



# December, 2011 Gleamns Headstart Menu



(2-3)

## BREAKFAST

12/5/2011		12/6/2011		12/7/2011		12/8/2011		12/9/2011	
1/2 cup	Stewed Cinnamon Apples	1 each	Fresh Orange (2 halves)	1 each	Banana	1/2 cup	Apricot Halves	1/2 cup	Diced Pears
1 each	Waffle	1/3 cup	Buttered Grits	1 pkg	WG Cinn. Toast Crunch Cereal	1 each	WW Biscuit	1 each	WW Cheese Toast
8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk
						1 each	Turkey Sausage Patty		

## LUNCH

1 slice	WG Pepperoni Pizza 4.67 oz (CN)	6 oz	(HM) Mexican Chix/Rice	4 each	Fish Sticks 1 oz (CN)	4 oz	(HM) Beef/ Spaghetti Cass.	1 each	(HM) Teriyaki Chix Leg 3.5 oz
4 each	Sliced Cucumbers	1/4 cup	Broccoli/ Cheese	1/4 cup	Chuckwagon Vegetable Blend	1/4 cup	Tomato Sauce	1/4 cup	Pinto Beans
1 each	Corn on Cobb	1/4 cup	Steamed Cauliflower	1 each	Yam Pattie	1/4 cup	Green Beans	1/4 cup	Collard Greens
	WG Breathing on Pizza		Breading in Entrée		Breading on Fish		WW noodles in Casserole	1 square	Corn Bread
8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	1/2 each	Breadstick	8 oz	1% Low Fat Chocolate Milk
1 pkg	Ranch Low Fat Dressing			1 pkt	Ket/Tarter Sauce	8 oz	1% Low Fat 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	WC Sun Chips	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

## BIRTHDAY CELEBRATION

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

(2-4)

## BREAKFAST

12/12/2011		12/13/2011		12/14/2011		12/15/2011		12/16/2011	
1 each	Fresh Orange (2 halves)	1/2 cup	Applesauce	1/2 cup	Mandarin Oranges	1/2 cup	Diced Pears	1 each	Banana
1 pkg	WG Cheerios Cereal	2 each	French Toast Sticks	1 pkg	WG Total Cereal	1/3 cup	Buttered Grits	1 slice	WW Cinnamon Toast
8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk
						1 oz	Scrambled Eggs		

## LUNCH

1 each	Salisbury Steak 3.2 oz (CN)	2 oz	(HM) Sloppy Joes
1/4 cup	Green Peas	1/4 cup	Cole Slaw
1/4 cup	Tropical Fruit	1/4 cup	Baked Beans
1/3 cup	Rice / Gravy	1 each	WW Hamb Bun
8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk

## HOLIDAY LUNCH

2 oz	Sliced Ham (CN)	5 each	Chicken Nuggets .6 oz (CN)
1/4 cup	Green Beans	1/4 cup	Mixed Vegetables
1/4 cup	Steamed Carrots	1 each	Kiwi (2 halves)
1 each	WW Honey Ranch Roll		Breading on Chix.
8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk
		1 pkt	Honey Mustard/Ketchup

## DISMISS AT 12 NOON

1 each	(HM) Turkey Sandwich 2 oz
2 each	Pickle Spears
5 each	Crispy Potato Smiles
2 each	WW Bread
8 oz	1% Low Fat Milk
1 pkt	Mayo/Mustard/Ketchup

## SNACK

4 oz	Strawberry Yogurt	1/2 cup	Diced Peaches	1/2 cup	Pineapple Tidbits	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
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Apple Juice 100%	1/2 cup	Chilled Water

## NO SNACK



**"HAPPY HOLIDAYS"**  
CHILDREN RETURN ON JANUARY 4, 2012



Juice is 100%

WC means whole corn

EHS/HS-12 days

WG means whole grain

WW means whole wheat

CN means child nutrition

HM means homemade