

November, 2022 Gleamns Headstart Menu

(2-2)

BREAKFAST

10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
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 Chicken Slider	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 Mexicali 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	

(2-2)

BREAKFAST

11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
1/2 cup Stewed Apples		1 each Fresh Orange (2 halves)	1 each Banana	1/2 cup Applesauce
1 each WW Cinnamon Toast	NO Head Start Children	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	8 oz 1% Low Fat Milk	8 oz 1% Low Fat Milk

LUNCH

2 oz Ham Slice	5 each Chicken Nuggets .6 oz (CN)	8 oz (HM) Chicken and Noodle	1 each Cheeseburger 3.2 oz (CN)
1/4 cup Pinto Beans	1/4 cup 5 Way Vegetable Blend	1/4 cup Steamed Broccoli	1/4 cup Steamed Carrots
1/4 cup Sliced Pears	1/4 cup Tropical Fruit	1/4 cup Sliced Peaches	8 each Baked Tater Tots
1 each Dinner Roll	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
	Condiments		Condiments

SNACK

1/2 each Pretzel (soft)	4 oz Strawberry Yogurt	4 each Saltine Crackers	1/2 cup Mandarin oranges
4 oz Fruit Punch 100%	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

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 Headstart Menu

(2-3)

BREAKFAST

11/14/2022		11/15/2022		11/16/2022		11/17/2022		11/18/2022	
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. Toast Cr 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	Chicken Slider							1 pkt	Syrup

LUNCH

1 slice	Pepperoni Pizza	7 each	Steak Nuggets (CN)	2 oz	Sliced Turkey	1 each	Baked Chicken Leg 3.5 oz (CN)	8 oz	Beef- Vegetable Soup (HM)
1/4 cup	Steamed Carrots	1/4 cup	Green Peas	1/4 cup	Green Beans	1/4 cup	Turnip Greens	1 each	Clementine
1 each	Corn On Cob	2 each	Pineapple Rings	1 each	Yam Patties	1/4 cup	Black Eye Peas		vegetables in stew
	WG Breading On Pizza		Breading on Nuggets	1/3 cup	Cornbread Dressing	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
			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	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		

(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)	HOLIDAY		HOLIDAY		HOLIDAY	
1 each	Multigrain Cheerios	1 each	WW Toast	HOLIDAY		HOLIDAY		HOLIDAY	
8 oz	1% Low Fat Milk	8 oz	1% Low Fat Milk	HOLIDAY		HOLIDAY		HOLIDAY	
		1 each	Jelly	HOLIDAY		HOLIDAY		HOLIDAY	

LUNCH

6 oz	(HM) Chicken Pot Pie	2 oz	Ham Sandwiches
1/4 cup	Steamed Broccoli	2 each	Pineapple Rings
	Vegles In Pie	2 each	Sliced Tomatoe/ Lettuce
1 Each	WG Biscuit	2 each	WG Sliced Bread
8 oz	1% Low Fat Milk	8 oz	1 % Low Fat Milk

SNACK

1/2 each	Pretzel (soft)	1 each	Cheese Slices
4 oz	Fruit Punch 100%	4 each	Ritz Crackers
1 pkg	Mustard	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

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

CN IS CHILD NUTRITION

JUICE 100%