

January, 2012 Gleamns Headstart Menu

(3-1)

BREAKFAST

1/2/2012
HOLIDAY
NO CHILDREN



LUNCH

SNACK

(3-2)

BREAKFAST

1/9/2012
1/2 cup Stewed Cinnamon Apples
1 each WW Butter Toast
8 oz 1% Low Fat Milk
1 pkt Grape Jelly

LUNCH

2 oz Ham Slice (CN)
1/4 cup Steamed Cabbage
1/4 cup Diced Peaches
1 each WW Honey Ranch Roll
8 oz 1% Low Fat Milk

SNACK

1 pkg WC Corn Chips
4 oz Grape Juice 100%

JUICE 100%
WC IS WHOLE CORN

HS/EHS-19 days

1/3/2012
TEACHER'S
WORDAY
NO CHILDREN



1/2 cup Diced Peaches
1 each WW Cinnamon Toast
8 oz 1% Low Fat Milk

2 oz Sliced Turkey (CN)
1/4 cup Black Eyed Peas
1/4 cup Collard Greens
1 square Cornbread
8 oz 1% Low Fat Milk

1/2 cup Tropical Fruit
10 each Animal Crackers
4 oz Chilled Water

1/10/2012
1/2 cup Apricot Halves
1 each WW Biscuit
8 oz 1% Low Fat Milk
1 each Turkey Sausage Patty

1 each (HM) WW Toast Cheese SW
4 oz Tomato Soup
1/4 cup Fresh Broccoli/Ranch Dress.
2 each WW Bread
8 oz 1% Low Fat Milk

1 each Banana
1 each WG Apple Mini Loaf
4 oz Chilled Water

WG IS WHOLE GRAIN

CHILDREN RETURN

1/4/2012

1 each Banana
1 pkg WG Total Cereal
8 oz 1% Low Fat Milk

1 each Cheeseburger 3.2 oz (CN)
1 each Russet Baked Potato
1 each Fresh Kiwi (4 quarters)
1 each WW Bun
8 oz 1% Low Fat Milk
1 pkt Ketchup/Must/Mayo
1 each Butter Cup

1 pkg WW Giant Goldfish Crackers
4 oz Fruit Juice 100%

1/11/2012

1 each Fresh Orange (2 halves)
1/3 cup Buttered Grits
8 oz 1% Low Fat Milk

8 oz (HM) Beef Stew
Veges in Stew
1/4 cup Tropical Fruit
1/3 cup Rice
8 oz 1% Low Fat Milk

10 each Animal Crackers
4 oz Pineapple Juice 100%

WW IS WHOLE WHEAT

1/5/2012

1/2 cup Mandarin
2 each French TC
8 oz 1% Low Fat Milk
1 tbsp Syrup

1 each Baked Fish
1/4 cup Steamed B
1/4 cup Diced Pea
1 each WW Honey
8 oz 1% Low Fat Milk
1 pkg Tarter Sal

1 pkg Cinnamon
4 oz Apple Juic

1/12/2012
1/2 cup Applesauce
1 each Pancake
8 oz 1% Low Fat Milk

8 oz (HM) Chic/Noodle Casserole
1 each Yam Patty
1/4 cup California Blend Vegetables
1/4 cup WW Noodles in Casserole
8 oz 1% Low Fat Milk
1 tbsp Shredded

1 each Fresh App
1 pkg Chocolate Bear Grahams
4 oz Chilled Water
10 each Cheese Its
4 oz Chilled We

HM IS HOMEMADE

CN IS CH

January, 2012 Gleamns Headstart Menu

(3-3)

BREAKFAST

1/16/2012
HOLIDAY
NO CHILDREN

| 1/16/2012 | | 1/17/2012 | | 1/18/2012 | | 1/19/2012 | |
|-----------|-----------------|-----------|------------------------|-----------|-----------------------|-----------|-----------|
| 1 each | Banana | 1/2 cup | Stewed Cinnamon Apples | 1 each | Fresh Pear (2 halves) | 1/2 cup | Mandarin |
| 1 pkg | WG Total Cereal | 1/3 cup | Oatmeal | 1/3 cup | Cheese Grits | 2 each | French Cr |
| 8 oz | 1% Low Fat Milk | 8 oz | 1% Low Fat Milk | 8 oz | 1% Low Fat Milk | 8 oz | 1% Low Fa |
| | | | | | | 1 tbsp | Syrup |

LUNCH



| | | | | | | | |
|----------|-------------------------|---------|-------------------------|----------|-------------------------------|---------|------------|
| 8 oz | (HM) Turkey Pot Pie | 4 each | Fish Sticks (CN) | 1 each | Baked Chicken Leg 3.5 oz (CN) | 4 each | Teriyaki D |
| 1/4 cup | Vesges in Pie | 1/4 cup | Cole Slaw | 1/4 cup | Turnip Greens | 1/4 cup | Creamed f |
| 1 each | Fresh Kiwi (4 quarters) | 1/4 cup | Steamed Carrots | 1/4 cup | Black Eyed Peas | 1/4 cup | Green Bea |
| 1/2 each | Soft Bread Stick | | Breading on Fish Sticks | 1 square | Cornbread | 1 each | WW Honey |
| 8 oz | 1% Low Fat Milk | 8 oz | 1% Low Fat Milk | 8 oz | 1% Low Fat Milk | 8 oz | 1% Low Fa |
| | | 1 pkt | Ketchup/Tarter Sauce | | | | |

SNACK

| | | | | | | | |
|--------|-------------------|---------|----------------------|---------|-----------------------|--------|------------|
| 4 oz | Strawberry Yogurt | 1/2 cup | Tropical Fruit | 1/2 cup | Pineapple Tidbits | 1 each | Fresh App |
| 5 each | Vanilla Wafers | 1 pkg | WG Cheddar Sun Chips | 1 pkg | Honey Graham Crackers | 1 pkg | WG Bluebe |
| 4 oz | Chilled Water | 4 oz | Chilled Water | 4 oz | Chilled Water | 4 oz | Chilled Wa |

(3-4)

BREAKFAST

1/23/2012

| 1/23/2012 | | 1/24/2012 | | 1/25/2012 | | 1/26/2012 | |
|-----------|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------------|
| 1 each | Tangerine (2 halves) | 1/2 cup | Apricot halves | 1 each | Fresh Orange (2 halves) | 1/2 cup | Stewed Cinnamon Apples |
| 1 each | WW Cheese Toast | 1 each | WW Biscuit | 1/3 cup | Buttered Grits | 1 each | Pancake |
| 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 | | | 8 oz | 1% Low Fa |

LUNCH

| | | | | | | | | | |
|---------|---------------------|---------|-----------------------------|----------|--------------------|--------|-----------------------|---------|-----------|
| 2 oz | Ham slice (CN) | 1 each | (HM) BBQ Chicken Leg 3.5 oz | 4 oz | Chillie Con Carne | 2 oz | Turkey Sandwich | 1 each | Hamburge |
| 1/4 cup | Scalloped Potatoes | 1/4 cup | Pinto Beans | | Veges in Con Carne | 1 each | Lettuce/Sliced Tomato | 1/4 cup | Steamed C |
| 1/4 cup | Italian Green Beans | 1 each | Corn on Cobb | 1/4 cup | Pineapple Tidbits | 2 each | Pickle Spears | 1/4 cup | Green Pea |
| 1 each | WW Bread | 1 each | WW Honey Ranch Roll | 1 square | Cornbread | 2 each | WW Bread | 1/3 cup | Rice/Grav |
| 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 | WW Bread |
| | | | | | | 1 pkt | Low Fat Mayo | 8 oz | 1% Low Fa |

SNACK

| | | | | | | | | | |
|---------|----------------------|--------|--------------------|---------|------------------|---------|------------------------|---------|------------|
| 1/2 cup | Tropical Fruit | 1 each | Banana | 10 each | Animal Crackers | 1/2 cup | Diced Pears | 1/2 cup | Strawberri |
| 1 pkg | Vanilla Bear Grahams | 1 pkg | WG Apple Mini Loaf | 4 oz | Grape Juice 100% | 1 pkg | Chocolate Bear Grahams | 1 slice | Yellow Cal |
| 4 oz | Chilled Water | 4 oz | Chilled Water | | | 4 oz | Chilled Water | 4 oz | Chilled Wa |

BIRTHDAY C

| | |
|---------|------------|
| 1/2 cup | Strawberri |
| 1 slice | Yellow Cal |
| 4 oz | Chilled Wa |

WC IS WHOLE CORN
JUICE 100%

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

CN IS CH

HS/EHS-19 days

1/6/2012

Orange
Fast Sticks
t Milk

1 Patty 3 oz (CN)
broccoli
rs
1 Ranch Roll
t Milk
ice/ Ketchup

Graham Bug Bites
e 100%

1/13/2012

Wheat Cereal
t Milk

ney Taco
n. Let/ Dcd. Tom
s
illa
t Milk
Cheese

le (2 halves)
;
ster

ILD NUTRITION

1/20/2012

Orange
Fast Sticks
t Milk

Apples (CN)
Potatoes
ns
/ Ranch roll
t Milk

le (2 halves)
erry Mini Loaf
ster

1/27/2012

Wheat Cereal
t Milk

r Steak 3.2 oz (CN)
Carrots
s
y
t Choc. Milk

CELEBRATION
ies
ke
ster

CHILD NUTRITION