

(2-2)

September, 2011 Gleamns Early Head Start Menu

BREAKFAST

9/5/2011
HOLIDAY

9/6/2011
1/4 cup Applesauce
2 each French Toast Sticks
4 oz Whole Milk

9/7/2011
1/2 each Fresh Orange (2 quarters)
1 each Bagelette Sliced
4 oz Whole Milk
1 tbsp Cream Cheese

9/8/2011
1/4 cup Diced Pears
1/3 cup Buttered Grits
4 oz Whole Milk
1 oz Scrambled Eggs

9/9/2011
1 each Banana
1 each WW Cinnamon Toast
4 oz Whole Milk

LUNCH

5 each Chicken Nuggets .6 oz each (CN)
1/8 cup Steamed Carrots
1/8 cup Cream Corn
Breadding on Nuggets
4 oz Whole Milk
1 pkg 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 Teriyali Dippers (CN)
2 each Sliced Cucumbers
1/8 cup California Blend Vegetable
1 each WW Bread
4 oz Whole Milk
1 pkg Low Fat Ranch Dressing

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

SNACK

1/2 cup Tropical Fruit
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

1 each String Cheese
1 pkg WW Strawberry Poptart
1/2 cup Chilled Water

(2-3)

BREAKFAST

9/12/2011

1/4 cup Stewed Cinnamon Apples
1 each Waffle
4 oz Whole Milk

9/13/2011

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

9/14/2011

1 each Banana
1 pkg WG Cin Tst Crunch Cereal
4 oz Whole Milk

9/15/2011

1/4 cup Apricot Halves
1 each WW Biscuit
4 oz Whole Milk
1 each Turkey Sausage Patty

9/16/2011

1/4 cup Diced Pears
1 each WW Cheese Toast
4 oz Whole Milk

LUNCH

1 slice WW Pepperoni Pizza 4.67 oz (CN)
2 each Sliced Cucumbers
WW Breadding in Pizza
4 oz Whole Milk
1 pkg Ranch Dressing Low Fat

6 oz (HM) Mexican Chix + Rice
1/8 cup Steamed Cauliflower
Breadding in Entrée
4 oz Whole Milk

4 each Fish Sticks 1 oz (CN)
1 each Yam Pattie
Breadding on Fish
4 oz Whole Milk
1 pkt Ket/Tarter Sauce

4 oz (HM) Beef/Spag Casserole
1/8 cup Green Beans
1/2 each Breadstick
4 oz Whole Milk

1 each (HM) Teriyaki Chix Leg 3.5 oz
1/8 cup Collard Greens
1 square Corn Bread
4 oz Whole Milk

SNACK

1/2 cup Pineapple Tidbits
1 each WW Banana Mini Loaf
1/2 cup Chilled Water

1/2 cup Diced Peaches
10 each Cheese Its
1/2 cup Chilled Water

1/2 cup Mandarin Oranges
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 Grahams
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

2011, Gleamns Early Head Start Menu

(2-4)

BREAKFAST

9/19/2011		9/20/2011		9/21/2011		9/22/2011		9/23/2011	
1 half	Fresh Orange (2 quarters)	1/4 cup	Applesauce	1/4 cup	Mandarin Orange	1/4 cup	Diced Pears	1 each	Banana
1 pkg	WG Cheerio Cereal	2 each	French Toast Sticks	1 pkg	WG Total Cereal	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 oz	Scrambled Eggs		

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 oz	(HM) Sloppy Joe
1/8 cup	Green Beans	1 each	Pickle Spear	1/8 cup	Salad/Rom. Let/Dcd. Tomato	1/8 cup	Mixed Vegetables	1/8 cup	Cole Slaw
1/8 cup	Tropical Fruit	5 each	Crispy Potato Smiles	1/8 cup	Orange Glazed Carrots	1/2 each	Kiwi (2 quarters)	1/8 cup	Baked Beans
1/3 cup	Rice/Gravy	2 each	WW Bread	1 each	WW Honey Ranch Roll		Breading on Chix.	1 each	WW Hamb Bun
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Chocolate 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	1/2 cup	Apricots
1 pkg	WW Grhm Goldfish Cracker	4 each	Saltine Crackers	1 pkg	Graham Bug Bites	1 each	WW Blueberry Mini Loaf	1 pkg	WG Lemon Bear Graham
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

TEACHER'S WORKDAY

(2-1) EARLY HEADSTART ONLY

BREAKFAST

9/26/2011		9/27/2011		9/28/2011		9/29/2011		9/30/2011	
1/4 cup	Fresh Strawberries	1 half	Fresh Oranges (2 quarters)	1 each	Banana	1/4 cup	Stewed Cinnamon Apples	1/4 cup	Diced Pears
1 each	Waffle	1/3 cup	Buttered Grits	1 pkg	WG Cinn. Toast Cereal	1 each	WW Biscuit	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 tbsp	Syrup					1 each	Turkey Sausage Patty	1 pkt	Apple Jelly
LUNCH									
1 oz	Turkey/Sliced (CN)	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	Baked Sweet Potato	1/8 cup	Pinto Beans	1/8 cup	Cream Corn	5 each	Tater Tots	1/8 cup	Steamed Broccoli
1/8 cup	Oriental Vegetables	1/8 cup	Diced Rom. Let/Tomato	1/8 cup	Green Beans	1 each	Sliced Tomato	1/8 cup	Mandarin Oranges
1 each	WW Honey Ranch Roll	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	Whole Milk	4 oz	Whole Milk
		1 tbsp	Shredded Cheese			1 pkg	Ket/Must		

SNACK

1/2 cup	Fresh Watermelon Cubes	1/2 cup	Diced Peaches	1/2 cup	Pineapple Tidbits
1 each	WW Banana Mini Loaf	10 each	Cheese Its	1 pkg	WW Apple Cinn. Bear Crackers
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water

BIRTHDAY CELEBRATION

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

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