

UCHRA Van Buren Head Start Menus 2019-2020

Week 1 of 5					
Meal Pattern	Monday 1/27	Tuesday 1/28	Wednesday 1/29	Thursday 1/30	Friday 1/31
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	1/2 Banana	Strawberries Slices (C)	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	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(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
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					
Meal Pattern	Monday 2/3	Tuesday 2/4	Wednesday 2/5	Thursday 2/6	Friday 2/7
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)	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
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	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	Parmesean Cheese	Ketchup, Salsa		
	*Serve as Open Face Sandwich	*Serve as @Spaghetti			Ranch
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 3 of 5					
Meal Pattern	Monday 2/10	Tuesday 2/11	Wednesday 2/12	Thursday 2/13	Friday 2/14
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)	Cooked Apple Slices (C)	Strawberries Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	WW Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes			American Cheese		
			*Serve as Cheese Toast		
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 (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
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	Green Peas (A & C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)
(Vegies can replace fruits)				Tropical Fruit	
Bread/Alternate	Romaine Lettuce/Spinach mix	Pasta in Ravioli	Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)
Other/Notes	Ultra WW Bun				
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
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					
Meal Pattern	Monday 2/17	Tuesday 2/18	Wednesday 2/19	Thursday 2/20	Friday 2/21
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 Apricots (A)		1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate		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
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	@ Orange Chicken	High Liner WG Breaded Fish Fillet (l)
Vegetable 1/4 c (2oz)		Green Beans	Baked Hashbrown	Mixed Green Peas & Carrots	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)		Diced Pears	Orange Wedges (C)	Pineapple Tidbits (c)	Tropical Fruit Cocktail
(Vegies can replace fruits)					
Bread/Alternate		WW Spaghetti Noodles	(Burrito wrap)	WG Rice	Sister's Schubert's WW Roll
Other/Notes		Parmesean Cheese	Ketchup, Salsa		
		*Serve as @Spaghetti		*Serve as Orange Chicken	Ranch
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			1/2 Pillsbury WW Bagel	Rice Krispies Cereal	Graham crackers
Meat/Alternate 1/2 oz		Monzerella String Cheese Stick	Cream Cheese		
Other/Notes	Closed in Observance of President's Day.		Water		Water
Week 5 of 5					
Meal Pattern	Monday 2/24	Tuesday 2/25	Wednesday 2/26	Thursday 2/27	Friday 2/28
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 Apricots (A)	Strawberries Slices (C)	Diced Peaches (C)	Tomato wedges (A,C)	Orange Wedges (C)
Bread/Alternate	WW Cream of Wheat	Rice Krispies Cereal	WW French Toast	WW Biscuits	Healthy Life WW Toast
Other/Notes			Syrup	Gravy	American Cheese
					*Serve as Cheese Toast
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	Beef Patty	High Liner WG Breaded Fish Fillet (l)	WG Tony's Smart Pizza Pepporoni and cheese CN label	Tyson WG Breaded Chicken Patties	Pinto Beans(l)
Vegetable 1/4 c (2oz)	Baked Curly Fries	Green Peas (A,C)	Corn	Green Beans	Turnip Greens (A,C)
Fruit 1/4 c / 2 oz (2oz)	Tomato Wedges (A,C)	Tropical Fruit Cocktail	Tomato Wedges (A,C)	Diced Apricots (A)	Corn
(Vegies can replace fruits)			Salad :Mixed greens Sh. carrots (Pizza Crust)		
Bread/Alternate	WW Ultra Bun	WW Loaf Bread		Sister Schubert's WW Roll	Cornbread Muffin
Other/Notes	Ketchup, Mustard, Mayo	Ketchup	Ranch	Ketchup	
	*Serve as Sandwich				
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c			1% Milk		
Fruit/Vegetable/Juice 1/2 c	Applesauce	Orange Juice		Diced Pears	
Bread/Alternate	Graham crackers	Smart Choice WG Blueberry Muffin	General Mills Multi-Grain Cheerios Cereal		Animal Crackers
Meat/Alternate 1/2 oz				Shredded Sharp Cheese	Yogurt
Other/Notes	Water			Water	Water

@= 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.