

UCHRA Van Buren Head Start Menus 2019-2020

Week 1 of 5		Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Orange Wedges (C)	Applesauce (C) with Cinnamon	1/2 Banana	Strawberries Slices (C)	Cooked Apple Slices (C)	Pillsbury Frozen Southern Style WW Biscuit
Bread/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies Cereal	WW Cream of Wheat		
Other/Notes	Jelly					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	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(l)	*American Cheese	
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	Turnip Greens (A,C)	@Vegetable Soup	
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Romaine Lettuce/Spinach mix	Cooked Carrots	Corn	Pineapple Tidbits (C)	
(Vegies can replace fruits)		Pineapple Tidbits (C)				
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Cornbread Muffin	Ultra WW Bread	
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo			Zesta WW Crackers	
	*Serve as @ Chili	*Serve as Hoagie			*Served as Hot Sandwich	
Snack (2 of 4 components)	Snack	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 2 of 5		Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Strawberries Slices (C)	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)	
Bread/Alternate	WW Biscuits	WW Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes	
Other/Notes	Gravy			Jelly	Syrup	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	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	Pinto Beans(l)	High Liner WG Breaded Fish Fillet (l)	
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Turnip Greens (A,C)	Raw Broccoli (A,C)	
Fruit 1/4 c (2oz)	Green Peas	Diced Pears	Orange Wedges (C)	Corn	Tropical Fruit Cocktail	
(Vegies can replace fruits)						
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	Sister's Schubert's WW Roll	
Other/Notes	Turkey Gravy	Parmesan Cheese	Ketchup, Salsa			
	*Serve as Open Face Sandwich	*Serve as @Spaghetti			Ranch	
Snack (2 of 4 components)	Snack	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 3 of 5		Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Orange Wedges (C)	Cooked Apple Slices (C)	Strawberries Slices (C)	Pillsbury Frozen Southern Style WW Biscuit
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	WW Oatmeal		
Other/Notes			American Cheese			
			*Serve as Cheese Toast			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (l)	Chef Boyardee Beef Ravioli CN Label	Hamburger Steak	@Tuna Salad	WG Tony's Smart Pizza Pepperoni and cheese CN Label	
Vegetable 1/4 c (2oz)	Baked Curly Fries	(Tomato sauce A & C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans	
		Green Beans		Romaine Lettuce/Spinach mix		
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C)	
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix					
Bread/Alternate	Ultra WW Bun	Pasta in Ravioli	Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)	
Other/Notes	Ketchup, Mustard, Mayo		Cooked Sweet Peppers & Onions			
	*Serve as Sandwich			*Serve as Sandwich		
Snack (2 of 4 components)	Snack	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 4 of 5		Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Diced Apricots (A)	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)	
Bread/Alternate	WW Cream of Wheat	WW Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes	
Other/Notes				Jelly	Syrup	
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Beef Patty	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	@ Orange Chicken	High Liner WG Breaded Fish Fillet (l)	
Vegetable 1/4 c (2oz)	Baked Curly Fries	Green Beans	Baked Hashbrown	Mixed Green Peas & Carrots	Raw Broccoli (A,C)	
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Pineapple Tidbits (c)	Tropical Fruit Cocktail	
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix					
Bread/Alternate	WW Ultra Bun	WW Spaghetti Noodles	(Burrito wrap)	WG Rice	Sister's Schubert's WW Roll	
Other/Notes	Ketchup, Mustard, Mayo	Parmesan Cheese	Ketchup, Salsa			
	*Serve as Sandwich	*Serve as @Spaghetti		*Serve as Orange Chicken	Ranch	
Snack (2 of 4 components)	Snack	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	Graham crackers		1/2 Pillsbury WW Bagel	Rice Krispies Cereal	Graham crackers	
Meat/Alternate 1/2 oz		Monzerella String Cheese Stick	Cream Cheese			
Other/Notes	Water		Water		Water	
Week 5 of 5		Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3

Closed for Spring Break- School Resumes 4/6/20

@= Recipe in recipe book WW=Whole Wheat or Whole Grain (l)=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.