

September, 2011 Gleamns Headstart Menu

(2-2)

BREAKFAST

9/5/2011
HOLIDAY

9/6/2011
1/2 cup Applesauce
2 each French Toast Sticks
8 oz 1% Low Fat Milk

9/7/2011
1 each Fresh Orange (2 halves)
1 each Bagelette Sliced
8 oz 1% Low Fat Milk
1 tbsp Cream Cheese

9/8/2011
1/2 cup Diced Pears
1/3 cup Buttered Grits
8 oz 1% Low Fat Milk
1 oz Scrambled Eggs

9/9/2011
1 each Banana
1 slice WW Cinnamon Toast
8 oz 1% Low Fat Milk

LUNCH

5 each Chicken Nuggets .6 oz (CN)
1/4 cup Steamed Carrots
1/4 cup Creamed Corn
Breeding on Nuggets
8 oz 1% Low Fat Milk
1 pkt Ketchup

4 oz BBQ Pork (CN)
1/4 cup Baked Beans
1/4 cup Cole Slaw
1 each WW Bun
8 oz 1% Low Fat Milk

4 each Teriyaki Dippers (CN)
4 each Sliced Cucumbers
1/4 cup California Blend Vegies
1 slice WW Bread
8 oz 1% Low Fat Milk
1 pkg Ranch Dressing

6 oz (HM) Chix Pot Pie
1/4 cup Veges in Pie
1 each Kiwi (2halves)
1 each WW Biscuit
8 oz 1% Low Fat Milk

SNACK

1/2 cup Tropical Fruit
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

1 each String Cheese
1 pkg WC Corn Chips
1/2 cup Chilled Water

(2-3)

BREAKFAST

9/12/2011

1/2 cup Stewed Cinnamon Apples
1 each Waffle
8 oz 1% Low Fat Milk

9/13/2011

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

9/14/2011

1 each Banana
1 pkg WG Cinn. Toast Crunch Cereal
8 oz 1% Low Fat Milk

9/15/2011

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

9/16/2011

1/2 cup Diced Pears
1 each WW Cheese Toast
8 oz 1% Low Fat Milk

LUNCH

1 slice WG Pepperoni Pizza 4.67 oz (CN)
4 each Sliced Cucumbers
1 each Corn on Cobb
WG Breeding on Pizza
8 oz 1% Low Fat Milk
1 pkg Ranch Low Fat Dressing

6 oz (HM) Mexican Chix/RJice
1/4 cup Broccoli/ Cheese
1/4 cup Steamed Cauliflower
Breeding in Entrée
8 oz 1% Low Fat Milk

4 each Fish Sticks 1 oz (CN)
1/4 cup Chuckwagon Vegetable Blend
1 each Yam Pattie
Breeding on Fish
8 oz 1% Low Fat Milk
1 pkt Ket/Tarter Sauce

4 oz (HM) Beef/ Spaghetti Cass.
WW Spag/Tom Sauce
1/4 cup Green Beans
WW noodles in Casserole
1/2 each Breadstick
8 oz 1% Low Fat Milk

1 each (HM) Teriyaki Chix Leg 3.5 oz
1/4 cup Pinto Beans
1/4 cup Collard Greens
1 sq Corn Bread
8 oz 1% Low Fat Milk

SNACK

1/2 cup Pineapple Tidbits
1 each WW Banana Mini Loaf
1/2 cup Chilled Water

1/2 cup Diced Peaches
10 each Cheese Its
1/2 cup Chilled Water

1/2 cup Mandarin Oranges
1 pkg WC Sun Chips
1/2 cup Chilled Water

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

1/2 cup Applesauce
1 pkg WG Lemon bear Graham
1/2 cup Chilled Water

WC means whole corn

WG means whole grain

WW means whole wheat

CN means child nutrition

HM means homemade

September, 2011 Gleamns Headstart Menu

(2-4)

BREAKFAST

	9/19/2011	9/20/2011	9/21/2011	9/22/2011	9/23/2011
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)	1 each (HM) Turkey Sandwich 2 oz	6 oz (HM) WW Mac + Cheese/ Ham	5 each	Chicken Nuggets .6 oz (CN)	2 oz	(HM) Sloppy Joes
1/4 cup	Green Beans	2 each	Pickle Spears	1/4 cup	Salad/Rom. Let./Dcd. Tomato	1/4 cup	Cole Slaw
1/4 cup	Tropical Fruit	5 each	Crispy Potato Smiles	1/4 cup	Orange Glzd Carrots	1/4 cup	Baked Beans
1/3 cup	Rice / Gravy	2 each	WW Bread	1 each	WW Honey Ranch Roll	1 each	WW Hamb Bun
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 pkt	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	1/2 cup	Apricots
1 pkg	WW Graham Goldfish Cracker	4 each	Saltine Crackers	1 pkg	Graham Bug Bites	1 each	WW Blueberry Mini Loaf	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

TEACHER'S WORKDAY

(2-1) EARLY HEAD START ONLY

BREAKFAST

	9/26/2011	9/27/2011	9/28/2011	9/29/2011	9/30/2011
1/2 cup	Fresh Strawberries	1 each	Fresh Orange (2 halves)	1 each	Banana
1 each	Waffle	1/3 cup	Buttered Grits	1 pkg	WG Cin Tst Crunch Cereal
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
				1/2 cup	Stewed Cinnamon Apples
				1 each	WW Biscuit
				8 oz	1% Low Fat Milk
				1 pkg	Apple Jelly

LUNCH

2 oz	Turkey/Sliced (CN)	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	Baked Sweet Potato	1/4 cup	Pinto Beans	1 each	Corn on Cobb	5 each	Baked Tater Tots	1/4 cup	Steamed Broccoli
1/4 cup	Oriental Vegetables	1/4 cup	Diced Rom. Let./Tomato	1/4 cup	Green Beans	2 each	Sliced Tomatoes	1/4 cup	Mandarin Oranges
1 each	WW Honey Ranch Roll	1 each	Flour Tortilla		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	8 oz	1% Low Fat Milk	8 oz	1% Low Fat Chocolate Milk
		1 tbsp	Shredded Cheese			1 pkt	Ket/ Must		

SNACK

1/2 cup	Fresh Watermelon Cubes	1/2 cup	Diced Peaches	1/2 cup	Pineapple Tidbits	1/2 cup	Tropical Fruit	Birthday Celebration	
1 each	WW Banana Mini Loaf	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	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Chilled Water	1/2 cup	Strawberries
								1/2 cup	Chilled Water

WC means whole corn

WG means whole grain

WW means whole wheat

CN means child nutrition

HM means homemade