

UCHRA Van Buren Head Start Menus 2019-2020

Week 1 of 5	Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1
Meal Pattern	Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Biscuits	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	@Ground Beef & Cabbage Stew	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Tomato Weges (A,C)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Diced Pears	Tropical Fruit Cocktail
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	Sister's Schubert's WW Roll
Other/Notes	Turkey Gravy	Parmesean Cheese	Ketchup, Salsa		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c			1%Milk		
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice		Pineapple Tidbits (A,C)	Applesauce
Bread/Alternate	Grahams		General Mills Multi Grain Cheerios cereal	1/2 Pillsbury WW Bagel	Graham crackers
Meat/Alternate 1/2 oz		Monzerella String Cheese Stick		Cream Cheese	
Other/Notes	Water			Water	Water
Week 2 of 5	Monday 11/4	Tuesday 11/5	Wednesday 11/6	Thursday 11/7	Friday 11/8
Meal Pattern	Monday 11/4	Tuesday 11/5	Wednesday 11/6	Thursday 11/7	Friday 11/8
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Orange Wedges (C)	Strawberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes			American Cheese		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	WG Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)
Bread/Alternate	Romaine Lettuce/Spinach mix	Cornbread Muffin		Tropical Fruit	
Other/Notes	Ultra WW Bun		Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Applesauce
Bread/Alternate	Smart Choice WG Blueberry Muffin	Zesta WW Crackers	MaxStix-(Cheese & Bread)	Animal Crackers	Graham crackers
Meat/Alternate 1/2 oz		Boiled Egg- halved		Yogurt	
Other/Notes		water	water	water	
Week 3 of 5	Monday 11/11	Tuesday 11/12	Wednesday 11/13	Thursday 11/14	Friday 11/15
Meal Pattern	Monday 11/11	Tuesday 11/12	Wednesday 11/13	Thursday 11/14	Friday 11/15
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Diced Strawberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate		Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes				Jelly	Syrup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz		@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	@White Beans with Ham Chunks	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)		Green Beans	Baked Hashbrown	@Cole Slaw	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)		Diced Pears	Orange Wedges (C)	Tomato Wedges (A,C)	Tropical Fruit Cocktail
Bread/Alternate		WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	Sister's Schubert's WW Roll
Other/Notes		Parmesean Cheese	Ketchup, Salsa		
Snack (2 of 4 components)		Snack	Snack	Snack	Snack
Milk 1/2 c				1%Milk	
Fruit/Vegetable/Juice 1/2 c		Tomato Juice	Pineapple Tidbits (A,C)		Applesauce
Bread/Alternate		Monzerella String Cheese Stick	1/2 Pillsbury WW Bagel	Rice Krispies Cereal	Graham crackers
Meat/Alternate 1/2 oz			Cream Cheese		
Other/Notes			Water		Water
Week 4 of 5	Monday 11/18	Tuesday 11/19	Wednesday 11/20	Thursday 11/21	Friday 11/22
Meal Pattern	Monday 11/18	Tuesday 11/19	Wednesday 11/20	Thursday 11/21	Friday 11/22
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Orange Wedges (C)	Applesauce (C) with Cinnamon	Banana	Strawberrys	Cooked Apple Slices (C)
Bread/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies Cereal	WW Cream of Wheat	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes	Jelly				
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Ground Beef Chili with Beans	Natural Choice Turkey & Cheese	Uncle Charlie's Porkloin Chop	(Pinto Beans)	*American Cheese
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	(Corn & Red Peppers)	@Vegetable Soup
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits)	Diced Pears	Romaine Lettuce/Spinach mix	Cooked Carrots	Diced Apricots	Pineapple Tidbits (C)
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Corn Bread Muffin	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo		Serve as @ Pinto Bean Corn Soup	Zesta WW Crackers
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c					1%Milk
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Pineapple Tidbits (A,C)		Tomato Juice	
Bread/Alternate	Keebler Animal Crackers	1/2 Pillsbury WW Bagel	Zesta WW Crackers	MaxStix (Cheese & Bread)	Graham Crackers
Meat/Alternate 1/2 oz		Cream Cheese	American Cheese Slices		
Other/Notes	Water	Water	Water		
Week 5 of 5	Monday 11/25	Tuesday 11/26	Wednesday 11/27	Thursday 11/28	Friday 11/29
Meal Pattern	Monday 11/25	Tuesday 11/26	Wednesday 11/27	Thursday 11/28	Friday 11/29
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries			
Bread/Alternate	WW Biscuits	Oatmeal			
Other/Notes	Gravy				
Lunch	Lunch	Lunch			
Milk 3/4 c	1% Milk	1% Milk			
Meat/Alternate 1 1/2 oz	@Ground Beef Meat Sauce	Turkey w/ Gravy			
Vegetable 1/4 c (2oz)	Green Beans	Green Beans			
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Diced Pears	Sweet Potatoe Casserole			
Bread/Alternate	WW Spaghetti Noodles	WW Roll			
Other/Notes	Parmesean Cheese	Dressing,Cranberry Sauce			
Snack (2 of 4 components)	Snack	Snack			
Milk 1/2 c					
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice			
Bread/Alternate	Grahams	Monzerella String Cheese Stick			
Meat/Alternate 1/2 oz					
Other/Notes	Water				
			<b>Closed</b>	<b>No School</b>	<b>Thanksgiving Break</b>

@= Recipe in recipe book WW=Whole Wheat or Whole Grain (I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label  
Substitutions will be made in accordance with individually identified needs.