loaf  
 1/2 cup Chilled Water

## BIRTHDAY CELEBRATION

1 slice Yellow Cake  
 1/2 cup Strawberries  
 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

# August, 2011, Gleamns Early Head Start Menu

(2-3)

## BREAKFAST

8/29/2011	8/30/2011	8/31/2011	9/1/2011	9/2/2011
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 (C)	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 Cucumber	1/8 cup Steamed Broccoli/Cheese	1/8 cup Chuckwagon Vegetable Mix	WW Spag/Tom Sauce	1/8 cup Pinto Beans
1/8 cup Cream Corn	1/8 cup Steamed Cauliflower	1 each Yam Pattie	1/8 cup Green Beans	1/8 cup Collard Greens
WW Breading in Pizza	Breading in Casserole	Breading on Fish	Bread in Casserole	1 square Corn Bread
4 oz Whole Milk	4 oz Whole Milk	4 oz Whole Milk	1/2 each Breadstick	4 oz Whole Milk
1 pkg Ranch Dressing Low Fat		1 pkt Ket/Tarter Sauce	4 oz Whole Milk	

## SNACK

1/2 cup Fresh Watermelon Cubes	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 Chilled Water	1/2 cup Chilled Water	1/2 cup Chilled Water

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# WELCOME