



October, 2011 Gleamns Headstart Menu



(2-2)

BREAKFAST

10/3/2011		10/4/2011		10/5/2011		10/6/2011		10/7/2011	
1/2 cup	Apricots Halves	1/2 cup	Applesauce	1 each	Fresh Orange (2 halves)	1/2 cup	Diced Pears	1 each	Banana
1 pkg	WG Cheerio Cereal	2 each	French Toast Sticks	1 each	Bagelette Sliced	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 tbsp	Cream Cheese	1 oz	Scrambled Eggs		

LUNCH

2 oz	(HM) Tuna Salad Sandwich	5 each	Chicken Nuggets .6 oz (CN)	4 oz	BBQ Pork (CN)	4 each	Teriyaki Dippers (CN)	6 oz	(HM) Chix Pot Pie
1 each	Romaine Let/Slice Tomato	1/4 cup	Steamed Carrots	1/4 cup	Baked Beans	4 each	Sliced Cucumbers	1/4 cup	Veges in Pie
1/4 cup	Diced Peaches	1/4 cup	Creamed Corn	1/4 cup	Cole Slaw	1/4 cup	California Blend Vegies	1 each	Kiwi (2halves)
2 slice	WW Bread		Breading on Nuggets	1 each	WW Bun	1 slice	WW Bread	1 each	WW Biscuit
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 pkg	Ranch Dressing		

SNACK

4 oz	Strawberry Yogurt	1/2 cup	Tropical Fruit	1 each	Fresh Apple (2 halves)	2 each	Pineapple Rings	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 pkg	WC Corn Chips
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Apple Juice 100%

(2-3)

BREAKFAST

10/10/2011		10/11/2011		10/12/2011		10/13/2011		10/14/2011	
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. Tomato Sauce	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	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 Breading on Pizza		Breading in Entrée		Breading on Fish		WW noodles in Casserole	1 sq	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 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	1/2 cup	Applesauce
1 each	WW Banana Mini Loaf	10 each	Cheese Its	1 pkg	WC Sun Chips	20 each	Animal Crackers	1 pkg	WG Lemon Bear Graham
1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Fruit Juice 100%	1/2 cup	Chilled Water	1/2 cup	Chilled Water

Juice is 100%

WG means whole corn

WG means whole grain

WW means whole wheat

CN means child nutrition

HM means homemade

October, 2011 Gleamns Headstart Menu

(2-4)

BREAKFAST

10/17/2011		10/18/2011		10/19/2011		10/20/2011	
1 each	Fresh Orange (2 halves)	1/2 cup	Applesauce	1/2 cup	Mandarin Oranges	1/2 cup	Diced Pears
1 pkg	WG Cheerios Cereal	2 each	French Toast Sticks	1 pkg	WG Total Cereal	1/3 cup	Buttered Grits
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

10/21/2011
INSERVICE
NO CHILDREN

LUNCH

1 each	Salisbury Steak 3.2 oz (CN)	1 each	(HM) Turkey Sandwich 2 oz	6 oz	(HM) WW Mac & Cheese/ Ham	5 each	Chicken Nuggets .6 oz (CN)
1/4 cup	Green Beans	2 each	Pickle Spears	1/4 cup	Salad/Rom. Let/Dcd. Tomato	1/4 cup	Mixed Vegetables
1/4 cup	Tropical Fruit	5 each	Crispy Potato Smiles	1/4 cup	Orange Gild Carrots	1 each	Kiwi (2 halves)
1/3 cup	RJce / Gravy	2 each	WW Bread	1 each	WW Honey Ranch Roll		Breading on Chix.
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	Mayo / Mustard	1 pkg	Ranch Dressing	1 pkt	Honey 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

PROFESSIONAL DAY NO CHILDREN

(2-1)
BREAKFAST

10/24/2011		10/25/2011		10/26/2011		10/27/2011		10/28/2011	
		1 each	Fresh Orange (2 halves)	1 each	Banana	1/2 cup	Stewed Cinnamon Apples	1/2 cup	Diced Pears
		1/3 cup	Buttered Grits	1 pkg	WG Cin Tst Crunch Cereal	1 each	WW Biscuit	1 each	English Muffin
		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	1 pkg	Apple Jelly
		1 each	(HM) Tortilla Roll Up	1 slice	WG Cheese Pizza 4-67 oz (CN)	1 each	Hamburger Patty 2.5 oz (CN)	1 each	(HM) Sweet/Sour Chic Leg 3.5 oz
		1/4 cup	Pinto Beans	1 each	Corn on Cobb	5 each	Baked Tater Tots	1/4 cup	Steamed Broccoli
		1/4 cup	Diced Rom. Let/Tomato	1/4 cup	Green Beans	2 each	Sliced Tomatoes	1/4 cup	Mandarin Oranges
		1 each	Flour Tortilla	1 each	WG Breading on Pizza	1 each	WW Hmb Bun	1/3 cup	RJce/Gravy
		8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Chocolate Milk
		1 tbsp	Shredded Cheese			1 pkt	Ket/ Must		
		1/2 cup	Diced Peaches	1/2 cup	Pineapple Tidbits	1/2 cup	Tropical Fruit		Birthday Celebration
		10 each	Cheese Its	1 pkg	WC Sun Chips	10 each	Animal Crackers	1 slice	Yellow Cake
		1/2 cup	Chilled Water	1/2 cup	Grape Juice 100%	1/2 cup	Chilled Water	1/2 cup	Strawberries
								1/2 cup	Chilled Water

LUNCH



SNACK

WC means whole corn

WG means whole grain

WW means whole wheat

CN means child nutrition

HM means homemade

Juice is 100%

HS 19 days

EHS 19 days