

February, 2012 Gleamns Headstart Menu

(3-1)

BREAKFAST

1/30/2012		1/31/2012		2/1/2012		2/2/2012		2/3/2012	
1/2 each	Navel Orange (2 quarters)	1 each	Fresh Pear (2 halves)	1/2 cup	Diced Peaches	1 each	Banana	1/2 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
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 tbsp	Syrup

LUNCH

5 each	Chicken Nuggets .6 oz (CN)	1 slice	WG Cheese Pizza 4.67 oz (CN)	2 oz	Sliced Turkey (CN)	1 each	Cheeseburger 3.2 oz (CN)	1 each	Baked Fish Patty 3 oz (CN)
1/4 cup	Creamed Potatoes	1/4 cup	Green Beans	1/4 cup	Black Eyed Peas	1 each	Russet Baked Potato	1/4 cup	Steamed Broccoli
1/4 cup	Steamed Carrots	1/4 cup	Applesauce	1/4 cup	Collard Greens	1 each	Fresh Kiwi (4 quarters)	1/4 cup	Diced Pears
	Breading on Nuggets		WG Breading on Pizza	1 square	Cornbread	1 each	WW Bun	1 each	WW Honey Ranch Roll
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 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	
1/2 cup	Stewed Cinnamon Apples	1/2 cup	Apricot Halves	1 each	Fresh Orange (2 halves)	1/2 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 WHeats Cereal
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 pkt	Grape Jelly	1 each	Turkey Sausage Patty						

LUNCH

2 oz	Ham Slice (CN)	1 each	(HM) WW Toasted Cheese SW	8 oz	(HM) Beef Stew	8 oz	(HM) Chic/Noodle Casserole	2 oz	(HM) Turkey Taco
1/4 cup	Steamed Cabbage	4 oz	Tomato Soup	1/4 cup	Vegetables in Stew	1 each	Yam Patty	1/4 cup	Shred Rom. Let/ Dcd. Tom
1/4 cup	Diced Peaches	1/4 cup	Fresh Broccoli/Ranch Dressing	1/4 cup	Tropical Fruit	1/4 cup	California Blend Vegetables	1/4 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
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 tbsp	Shredded Cheese

SNACK

1 pkg	WC Corn Chips	1 each	Banana	10 each	Animal Crackers	1/2 cup	Diced Pears	1 each	Fresh Apple (2 halves)
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

WC IS WHOLE CORN
JUICE 100%

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

CN IS CHILD NUTRITION

February, 2012 Gleamns Headstart Menu



(3-3)		VALENTINE'S DAY				ONLY EARLY HEADSTART		STAFF PLANNING DAY	
BREAKFAST									
2/13/2012		2/14/2012		2/15/2012		2/16/2012		2/17/2012	
1/2 each	Navel Oranges (2 quarters)	1 each	Banana	1/2 cup	Stewed Cinnamon Apples	1 each	Fresh Pear (2 halves)	1/2 cup	Mandarin Orange
1 pkg	WG Cheerio Cereal	1 pkg	WG Total Cereal	1/3 cup	Oatmeal	1/3 cup	Cheese Grits	2 each	French Toast Sticks
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 tbsp	Syrup

LUNCH									
1 slice	WG Pepperoni Pizza 4.67 oz (CN)	8 oz	(HM) Turkey Pot Pie	4 each	Fish Sticks (CN)	1 each	Baked Chicken Leg 3.5 oz (CN)	4 each	Teriyaki Dippers (CN)
1/4 cup	Carrot Pineapple Salad	1/4 cup	Veges in Pie	1/4 cup	Cole Slaw	1/4 cup	Turnip Greens	1/4 cup	Creamed Potatoes
1 each	Corn on Cobb	1 each	Fresh Kiwi (4 quarters)	1/4 cup	Steamed Carrots	1/4 cup	Black Eye Peas	1/4 cup	Green Beans
	WG Breading in Pizza	1/2 each	Soft Bread Stick		Breading on Fish Sticks	1 square	Cornbread	1 each	WW Honey Ranch Roll
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 pkt	Ketchup/Tarter Sauce				

SNACK									
1/2 cup	Diced Pears	4 oz	Strawberry Yogurt	1/2 cup	Tropical Fruit	1/2 cup	Pineapple Tidbits	1 each	Fresh Apple (2 halves)
1 pkg	WW Lemon Bear Graham	5 each	Vanilla Wafers	1 pkg	WG Cheddar Sun Chips	1 pkg	WG Honey Graham Crackers	1 pkg	WG Blueberry Mini Loaf
4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water

(3-4)		ONLY EARLY HEADSTART							
BREAKFAST		IN SERVICE TRAINING							
2/20/2012		2/21/2012		2/22/2012		2/23/2012		2/24/2012	
INSERVICE TRAINING		1/2 cup	Apricot halves	1 each	Fresh Orange (2 halves)	1/2 cup	Stewed Cinnamon Apples	1 each	Banana
NO CHILDREN		1 each	WW Biscuit	1/3 cup	Buttered Grits	1 each	Pancake	1 pkg	WG Mini Wheat Cereal
		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 each	(HM) BBQ Chicken Leg 3.5 oz	4 oz	(HM) Chilli Con Carne	2 oz	(HM) Turkey Sandwich (CN)	1 each	Hamburger Steak 3.2 oz (CN)		
1/4 cup	Pinto Beans		Veges in Con Carne	1 each	Rom. Lettuce/Sliced Tomato	1/4 cup	Steamed Carrots		
1 each	Corn on Cobb	1/4 cup	Pineapple Tidbits	2 each	Pickle Spears	1/4 cup	Green Peas		
1 each	WW Honey Ranch Roll	1 square	Cornbread	2 each	WW Bread	1/3 cup	Rice/Gravy		
8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	1 each	WW Bread		
				1 pkt	Low Fat Mayo	8 oz	1% Low Fat Choc. Milk		

SNACK						BIRTHDAY CELEBRATION			
1 each	Banana	10 each	Animal Crackers	1/2 cup	Diced Pears	1/2 cup	Strawberries		
1 pkg	WG Apple Mini Loaf	4 oz	Grape Juice 100%	1 pkg	Chocolate Bear Grahams	1 slice	Yellow Cake		
4 oz	Chilled Water			4 oz	Chilled Water	4 oz	Chilled Water		

WC IS WHOLE CORN
JUICE 100%

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

CN IS CHILD NUTRITION

HS-18 DAYS

EHS-20 DAYS

FEBRUARY, 2012 GLEAMNS HEADSTART MENU

(3-1)

BREAKFAST

2/27/2012		2/28/2012		2/29/2012		3/1/2012		3/2/2012	
1/2 each	Navel Orange (2 quarters)	1 each	Fresh Pear (2 halves)	1/2 cup	Diced Peaches	1 each	Banana	1/2 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
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 tbsp	Syrup

LUNCH

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

WC IS WHOLE CORN
JUICE 100%

WG IS WHOLE GRAIN

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HS-18 DAYS
EHS-20 DAYS

