March, 2023 Gleamns Early Headstart Menu

(2-21									
BREAK	FAST								
	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	ł								
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		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 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	Rjtz 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
(2-3)									
BREAK	•								
	3/13/2023		3/14/2023		3/15/2023		3/16/2023		3/17/2023

1 each	Turkey Sausage Patty			1 pkg	Јепу			1 pKt	Şуruр
LÜNC	4								
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 Chucks
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	5×5 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						
SNACH	<								
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	Şalad Wafer	1 each	WWCinn. Bread Stick (soft)	1 pkg	WW Bug Bites	4 OZ	Grape Juice 100%

Chilled Water

1/4 cup Mandarin Oranges

Whole Milk

1 each

4 OZ

WW Buttered Toast

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.

4 OZ

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.

Chilled Water

1/4 cup Diced Pears

Whole Milk

WG Cinn, Flake Cereal

1 each

4 OZ

4 OZ

WC IS WHOLE CORN JUICE 100%

Chilled Water

1/2 each Navel Oranges (2 quarter)

WG Biscuit

Whole Milk

4 OZ

4 OZ

(2-2)

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

Chilled Water

1 each Banana

4 OZ

1/3 cup WG Rice Krispies Cereal

Whole Milk

CN IS CHILD NUTRITION

1/4 cup Apricot Halves

4 OZ

WW Waffle

Whole Milk

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BREAK	FAST								
	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	5×5 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
SNACH									
1/2 each	Pretzel (soft)	1 each	Cheese Slices	4 OZ	Strawberry Yogurt	4 each	Saltine Crackers	1 pkg	Cheese Its
1/2 Cup	=	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 Ch	lled Water								
(0.4)									
(2-1)	TAGE								
(2-1) BREAK	•		3/30/2023		2/20/2022		2/20/2022		3/31/2023
BREAK	3/27/2023	1/// CUD	3/28/2023	1/4 Cup	3/29/2023 Mandavin Ovandos	1.02Ch	3/30/2023 Panana	1// CUD	3/31/2023
BREAK 1/2 each	3/27/2023 Navel Orange (2 quarter)	1/4 Cup	Diced Pears	1/4 Cup	Mandarin Oranges	1 each	Banana	1/4 Cup	Apricot Halves
BREAK 1/2 each 1 each	3/27/2023 Navel Orange (2 quarter) WG Buscuit	1/3 Cup	Diced Pears Cheese Grits	1 each	Mandarin Oranges WW Buttered Toast	1 pkg	Banana WG Rice Krispies	4 each	Apricot Halves French Toast Stick
BREAK 1/2 each 1 each 4 oz	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk		Diced Pears	1 each 4 oz	Mandarin Oranges WW Buttered Toast Whole Milk		Banana	4 each 4 oz	Apricot Haives French Toast Stick Whole Milk
BREAK 1/2 each 1 each	3/27/2023 Navel Orange (2 quarter) WG Buscuit	1/3 Cup	Diced Pears Cheese Grits	1 each	Mandarin Oranges WW Buttered Toast	1 pkg	Banana WG Rice Krispies	4 each	Apricot Halves French Toast Stick
1/2 each 1 each 4 oz 1 each	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty	1/3 Cup	Diced Pears Cheese Grits	1 each 4 oz	Mandarin Oranges WW Buttered Toast Whole Milk	1 pkg	Banana WG Rice Krispies	4 each 4 oz	Apricot Haives French Toast Stick Whole Milk
BREAK 1/2 each 1 each 4 oz 1 each LUNCH	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty	1/3 Cup 4 OZ	Diced Pears Cheese Grits Whole Milk	1 each 4 oz 1 each	Mandarin Oranges WW Buttered Toast Whole Milk Jelly	1 pkg 4 oz	Banana WG Rice Krispies Whole Milk	4 each 4 oz 1 pkt	Apricot Haives French Toast Stick Whole Milk Syrup
1/2 each 1 each 4 oz 1 each LUNCH 1 each	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN)	1/3 Cup	Diced Pears Cheese Grits Whole Milk (HM) Beef & Spaghetti Cass.	1 each 4 oz 1 each	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey	1 pkg 4 oz 1 each	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN)	4 each 4 oz 1 pkt	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02)
1/2 each 1 each 4 oz 1 each LUNCH 1 each 1/8 cup	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans	1/3 Cup 4 OZ 4 OZ	Diced Pears Cheese Grits Whole Milk (HM) Beef & Spaghetti Cass. Vegies in Casserole	1 each 4 oz 1 each 1 oz 1/8 cup	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey Black Eye Peas	1 pkg 4 OZ 1 eaCh 1/8 Cup	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots	4 each 4 oz 1 pkt 1 each 1/8 Cup	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato
1/2 each 1 each 4 oz 1 each LUNCH 1 each 1/8 cup	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans Fresh Apples (2 quarters)	1/3 Cup 4 OZ	Diced Pears Cheese Grits Whole Milk (HM) Beef & Spaghetti Cass. Vegies in Casserole Pineapple Tidbits	1 each 4 oz 1 each 1 oz 1/8 cup 1/8 cup	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey Black Eye Peas Collard Greens	1 pkg 4 oz 1 each 1/8 cup 1/8 cup	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots Creamed Corn	4 each 4 oz 1 pkt 1 each 1/8 Cup 1/8 Cup	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato Diced Peaches
1/2 each 1 each 4 oz 1 each LUNCH 1 each 1/8 cup 1/2each	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans Fresh Apples (2 quarters) WG Breading on Pizza	1/3 Cup 4 OZ 4 OZ 1/8 Cup	Diced Pears Cheese Grits Whole Milk (HM) Beef + Spaghetti Cass. Vegies in Casserole Pineapple Tidbits WW Noodles in Casserole	1 each 4 oz 1 each 1 oz 1/8 cup 1/8 cup 5 X 5	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey Black Eye Peas Collard Greens Cornbread square	1 pkg 4 oz 1 each 1/8 cup 1/8 cup 1 each	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots Creamed Corn WW Bread	4 each 4 oz 1 pkt 1 each 1/8 cup 1/8 cup 1 each	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato Diced Peaches WW Soft Flour Tortilla
1/2 each 1 each 4 oz 1 each LUNCH 1 each 1/8 cup	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans Fresh Apples (2 quarters)	1/3 Cup 4 OZ 4 OZ	Diced Pears Cheese Grits Whole Milk (HM) Beef & Spaghetti Cass. Vegies in Casserole Pineapple Tidbits	1 each 4 oz 1 each 1 oz 1/8 cup 1/8 cup	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey Black Eye Peas Collard Greens	1 pkg 4 oz 1 each 1/8 cup 1/8 cup	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots Creamed Corn	4 each 4 oz 1 pkt 1 each 1/8 cup 1/8 cup 1 each 4 oz	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato Diced Peaches WW Soft Flour Tortilla Whole Milk
1/2 each 1 each 4 oz 1 each LUNCH 1 each 1/8 cup 1/2each	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans Fresh Apples (2 quarters) WG Breading on Pizza	1/3 Cup 4 OZ 4 OZ 1/8 Cup	Diced Pears Cheese Grits Whole Milk (HM) Beef + Spaghetti Cass. Vegies in Casserole Pineapple Tidbits WW Noodles in Casserole	1 each 4 oz 1 each 1 oz 1/8 cup 1/8 cup 5 X 5	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey Black Eye Peas Collard Greens Cornbread square	1 pkg 4 oz 1 each 1/8 cup 1/8 cup 1 each	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots Creamed Corn WW Bread	4 each 4 oz 1 pkt 1 each 1/8 cup 1/8 cup 1 each	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato Diced Peaches WW Soft Flour Tortilla
BREAK 1/2 each 1 each 4 oz 1 each LUNCH 1 each 1/8 cup 1/2each	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans Fresh Apples (2 quarters) WG Breading on Pizza Whole Milk	1/3 Cup 4 OZ 4 OZ 1/8 Cup	Diced Pears Cheese Grits Whole Milk (HM) Beef + Spaghetti Cass. Vegies in Casserole Pineapple Tidbits WW Noodles in Casserole	1 each 4 oz 1 each 1 oz 1/8 cup 1/8 cup 5 X 5	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey Black Eye Peas Collard Greens Cornbread square	1 pkg 4 oz 1 each 1/8 cup 1/8 cup 1 each	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots Creamed Corn WW Bread	4 each 4 oz 1 pkt 1 each 1/8 cup 1/8 cup 1 each 4 oz	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato Diced Peaches WW Soft Flour Tortilla Whole Milk
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1/2 each 1/2 each 4 oz 1 each LUNCH 1 each 1/8 cup 1/2each 4 oz	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans Fresh Apples (2 quarters) WG Breading on Pizza Whole Milk Ritz Crackers	1/3 Cup 4 OZ 4 OZ 1/8 Cup 4 OZ	Diced Pears Cheese Grits Whole Milk (HM) Beef & Spaghetti Cass. Vegies in Casserole Pineapple Tidbits WW Noodles in Casserole Whole Milk Strawberry Yogurt	1 each 4 oz 1 each 1 oz 1/8 cup 5 X 5 4 oz	Mandarin Oranges WW Buttered Toast Whole Milk Jelly Sliced Turkey Black Eye Peas Collard Greens Cornbread square Whole Milk Apple Sauce	1 pkg 4 oz 1 each 1/8 cup 1/8 cup 1 each 4 oz	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots Creamed Corn WW Bread Whole Milk Fresh Orange (4 quarters)	4 each 4 oz 1 pkt 1 each 1/8 cup 1/8 cup 1 each 4 oz 1 pkt	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato Diced Peaches WW Soft Flour Tortilla Whole Milk Ranch Dressing Grape Juice 100%
BREAK 1/2 each 1 each 4 oz 1 each LUNCH 1 each 1/8 cup 1/2each 4 oz	3/27/2023 Navel Orange (2 quarter) WG Buscuit Whole Milk Turkey Sausage Patty Cheese Pizza (CN) Green Beans Fresh Apples (2 quarters) WG Breading on Pizza Whole Milk	1/3 Cup 4 OZ 4 OZ 1/8 Cup 4OZ	Diced Pears Cheese Grits Whole Milk (HM) Beef + Spaghetti Cass. Vegies in Casserole Pineapple Tidbits WW Noodles in Casserole Whole Milk	1 each 4 oz 1 each 1 oz 1/8 cup 5 X 5 4 oz	Mandarin Oranges WW Buttered Toast Whole Milk Jelly SliCed Turkey Black Eye Peas Collard Greens Cornbread square Whole Milk	1 pkg 4 oz 1 each 1/8 cup 1/8 cup 1 each 4 oz	Banana WG Rice Krispies Whole Milk BBQ Chicken Leg (CN) Orange Glazed Carrots Creamed Corn WW Bread Whole Milk	4 each 4 oz 1 pkt 1 each 1/8 cup 1/8 cup 1 each 4 oz 1 pkt	Apricot Halves French Toast Stick Whole Milk Syrup (HM) Beef Burrito (2 02) Chopped Rom. Let/Tomato Diced Peaches WW Soft Flour Tortilla Whole Milk Ranch Dressing

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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%

(2-4)

WG IS WHOLE GRAIN

WW IS WHOLE WHEAT

HM IS HOMEMADE

CN IS CHILD NUTRITION