

September, 2021 Gleamns Early Headstart Menu

(1-3)

8/30/2021		8/31/2021		9/1/2021		9/2/2021		
BREAKFAST								
1/2 each	Fresh Orange (2 quarters)	1/4 cup	Diced Peaches	1/4 cup	Diced Cantaloupe	1/4 cup	Stewed Cinnamon Apples	1 each
1 each	WG Frosted Mini Bites Cereal	1/3 cup	Cheese Grits	1 each	WW Buttered Toast	2 each	WG Pancake	1 pkg
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
 LUNCH								
4/3 SQ	Mac/ Cheese with ham (HM)	1 each	Chicken Sandwich (CN) 3 oz	4 oz	(Hm) Beef/Spaghetti Casserole	1 oz	Sliced Turkey	1 each
1/8 cup	Steamed Broccoli	1 each	Sliced Tomato		Tomato Sauce in Casserole	1 each	Pear Half	1/8 cup
1/8 cup	Peas and Carrots	1/2 each	Kiwi (2 quarters)	1/8 cup	Creamed Corn	1 each	Yam Patty	1/8 cup
	WW Noodles in cass	1 each	WW Hmb. Bun		WW Noodles in Casserole	1 each	Dinner Roll	5 x 5
4 oz	Whole Milk	4 oz	Whole Milk Condiments	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
 SNACK								
1/2 cup	Diced Pears	1 each	Sliced Cheese	1/2 cup	Pineapple Tidbits	4 oz	Fesh Strawberries	1/2 cup
4 each	Ritz Crackers	4 oz	Apple Juice 100%	1 each	WW Bread Stick (soft)	4 oz	Grape Juice 100%	1 pkg
4 oz	Chilled Water			4 oz	Chilled Water			4 oz
				1 each	Marinara Sauce			

(1-4)

9/6/2021		9/7/2021		9/8/2021		9/9/2021		
BREAKFAST								
1/2 cup	Apricot Halves	1/2 cup	Diced Peaches	1/2 cup	Mandarin Oranges	1/2 cup	Applesauce	1 each
1 pkg	WG Rice Krispies Cereal	1 each	Sliced Bagel	1/3 cup	Buttered Grits	1 each	WW Cinnamon Toast	1 each
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
		1 tbsp	Cream Cheese					
 LUNCH								
4 oz	BBQ Pork Sandwich (CN)	6 oz	(HM) Chicken Chop Suey	1 slice	Cheese Pizza 4.67 oz (CN)	3 oz	(HM) Sloppy Joes	1 oz
1/8 cup	Green Beans	1/8 cup	Steamed Carrots	1/8 cup	Steamed Broccoli	1/8 cup	Cole Slaw	1 each
1/8 cup	Water Melon		Veggies In Suey	1/8 cup	Pineapple Tidbits	1/8 Cup	Baked Beans	5 each
4 oz	WW Hamburger Bun	1/4 cup	WG Brown Rice		WW Breading in Pizza Crust	1 each	WW Hamburger Bun	
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz
 SNACK								
1/2 cup	Sliced Cucumbers	1/2 each	Fresh Apple (2 quarters)	4 each	Saltine Crackers	1/2 cup	Diced Pears	1/2 cup
4 oz	Apple Juice 100%	1 each	Strawberry Yogurt	4 oz	Grape Juice 100%	1 pkg	WG Cinn Toast Crunch	1 each
		4 oz	Chilled Water			4 oz	Chilled Water	4 oz

All fresh fruit served to Early Head Start children must be peeled, cored, free of seeds and stems before serving. Any food on bread or bun should be cut in half.
 Other meats should be cut into pieces to assure children can handle them. All children over the age of two are to receive 1% Low Fat milk unless ordered by a doctor.
 All milk served to children between the age of 1 to 2 years of age is whole unflavored milk, each 4 oz serving of yogurt contains 10gm of sugar

WC means whole corn
Juice is 100%

WG means whole grain

WW means whole wheat

CN means child nutrition label

September, 2021 Gleamns Early Headstart Menu

(1-1)

9/13/2021		9/14/2021		9/15/2021		9/16/2021	
BREAKFAST							
1 each	Fresh Orange (2 Halves)	1/2 cup	Diced Peaches	1 each	Fresh Pear (2 halves)	1/2 Cup	Stewed Cinnamon Apples
1 each	WG Frosted Mini Bites Cereal	1/3 cup	Cheese Grits	1 each	Breakfast Pizaa (Sausage,cheese)	2 each	WG PanCake
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
LUNCH							
1 each	Baked Chicken Leg(CN)3.5 oz	1 slice	Pepperoni Pizza 4.67 oz (CN)	1 each	Hamburger Steak (CN) 3 oz	6 oz	Ground Beef Spanish Rice (HM)
1/8 cup	Pinto Beans	1/8 cup	Salad/Rom. Lettuce/Tomato	1/8 cup	Steamed Broccoli	1/8 Cup	Mandarin Oranges
1/8 cup	Diced Pears	1/8 cup	Cream Corn	1/8 cup	Steamed Carrots		Vegs in Cass
5 x 5	Cornbread Square		WW Breading in Pizza Crust	1 slice	WW Bread		WG Rice in Cass
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
		1 pkt	Ranch Dressing	1 tbsp	Gravy		
SNACK							
1 slice	Deli Ham(1 oz)	1/2 cup	Fresh Cantaloupe	1/2 cup	Pineapple Tidbits	4 oz	Apple Juice 100%
1 each	WG Flour Tortilla	1 oz	Cottage Cheese	4 oz	Strawberry Yogurt	1 pkg	Honey Graham Cracker(1.0 oz)
4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water		
1 pkg	mayo/mustard			1 each	Marinara Sauce		

(1-2)

9/20/2021		9/21/2021		9/22/2021		9/23/2021	
BREAKFAST							
1/2 cup	Apricot Halves	1/2 cup	Diced Peaches	1/2 cup	Fresh Strawberries	1/2 Cup	Applesauce
1 each	Sliced Bagel	1 pkg	Cinn. Flakes multi Grain Cereal	1/4 cup	WG Cinn. Oatmeal	1 each	WG Biscuit
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
1 tbsp	Cream Cheese					1 each	Turkey Sausage Patty
LUNCH							
1 oz	Sliced Ham	3 oz	Meat Loaf (CN)	8 oz	(HM)Chix Alfredo with a Twist	1 each	Cheeseburger (CN) 3 oz
1 each	Yam Patty	1/8 cup	Green Peas	1/8 cup	Steamed Broccoli	1 each	Sliced Tomato
1/8 cup	Steamed Cabbage	1/8 cup	Creamed Potatoes	1/8 cup	Mandarin Oranges	1/2 each	Kiwi (2 quarters)
1 each	WW Honey Ranch Roll	1 slice	WW bread	1/8 cup	WG Rotinti Noodles in Cass	1/2 each	WW Hamburger Bun
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk Condiments
SNACK							
2 each	Pineapple Rings	1/2 each	Fresh Apple (2 quarters)	2 pkg	Salad Wafers	4 oz	Strawberry Yogurt
4 each	Saltine Crackers	1 pkg	WW Cheese Its	4 oz	Grape Juice 100%	1 pkg	WG Cheerios
4 oz	Chilled Water	4 oz	Chilled Water			4 oz	Chilled Water

All fresh fruit served to Early Head Start children must be peeled, cored, free of seeds and stems before serving. Any food on bread or bun should be cut in half. Other meats should be cut into pieces to assure children can handle them. All children over the age of two are to receive 1% Low Fat milk unless ordered by a doctor. All milk served to children between the age of 1 to 2 years of age is whole unflavored milk, each 4 oz serving of yogurt contains 10gm of sugar

WC means whole corn
Juice is 100%

WG means whole grain

WW means whole wheat

CN means child nutrition label

9/3/2021

Banana
WG Cinn. Toast Crunch Cereal
Whole Milk

(HM) Sweet and Sour Chix Leg 3.5 oz
Pinto Beans
Collard Greens
Corn Bread Square
Whole Milk

Mandarin Oranges
WW Cheese its
Chilled Water

9/10/2021

Banana
Multi Grain Cheerios
Whole Milk

(HM) Turkey Sandwich (Cut in half)
Sliced Tomatoe
Crispy Potato Smiles
WW Bread
Whole Milk
Condiments

Honey Dew Melon
Sliced Cheese
Chilled Water

HM means homemade

9/17/2021

Banana
W/G Cinn. Toast Crunch
W/whole Milk

(HM) Chicken Salad
Marinated tomatoes cucumbers
Fresh Apple (2 halves)
Ritz Crackers
W/whole Milk

Grape Juice 100%
W/W Cheese Its

9/24/2021

Banana
W/G Cinn Toast Crunch Cereal
W/whole milk

(HM) chili Dog 3 oz
Baked Beans
Pear Halves
W/G Hot Dog Bun
W/whole Milk
Condiments

W/G Bug Bites
Fruit Punch 100%

HM means homemade