

November, 2022 Gleamns Early Headstart Menu

(2-1)

BREAKFAST

10/31/2022		11/1/2022		11/2/2022		11/3/2022		11/4/2022	
1/2 each	Navel Orange (2 quarter)	1/4 cup	Diced Pears	1/4 cup	Mandarin Oranges	1 each	Banana	1/4 cup	Apricot Halves
1 each	WG Biscuit	1/3 cup	Cheese Grits	1 each	WW Buttered Toast	1 pkg	WG Rice Krispies	4 each	French Toast Stick
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
1 each	Chicken Slider							1 pkt	Syrup

LUNCH

1 each	Cheese Pizza (CN)	4 oz	(HM) Beef + Spaghetti Cass.	1 oz	Sliced Turkey	1 each	BBQ Chicken Leg (CN)	1 each	(HM) Beef Burrito (2 oz)
1/8 cup	Green Beans		Vegies in Casserole	1/8 cup	Black Eye Peas	1/8 cup	Orange Glazed Carrots	1/8 cup	Chopped Rom. Let/Tomato
1/2 each	Fresh Apples (2 quarters)	1/8 cup	Pineapple Tidbits	1/8 cup	Collard Greens	1/8 cup	Creamed Corn	1/8 cup	Diced Peaches
	WG Breading on Pizza		WW Noodles in Casserole	5 X 5	Cornbread square	1 each	WW Bread	1 each	WW Soft Flour Tortilla
4 oz	Whole Milk	4oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
								1 pkt	Ranch Dressing

SNACK

4 each	Ritz Crackers	4 oz	Strawberry Yogurt	1/2 cup	Apple Sauce	1 each	Fresh Orange (4 quarters)	4 oz	Grape Juice 100%
4 oz	Fruit Punch Juice 100%	2 pkg	Salad Wafer	1 each	WW Cinn. Bread Stick (soft)	1 each	Cheese Slice	1 pkg	Bug Bites
		4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water		

(2-2)

BREAKFAST

11/7/2022		11/8/2022		11/9/2022		11/10/2022		11/11/2022	
1/4 cup	Stewed Cinnamon Apples	1/4 cup	Apricot Halves	1/2 each	Fresh Orange (2 quarters)	1 each	Banana	1/4 cup	Applesauce
1 each	WW Butter Toast	1 each	Turkey Sausage Patty	1/3 cup	Buttered Grits	1 pkg	Multigrain Cheerios	1/4 cup	Oatmeal
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
1 pkt	Grape Jelly								

LUNCH

1 oz	Ham Slice	8 oz	(HM) Beef Stew	5 each	Chicken Nuggets .6 oz (CN)	8 oz	(HM) Chicken and Noodle	1 each	Cheeseburger 3.2 oz (CN)
1/8 cup	Pinto Beans		Veges in Stew	1/8 cup	5 Way Vegetable Blend	1/8 cup	Steamed Broccoli	1/8 cup	Steamed Carrots
1/8 cup	Diced Pears	1/2 each	Kiwi (2 quarters)	1/8 cup	Tropical Fruit (Diced)	1/8 cup	Diced Peaches	1/8 cup	Baked Tater Tots
1 each	Dinner Roll	1/2 cup	WG Brown Rice	1 each	Honey Ranch Roll		WW Noodles	1 each	WG Hamburger Bun
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
					Condiments				Condiments

SNACK

1/2 each	Pretzel (soft)	1 each	Cheese Slices	4 oz	Strawberry Yogurt	4 each	Saltine Crackers	1/2 cup	Mandarin oranges
4 oz	Fruit Punch 100%	4 each	Ritz Crackers	1 pkg	WW Goldfish Graham Crakers	4 oz	Pineapple Juice 100%	1 pkg	Cheese Its
1 pkg	Mustard	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 and diced to be no bigger than 1/2 inch in size before serving.

Any food on bread or buns should be cut into 4 pieces, other meats should be cut into pieces to assure children can handle them.

All milk served to children between the age of 1 to 2 years of age is whole unflavored milk. Children 2 years of age or older is served 1% low fat unflavored milk.

Each 4 oz serving of yogurt contains 10 gms of sugar, and all cereal served in Head Start contains 6 gms of sugar or less.

**WC IS WHOLE CORN
JUICE 100%**

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

CN IS CHILD NUTRITION

November, 2022 Gleamns Early Headstart Menu

(2-3)

BREAKFAST

11/14/2022		11/15/2022		11/16/2022		11/17/2022		11/18/2022	
1/2 each	Navel Oranges (2 quarter)	1/4 cup	Diced Pears	1/4 cup	Mandarin Oranges	1 each	Banana	1/4 cup	Apricot Halves
1 each	WG Biscuit	1 each	WG Cinn, Flake Cereal	1 each	WW Buttered Toast	1/3 cup	WG Rice Krispies Cereal	2 each	WW Waffle
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
1 each	Chicken Slider			1 pkg	Jelly			1 pkt	Syrup

LUNCH

1 slice	Pepperoni Pizza 4.67 oz (CN)	7 each	Steak Nuggets (CN)	2 oz	Sliced Turkey	1 each	Baked Chicken Leg 3.5 oz (CN)	8 oz	Beef Vegetable Soup (HM)
1/8 cup	Steamed Carrots	1/8 each	Green Peas	1/4 cup	Green Beans	1/8 cup	Turnip Greens	1 each	Clementine
1/8 cup	Cream Corn	1 each	Pineapple Ring	1 each	Yam Patties	1/8 cup	Black Eye Peas		Vegetables in stew
	WG Breading in Pizza		Breading on Nuggets	1/3 cup	Cornbread Dressing	1 each	WW Honey Ranch Roll	5x5 sq	Corn bread
4 oz	Whole Milk	4 oz	Whole Milk	8 oz	1% Low Fat Milk	4 oz	Whole Milk	4 oz	Whole Milk
			Condiments	1 TBSP	Gravy				

SNACK

4 each	Ritz Crackers	4 oz	Strawberry Yogurt	1/2 cup	Apple Sauce	1 each	Fresh Orange (4 quarters)	1 each	Cheese Slice
1/2 cup	Tropical Fruit	2 pkg	Salad Wafer	1 each	WWCinn. Bread Stick (soft)	1 pkg	WW Bug Bites	4 oz	Grape Juice 100%
4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water	4 oz	Chilled Water		

(2-4)

BREAKFAST

11/21/2022		11/22/2022		11/23/2022		11/24/2022		11/25/2022	
1 each	Fresh Pear (2 halves)	1 each	Tangerine (2 halves)						
1 each	Multigrain Cheerios	1 each	WW Toast						
4 oz	Whole Milk	4 oz	Whole Milk		Holiday		Holiday		Holiday
		1 pkg	Jelly						

LUNCH

6 oz	(HM) Chicken Pot Pie	2 oz	Ham slice
1/8 cup	Steamed Broccoli	1 each	Pineapple Rings
	Vegies in Pie	2 each	Sliced Tomatoes/ Lettuce
1 each	WG Biscuit	2 each	WG Sliced Bread
4 oz	Whole Milk	4 oz	Whole Milk

SNACK

1/2 each	Pretzel (soft)	1 each	Cheese Slices
1/2 cup	Apricot Halves	4 each	Ritz Crackers
1 pkg	Mustard	4 oz	Chilled Water
4 oz	Chilled Water		

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