

# March, 2023 Gleamns Headstart Menu

(2-2)

## BREAKFAST

3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023
1/2 cup Stewed Apples	1/2 cup Apricot Halves	1 each Fresh Orange (2 halves)	1 each Banana	1/2 cup Applesauce
1 each WW Cinnamon Toast	1 each WG Biscuit	1/3 cup Buttered Grits	1 pkg WG Cheerios Cereal	1/4 cup Oatmeal
8 oz 1% Low Fat Milk	8 oz 1% Low Fat Milk Turkey Sausage Patty	8 oz 1% Low Fat Milk	8 oz 1% Low Fat Milk	8 oz 1% Low Fat Milk

## LUNCH

2 oz Ham Slice	8 oz (HM) Beef Stew	8 each Chicken Nuggets .7 oz (CN)	8 oz (HM) Chicken and Noodle	1 each Cheeseburger 3.2 oz (CN)
1/4 cup Pinto Beans	Veges in Stew	1/4 cup 5 Way Vegetable Blend	1/4 cup Steamed Broccoli	1/4 cup Steamed Carrots
1/4 cup Sliced Pears	1 each Kiwi (2 halves)	1/4 cup Tropical Fruit	1/4 cup Sliced Peaches	8 each Baked Tater Tots
1 each Dinner Roll	1/2 cup WG Brown Rice	1 each WW Honey Ranch Roll	WW Noodles	1 each WG 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	8 oz 1% Low Fat Milk
		1 pkg Ketchup		1 pkg Ketchup or Mustard

## 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 Cracker	4 oz Pineapple Juice 100%	1 pkg Cheese Its
1 pkg Mustard	4 oz Chilled Water	4 oz Chilled Water		4 oz Chilled Water

(2-3)

## BREAKFAST

3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023
1 each Navel Orange(4 quarters)	1/2 cup Sliced Pear	1/2 cup Mandarin Oranges	1 each Banana	1/2 cup Apricot Halves
1 each WG Biscuit	1 pkg WG Cinn. Flake Cereal	1 each WW Cheese Toast	1 pkg WG Rice Krispies Cereal	2 each WW Waffle
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 each Turkey Sausage Patty				1 pkt Syrup

## LUNCH

1 slice Pepperoni Pizza	1 each Beef Fritter	4 oz BBQ Sandwich (CN)	1 each Baked Chicken Leg 3.5 oz (CN)	8 oz Beef- Vegetable Soup (HM)
1/4 cup Steamed Carrots	1/4 cup Green Peas	1/4 cup Green Beans	1/4 cup Turnip Greens	1 each Red Apple
1 each Corn On Cob	2 each Pineapple Rings	1/4 cup Potatoe Smiles	1/4 cup Black Eye Peas	vegetables in stew
WG Breading On Pizza	1 each WW Hamburger Buns	1 each WW Hamburger Bun	1 each WW Honey Ranch Roll	5x5 sq Cornbread Square
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 pkg Ketchup			

## 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 WW Cinn. Bread Stick (soft)	1 pkg Strawberry Chex Mix	4 oz Grape Juice 100%
4 oz Chilled Water	4 oz Chilled Water	4 oz Chilled Water	4 oz Chilled Water	

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

# March, 2023 Gleamns Headstart Menu

(2-4)

## BREAKFAST

3/20/2023		3/21/2023		3/22/2023		3/23/2023		3/24/2023	
1 each	Fresh Pear ( 2 halves)	1 each	Tangerine (2 halves)	1/2 cup	Steamed Cinnamon Apples	1 each	Fresh Orange (2 halves)	1 each	Banana
1 each	Multigrain Cheerios	1 each	WW Toast	1 each	WG Biscuit	1/3 cup	Buttered Grits	1 pkg	WW Frosted Mini Bites
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 each	Jelly	1 each	Turkey Sausage Patty				

## LUNCH

6 oz	(HM) Chicken Pot Pie	2 oz	Ham Slice	4 oz	(HM) Chili Con Carne	1 each	Grilled Chicken Sandwich (CN)	1 each	Hamburger Steak 3.2 oz (CN)
1/4 cup	Steamed Broccoli	2 each	Pineapple Rings	1/4 cup	Steamed Carrots	1 each	Rom. Lettuce /Tomato	1/4 cup	Italian Green Beans
	Vegies in Pie	1/4 cup	Black Eye Peas	1/4 cup	Diced Peaches	1/4 cup	Sliced Pears	1/4 cup	Mandarin oranges
1 Each	WG Biscuit	1 each	5X5 Square Corn bread	4 each	Saltine Crackers	1 each	WW Hamburger Bun	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	8 oz	1% Low Fat Milk
						1 pkg	Low Fat Mayo	1 Tbsp	Gravy

## SNACK

1/2 each	Pretzel (soft)	1 each	Cheese Slices	4 oz	Strawberry Yogurt	4 each	Saltine Crackers	1 pkg	Cheese Its
1/2 cup	Apricot Halves	4 each	Ritz Crackers	1 pkg	WW Goldfish Graham Cracker	4 oz	Pineapple Juice 100%	4 oz	Grape Juice 100%
1 pkg	Mustard	4 oz	Chilled Water	4 oz	Chilled Water				
4 oz	Chilled Water								

(2-1)

## BREAKFAST

3/27/2023		3/28/2023		3/29/2023		3/30/2023		3/31/2023	
1 each	Navel Orange (4 quarters)	1/2 cup	Sliced Pear	1/2 cup	Mandarin Oranges	1 each	Banana	1/2 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 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	8 oz	1% Low Fat Milk
1 each	Turkey Sausage Patty			1 Pkt	Jelly			1 pkt	Syrup

## LUNCH

1 each	Cheese Pizza (CN)	4 oz	(HM) Spaghetti/meat sauce	2 oz	Sliced Turkey	1 each	BBQ Chicken Leg (CN)	1 each	(HM) Beef Burrito (2 oz)
1/4 cup	Green Beans		Vegetables in meat sauce	1/4 cup	Black Eye Peas	1/4 cup	Orange Glazed Carrots	1/4 cup	Chopped Rom. Let/Tomato
1 each	Fresh Gala Apple ( 2 halves)	1/4 cup	Pineapple Tidbits	1/4 cup	Collard Greens	1/4 cup	Mexicalll Corn	1/4 cup	Sliced Peaches
	WG breading on Pizza		WW Noodles in Casserole	5 x 5	Cornbread Square	1 each	WW Bread	1 each	WW Soft Flour Tortilla
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 pkt	Ranch Dressing

## SNACK

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

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