

February, 2012 Gleamns Early Headstart Menu

(3-1)

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BREAKFAST

1/30/2012		1/31/2012		2/1/2012		2/2/2012		2/3/2012	
1/4 each	Navel Orange (1 quarters)	1/2 each	Fresh Pear (2 quarters)	1/4 cup	Diced Peaches	1 each	Banana	1/4 cup	Mandarin Orange
1 pkg	WG Cheerio Cereal	1/3 cup	Cheese Grits	1 each	WW Cinnamon Toast	1 pkg	WG Total Cereal	2 each	French Toast Sticks
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
								1 tbsp	Syrup

LUNCH

5 each	Chicken Nuggets .6 oz (CN)	1 slice	WG Cheese Pizza 4.67 oz (CN)	1 oz	Sliced Turkey (CN)	1 each	Cheeseburger 3.2 oz (CN)	1 each	Baked Fish Patty 3 oz (CN)
1/8 cup	Creamed Potatoes	1/8 cup	Green Beans	1/8 cup	Black Eyed Peas	1/2 each	Russet Baked Potato	1/8 cup	Steamed Broccoli
1/8 cup	Steamed Carrots	1/8 cup	Applesauce	1/8 cup	Collard Greens	1/2 each	Fresh Kiwi (2 quarters)	1/8 cup	Diced Pears
	Breading on Nuggets		WG Breading on Pizza	1 square	Cornbread	1 each	WW Bun	1 each	WW Honey Ranch Roll
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
1 pkt	Ketchup					1 pkt	Ket/Must/Mayo	1 pkg	Tarter Sauce/ Ketchup
						1 each	Butter Cup		

SNACK

1/2 cup	Pineapple Tidbits	4 oz	Strawberry Yogurt	1/2 cup	Tropical Fruit	1 pkg	WW Giant Goldfish Crackers	1 pkg	Cinnamon Graham Bug Bites
1 Pkg	WW Lemon Bear Graham	5 each	Vanilla Wafers	10 each	Animal Crackers	4 oz	Fruit Juice 100%	4 oz	Apple Juice 100%
4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water				

(3-2)

BREAKFAST

2/6/2012		2/7/2012		2/8/2012		2/9/2012		2/10/2012	
1/4 cup	Stewed Cinnamon Apples	1/4 cup	Apricot Halves	1/2 each	Fresh Orange (2 quarters)	1/4 cup	Applesauce	1 each	Banana
1 each	WW Butter Toast	1 each	WW Biscuit	1/3 cup	Buttered Grits	1 each	Pancake	1 pkg	WG Mini Wheat Cereal
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
1 pkt	Grape Jelly	1 each	Turkey Sausage Patty						

LUNCH

1 oz	Ham Slice (CN)	1 each	(HM) WW Toasted Cheese SW	8 oz	(HM) Beef Stew	8 oz	(HM) Chic/Noodle Casserole	1 oz	(HM) Turkey Taco
1/8 cup	Steamed Cabbage	4 oz	Tomato Soup		Veges in Stew	1 each	Yam Patty	1/8 cup	Shred Rom. Let/ Dcd. Tom
1/8 cup	Diced Peaches	1/8 cup	Steamed Broccoli/Ranch Dres.	1/8 cup	Tropical Fruit	1/8 cup	California Blend Vegetables	1/8 cup	Pinto Beans
1 each	WW Honey Ranch Roll	2 each	WW Bread	1/3 cup	Rice		WW Noodles in Casserole	1 each	Flour Tortilla
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
								1 tbsp	Shredded Cheese

SNACK

1 pkg	Giant Goldfish Cracker WW	1 each	Banana	10 each	Animal Crackers	1/2 cup	Diced Pears	1 each	Fresh Apple (4 quarters)
4 oz	Grape Juice 100%	1 each	WG Apple Mini Loaf	4 oz	Pineapple Juice 100%	1 pkg	Chocolate Bear Grahams	10 each	Cheese Its
		4 oz	Chilled Water			4 oz	Chilled Water	4 oz	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 IS WHOLE CORN
JUICE 100%

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

CN IS CHILD NUTRITION

February, 2012 Gleamns Early Headstart Menu



(3-4)

BREAKFAST

2/13/2012
 1/4 each Navel Oranges (1 quarters)
 1 pkg WG Cheerio Cereal
 4 oz Whole Milk

2/14/2012
 1 each Banana
 1 pkg WG Total Cereal
 4 oz Whole Milk

2/15/2012
 1/4 cup Stewed Cinnamon Apples
 1/3 cup Oatmeal
 4 oz Whole Milk

2/16/2012
 1/2 each Fresh Pear (2 quarters)
 1/3 cup Cheese Grits
 4 oz Whole Milk

ONLY EARLY HEAD START STAFF PLANNING DAY

2/17/2012
 1/4 cup Mandarin Orange
 2 each French Toast Sticks
 4 oz Whole Milk
 1 tbsp Syrup

LUNCH

1 slice WG Pepperoni Pizza 4.67 oz (CN)
 1/8 cup Carrot Pineapple Salad
 1/8 cup Cream Corn
 WG Breading in Pizza
 4 oz Whole Milk

8 oz (HM) Turkey Pot Pie
 Veges in Pie
 1/2 each Fresh Kiwi (2 quarters)
 1/2 each Soft Bread Stick
 4 oz Whole Milk

4 each Fish Sticks (CN)
 1/8 cup Cole Slaw
 1/8 cup Steamed Carrots
 Breading on Fish Sticks
 4 oz Whole Milk
 1 pkt Ketchup/Tarter Sauce

1 each Baked Chicken Leg 3.5 oz (CN)
 1/8 cup Turnip Greens
 1/8 cup Black Eye Peas
 1 square Cornbread
 4 oz Whole Milk

4 each Teriyaki Dippers (CN)
 1/8 cup Creamed Potatoes
 1/8 cup Green Beans
 1 each WW Honey Ranch Roll
 4 oz Whole Milk

SNACK

1/2 cup Diced Pears
 1 pkg WW Lemon Bear Graham
 4 oz Chilled Water

4 oz Strawberry Yogurt
 5 each Vanilla Wafers
 4 oz Chilled Water

1/2 cup Tropical Fruit
 1 pkg WW Apple Cin. Bear Graham Cracker
 4 oz Chilled Water

1/2 cup Pineapple Tidbits
 1 pkg WW Honey Graham Crackers
 4 oz Chilled Water

1 each Fresh Apple (2 halves)
 1 pkg WW Blueberry Mini Loaf
 4 oz Chilled Water

(3-4)

BREAKFAST

2/20/2012
**INSERVICE TRAINING
NO CHILDREN**

ONLY EARLY HEADSTART INSERVICE TRAINING

2/21/2012
 1/4 cup Apricot halves
 1 each WW Biscuit
 4 oz Whole Milk
 1 each Turkey Sausage Patty

2/22/2012
 1/2 each Fresh Orange (2 quarters)
 1/3 cup Buttered Grits
 4 oz Whole Milk

2/23/2012
 1/4 cup Stewed Cinnamon Apples
 1 each Pancake
 4 oz Whole Milk

2/24/2012
 1 each Banana
 1 pkg WG Mini Wheat Cereal
 4 oz Whole Milk

LUNCH

1 each (HM) BBQ Chicken Leg 3.5 oz
 1/8 cup Pinto Beans
 1/8 cup Cream Corn
 1 each WW Honey Ranch Roll
 4 oz Whole Milk

4 oz Chilli Con Carne
 Veges in Con Carne
 1/8 cup Pineapple Tidbits
 1 square Cornbread
 4 oz Whole Milk

1 oz Turkey Sandwich
 1 each Rom. Lettuce/Sliced Tomato
 1 each Pickle Spears
 2 each WW Bread
 4 oz Whole Milk
 1 pkt Low Fat Mayo

1 each Hamburger Steak 3.2 oz (CN)
 1/8 cup Steamed Carrots
 1/8 cup Green Peas
 1/3 cup Rice/Gravy
 1 each WW Bread
 4 oz Whole Milk

SNACK

1 each Banana
 1 pkg WG Apple Mini Loaf
 4 oz Chilled Water

10 each Animal Crackers
 4 oz Grape Juice 100%

1/2 cup Diced Pears
 1 pkg Chocolate Bear Grahams
 4 oz Chilled Water

BIRTHDAY CELEBRATION

1/2 cup Strawberries
 1 slice Yellow Cake
 4 oz Chilled Water

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WW IS WHOLE WHEAT

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February, 2012 Gleamns Early Headstart Menu

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BREAKFAST

2/27/2012		2/28/2012		2/29/2012		3/1/2012		3/2/2012	
1/4 each	Navel Orange (1 quarters)	1/2 each	Fresh Pear (2 quarters)	1/4 cup	Diced Peaches	1 each	Banana	1/4 cup	Mandarin Orange
1 pkg	WG Cheerio Cereal	1/3 cup	Cheese Grits	1 each	WW Cinnamon Toast	1 pkg	WG Total Cereal	2 each	French Toast Sticks
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
								1 tbsp	Syrup
LUNCH									
5 each	Chicken Nuggets .6 oz (CN)	1 slice	WG Cheese Pizza 4.67 oz (CN)	1 oz	Sliced Turkey (CN)	1 each	Cheeseburger 3.2 oz (CN)	1 each	Baked Fish Patty 3 oz (CN)
1/8 cup	Creamed Potatoes	1/8 cup	Green Beans	1/8 cup	Black Eyed Peas	1/2 each	Russet Baked Potato	1/8 cup	Steamed Broccoli
1/8 cup	Steamed Carrots	1/8 cup	Applesauce	1/8 cup	Collard Greens	1/2 each	Fresh Kiwi (2 quarters)	1/8 cup	Diced Pears
	Breading on Nuggets		WG Breading on Pizza	1 square	Cornbread	1 each	WW Bun	1 each	WW Honey Ranch Roll
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
1 pkt	Ketchup					1 pkt	Ket/Must/Mayo	1 pkg	Tarter Sauce/ Ketchup
						1 each	Butter Cup		
SNACK									
1/2 cup	Pineapple Tidbits	4 oz	Strawberry Yogurt	1/2 cup	Tropical Fruit	1 pkg	WW Giant Goldfish Crackers	1 pkg	Cinnamon Graham Bug Bites
1 Pkg	WW Lemon Bear Graham	5 each	Vanilla Wafers	10 each	Animal Crackers	4 oz	Fruit Juice 100%	4 oz	Apple Juice 100%
4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water				

