

September, 2021 Gleamns Head start Menu

(1-3)

8/30/2021		8/31/2021		9/1/2021		9/2/2021	
BREAKFAST							
1 each	Fresh Orange (2 halves)	1/2 cup	Sliced Peaches	1/2 cup	Diced Cantaloupe	1/2 cup	Stewed Cinnamon Apples
1 each	WG Frosted Mini Bites Cereal	1/3 cup	Cheese Grits	1 each	WW Buttered Toast	2 each	WG 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
LUNCH							
4x3 SQ	MaC/ Cheese with ham (HM)	1 each	Chicken Sandwich (CN) 3 oz	4 oz	(Hm) Beef/Spaghetti Casserole	2 oz	Sliced Turkey
1/4 cup	Steamed Broccoli	1 each	Rom. Let/Sliced Tomato		Tomato Sauce in Casserole	1 each	Fresh Pear (2Halves)
1/4 cup	Peas and Carrots	1 each	Kiwi (2 halves)	1/4 cup	Whole Kernel Corn	1 each	Yam Patty
	WW Noodles in Cass	1 each	WW Hmb. Bun		WW Noodles in Casserole	1 each	Dinner Roll
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 pkg	Ketchup/Lite Mayo				
SNACK							
1/2 cup	Sliced Pears	1 each	Sliced Cheese	1/2 cup	Pineapple Tidbits	4 oz	Grape Juice 100%
4 each	Ritz Crackers	4 oz	Apple Juice 100%	1 each	WW Bread Stick (soft)	1 pkg	Strawberry Chex Mix (1.3oz)
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	Sliced Peaches	1/2 cup	Mandarin Oranges	1/2 cup	Applesauce
1 pkg	WG Rice Krispies Cereal	1 each	Sliced Bagel	1/3 cup	Buttered Grits	4 each	WG French Toast Sticks
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				
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
1/4 cup	Green Beans	1/4 cup	Steamed Carrots	1/4 cup	Steamed Broccoli	1/4 cup	Cole Slaw
1/4 cup	Water Melon		Veges in Dish	1/4 cup	Pineapple Tidbits	1/4 cup	Baked Beans
1 each	WW Hamburger Bun	1/2 cup	WG Brown Rice		WW Breeding On Pizza	1 each	WW Hamburger 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
SNACK							
1 pkg	WG Bug Bites (1.oz bag)	1 each	Fresh Apple (2 halves)	1 pkg	Multi Grain Sun Chips (1.oz)	1/2 cup	Sliced Pears
4 oz	Apple Juice 100%	1 each	Strawberry Yogurt	4 oz	Grape Juice 100%	1 pkg	WG Cinn Toast Crunch
		4 oz	Chilled Water			4 oz	Chilled Water

Children 2 years of age or older is served 1% low fat unflavored milk, Each 4 oz serving of yogurt contains 10 gm 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 Head start 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	Sliced Peaches	1 each	Fresh Pear (2 halves)	1/2 cup	Stewed Cinnamon Apples	1 each
1 each	WG Frosted Mini Bites Cereal	1/3 cup	Cheese Grits	1 each	Breakfast Pizza(Sausage,Cheese)	2 each	WG Pancake	1 pkg
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
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)	4 oz
1/4 cup	Pinto Beans	1/4 cup	Salad/Rom. Lettuce/Tomato	1/4 cup	Steamed Broccoli	1/4 Cup	Mandarin Oranges	1/4 cup
1/4 cup	Sliced Pears	1 each	Corn On Cob	1/4 cup	Steamed Carrots		Vegs in Cass	1 each
5 x 5	Cornbread Square		WW Breading in Pizza Crust	1 slice	WW Bread		WG Rice in Cass	4 each
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 pkt	Ranch Dressing	1 tbsp	Gravy			
SNACK								
2 slices	Deli Ham(2 oz)	1/2 cup	Fresh Cantaloupe	1/2 cup	Pineapple Tidbits	4 oz	Apple Juice 100%	1 pkg
1 each	WG Flour Tortilla	1 oz	Cottage Cheese	4 oz	Strawberry Yogurt	1 pkg	Honey Graham Cracker(1.0 oz)	1/2 each
4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water			1 pkt
1 pkg	mayo/mustard							

(1-2)

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

Children 2 years of age or older is served 1% low fat unflavored milk, Each 4 oz serving of yogurt contains 10 gm of sugar.

WC means whole corn
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WG means whole grain

WW means whole wheat

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September, 2021 Gleamns Head start Menu

(1-3)

9/27/2021		9/28/2021		9/29/2021		9/30/2021		
BREAKFAST								
1 each	Fresh Orange (2 halves)	1/2 cup	Sliced Peaches	1/2 cup	Diced Cantaloupe	1/2 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
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

LUNCH								
4/3 SQ	Mac/ Cheese with ham (HM)	1 each	Chicken Sandwich (CN) 3 oz	4 oz	(Hm) Beef/Spaghetti Casserole	2 oz	Sliced Turkey	1 each
1/4 cup	Steamed Broccoli	1 each	Rom. Let/Sliced Tomato		Tomato Sauce in Casserole	1 each	Fresh Pear (2Halves)	1/4 cup
1/4 cup	Peas and Carrots	1 each	Kiwi (2 halves)	1/4 cup	Whole Kernel Corn	1 each	Yam Patty	1/4 cup
	WW Noodles in cass	1 each	WW Hmb. Bun		WW Noodles in Casserole	1 each	Dinner Roll	5 x 5
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 pkg	Ketchup/Lite Mayo					

SNACK								
1/2 cup	Sliced Pears	1 each	Sliced Cheese	1/2 cup	Pineapple Tidbits	4 oz	Grape Juice 100%	1/2 cup
4 each	Ritz Crackers	4 oz	Apple Juice 100%	1 each	WW Bread Stick (soft)	1 pkg	Strawberry Chex Mix (1.3oz)	1 pkg
4 oz	Chilled Water			4 oz	Chilled Water			4 oz
				1 each	Marinara Sauce			

Children 2 years of age or older is served 1% low fat unflavored milk, Each 4 oz serving of yogurt contains 10 gm of sugar.

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9/3/2021

Banana
WG Cinn. Toast Crunch
1% Low Fat Milk

(HM) Sweet and Sour Chix Leg 3.5 oz
Pinto Beans
Collard Greens
Corn Bread Square
1% Low Fat Milk

Mandarin Oranges
WW Cheese its
Chilled Water

9/10/2021

Banana
Cheerios Cereal
1% Low Fat Milk

(HM) Turkey Sandwich
Rom Lettuce/ Tomatoes
Crispy Potato Smiles
WW Bread
1% Low Fat Milk
Condiments

Honey Dew Melon
Sliced Cheese
Chilled Water

HM means homemade

9/17/2021

Banana
WG Cinn. Toast Crunch
1% Low Fat Milk

(HM) Chicken Salad
Marinated tomatoes cucumbers
Fresh Apple (2 halves)
Ritz Crackers
1% Low Fat Milk

Grape Juice 100%
SOF Pretzel
Mustard

9/24/2021

Bnanana
WG Cinn Toast Crunch Cereal
1% Low Fat Milk

Chili Dog (HM) 3 oz
Baked Beans
Pear Halves
WG Hot Dog Bun
1% Low Fat Milk
Condiments

WG Bug Bites
Fruit Punch 100%

HM means homemade

10/1/2021

Banana
WG Cinn. Toast Crunch
1% Low Fat Milk

(HM) Sweet and Sour Chix Leg 3.5 oz
Pinto Beans
Collard Greens
Corn Bread Square
1% Low Fat Milk

Mandarin Oranges
WW Cheese its
Chilled Water

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