UCHRA Van Buen Head Start Menus 20202021 October 2020

Week 1 of 5	Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	Friday 10/2
Meal Pattern	Monday 9/26	Tuesday 9/29	wednesday 9/30	Thursday 10/1	Friday 10/2
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 & Blueberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Biscuits	WW Oatmeal	WW General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
1					
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	@White Beans with Ham Chunks	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burritto	CN label Hormel Turkey	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	@Cole Slaw	Green Beans	Baked Hashbrown	Mashed Potatoes	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Green Peas	Tropical Fruit Cocktail
(Vegies can replace fruits)					
Bread/Alternate	Cornbread Muffin	WW Spaghetti Noodles	(Burritto wrap)	Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes		Parmesean Cheese	Ketchup, Salsa	Turkey Gravy	
		*Serve as @Spaghetti		*Serve as Open Face Sandwich	Ranch
Week 2 of 5					
Meal Pattern	Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
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 & Blueberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
			General Mills Multi-Grain Cheerios		•
Bread/Alternate	WW Biscuits	WW Oatmeal	Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes					
Othernioles	Gravy			Jelly	Syrup
Othernioles	Gravy			Jelly	Syrup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Lunch Milk 3/4 c	Lunch 1% Milk	1% Milk	1% Milk	Lunch 1% Milk	Lunch 1% Milk
Lunch Milk 3/4 c	Lunch			Lunch	Lunch 1% Milk
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz	Lunch 1% Milk @White Beans with Ham Chunks	1% Milk @Ground Beef Meat Sauce	1% Milk Los Cabos Sausage, Egg, & Cheese	Lunch 1% Milk CN label Hormel Turkey	Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz	Lunch 1% Milk	1% Milk	1% Milk	Lunch 1% Milk	Lunch 1% Milk
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz)	Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw	1% Milk @Ground Beef Meat Sauce Green Beans	1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown	Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes	Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C)
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz)	Lunch 1% Milk @White Beans with Ham Chunks	1% Milk @Ground Beef Meat Sauce	1% Milk Los Cabos Sausage, Egg, & Cheese	Lunch 1% Milk CN label Hormel Turkey	Lunch 1% Milk High Liner WG Breaded Fish Fillet (I
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits)	Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears	1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown Orange Wedges (C)	Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes Green Peas	Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz)	Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw	1% Milk @Ground Beef Meat Sauce Green Beans	1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown	Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes	Lunch 1% Milk High Liner WG Breaded Fish Fillet (I
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits)	Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears	1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown Orange Wedges (C)	Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy	Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail
Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate	Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles	1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread	Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail

Closed for Fall break



Week 4 of 5	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23
Meal Pattern		-	,	,	,
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)	Blueberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies WW 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
	170 mmx	170	170 111111	170 111111	WW Tony's Smart Pizza Pepperoni
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	and cheese CN Label
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
` ` '	•			Romaine Lettuce/Spinach mix	
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix		, ,	•	` '
Bread/Alternate	Ultra WW Bun	Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Bread	WW (Pizza crust)
				•	,
Other/Notes	Ketchup, Mustard, Mayo		Cooked Sweet Peppers & Onions		
	*Serve as Sandwich			*Serve as Sandwich	
Week 5 of 5	Manual 40/00	T 40/07	Mr. do do 40/00	Th 40/00	Friday 40/04
Meal Pattern	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/31
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	Banana	Strawberry slices	Cooked Apple Slices (C)
Bread/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies WW Cereal	WW Cream of Wheat	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes	Jelly		35		
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	CN Label Hormel Turkey & Cheese	Uncle Charlie's Porkloin Chop	@Ground Beef & Cabbage Stew	Chef Boyardee Beef Ravloli CN label
					(Tomato sauce A & C)
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	Tomato Weges (A,C)	Green Beans
,		Romaine Lettuce/Spinach mix			
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Pineapple Tidbits (C)	Cooked Carrots	Diced Pears	Diced Pears
(Vegies can replace fruits)		(-)			
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Cornbread Muffin	(Pasta)
Dicumentation					/
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo			
	*Serve as @ Chili	*Serve as Hoagie			

@= 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.