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# August, 2011 Gleamns Headstart Menu

## BREAKFAST

### FIRST DAY OF NEW TERM

8/17/2011

1 each Banana  
1 pkg WG Cin Tst Crunch Cereal  
8 oz 1% Low Fat Milk

8/18/2011

1/2 cup Stewed Cinnamon Apples  
1 each WW Biscuit  
8 oz 1% Low Fat Milk  
1 each Turkey Sausage Patty

8/19/2011

1/2 cup Diced Pears  
1 each English Muffin  
8 oz 1% Low Fat Milk  
1 pkt Apple Jelly

## LUNCH

1 slice WG Cheese Pizza 4.67 oz (CN)	1 each Hamburger Patty 2.5 oz (CN)	1 each (HM) Sweet/Sour Chick Leg 3.5 oz
1 each Corn on Cobb	5 each Baked Tater Tots	1/4 cup Steamed Broccoli
1/4 cup Green Beans	2 each Tomato Slices	1/4 cup Mandarin Oranges
WG Breading on Pizza	1 each WW Hmb Bun	1/3 cup Rice/Gravy
8 oz 1% Low Fat Milk	8 oz 1% Low Fat Milk	8 oz 1% Low Fat Milk
	1 pkt Ket/ Must	

## SNACK

1/2 cup Fresh Cantaloupe	1/2 cup Tropical Fruit	1/2 cup Applesauce
1 pkg WC Sun Chips	10 each Animal Crackers	1 pkg WG Lemon Bear Graham
1/2 cup Chilled Water	1/2 cup Chilled Water	1/2 cup Chilled Water

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## BREAKFAST

8/22/2011

1/2 cup Apricots Halves  
1 pkg WG Cheerio Cereal  
8 oz 1% Low Fat Milk

8/23/2011

1/2 cup Applesauce  
2 each French Toast Sticks  
8 oz 1% Low Fat Milk  
1 tbsp Syrup

8/24/2011

1 each Fresh Orange (2 halves)  
1 each Bagelette Sliced  
8 oz 1% Low Fat Milk  
1 tbsp Cream Cheese

8/25/2011

1/2 cup Diced Pears  
1/3 cup Buttered Grits  
8 oz 1% Low Fat Milk  
1 oz Scrambled Eggs

8/26/2011

1 each Banana  
1 slice WW Cinnamon Toast  
8 oz 1% Low Fat Milk

## 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
2 each Tomato Slices	1/4 cup Steamed Carrots	1/4 cup Baked Beans	4 each Cucumber slices	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 (2 halves)
2 slices WW Bread	Breading on Nuggets	1 each WW Bun	1 each 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 Chocolate Milk
	1 pkg Ketchup		1 pkt Ranch Dressing	

## SNACK

4 oz Strawberry Yogurt  
1 pkg WW Graham Goldfish Cracker  
1/2 cup Chilled Water

1/2 cup Fresh Cantaloupe  
4 each Saltine Crackers  
1/2 cup Chilled Water

1 each Fresh Apple (2 halves)  
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

### Birthday Celebration

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

WC is whole corn

WG is whole grain

WW is whole wheat

CN is child nutrition label

HM is homemade

# August, 2011 Gleamns Headstart Menu

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## BREAKFAST

8/29/2011		8/30/2011		8/31/2011		9/1/2011		9/2/2011	
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 Cin Tst Crunch Cereal	1 each	WW Biscuit	1 slice	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 tbsp	Syrup					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)	6 oz	(HM) Beef/ Spaghetti Cass.	1 each	(HM) Teriyaki Chix Leg 3.5 oz
4 each	CumCumber slices	1/4 cup	Broccoli/ Cheese	1/4 cup	Chuckwagon Vegetable Blend		WW Spag/Tom 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 Breading 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 Milk
1 pkg	Ranch Low Fat Dressing			1 pkt	Ket/Tarter Sauce	8 oz	1% Low Fat Milk		

## SNACK

1/2 cup	Fresh Watermelon Cubes	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	10 each	Animal Crackers	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

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Welcome Back Everyone