

March, 2023 Gleamns Early Headstart Menu

(2-2)

BREAKFAST

3/6/2023		3/7/2023		3/8/2023		3/9/2023		3/10/2023	
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	WG Biscuit	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	1 each	Turkey Sausage Patty						

LUNCH

1 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)
1/8 cup	Pinto Beans		Vegetables 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 Spaghetti 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
				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 Crackers	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	
1/2 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	Turkey Sausage Patty			1 pkg	Jelly			1 pkt	Syrup

LUNCH

1 slice	Pepperoni Pizza 4.67 oz (CN)	1 each	Beef Fritter	4 oz	BBQ Sandwich	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	1/8 cup	Green Beans	1/8 cup	Turnip Greens	1/8 cup	Fresh Apple Chunks
1/8 cup	Cream Corn	1 each	Pineapple Ring	1/8 cup	Potato Smiles	1/8 cup	Black Eye Peas		Vegetables in stew
	WG Breading in Pizza	1 each	WW Hamburger Bun	1 each	WW Hamburger Bun	1 each	WW Honey Ranch Roll	5x5 sq	Corn bread
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole 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	WW Bug Bites	4 oz	Grape Juice 100%
4 oz	Chilled Water	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

March, 2023 Gleamns Early 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)	1/4 cup	Stewed Cinnamon Apples	1/2 each	Fresh Orange (2 quarters)	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
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk
		1 pkg	Jelly	1 each	Turkey Sausage Patty				

LUNCH

6 oz	(HM) Chicken Pot Pie	2 oz	Ham slice	4 oz	(HM) Chilli Con Carne	1 each	Grilled Chicken Sandwich (CN)	1 each	Hamburger Steak 3.2 oz (CN)
1/8 cup	Steamed Broccoli	1 each	Pineapple Rings	1/8 cup	Steamed Carrots	1 each	Rom. Lettuce /Tomato	1/8 cup	Italian Green beans
	Vegies in Pie	1/8 cup	Black Eye Peas	1/8 cup	Diced Peaches	1/8 cup	Diced Pears	1/8 cup	Mardarin Oranges
1 each	WG Biscuit	5x5 SQ	Cornbread	4 each	Saltine Crackers	1 each	WW Hamburger Bun	1 each	Dinner Roll
4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole Milk	4 oz	Whole 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 Crackers	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								

(2-2)

BREAKFAST

3/27/2023		3/28/2023		3/29/2023		3/30/2023		3/31/2023	
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	Turkey Sausage Patty			1 each	Jelly			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
1/2each	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 Breadding 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		

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