


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
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
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 Burrito	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) (Veggies can replace fruits)	Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Green Peas	Tropical Fruit Cocktail
Bread/Alternate	Cornbread Muffin	WW Spaghetti Noodles	(Burrito wrap)	Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes		Parmesan Cheese *Serve as @Spaghetti	Ketchup, Salsa	Turkey Gravy *Serve as Open Face Sandwich	Ranch
Week 2 of 5	Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
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	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) (Veggies can replace fruits)	Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Green Peas	Tropical Fruit Cocktail
Bread/Alternate	Cornbread Muffin	WW Spaghetti Noodles	(Burrito wrap)	Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes		Parmesan Cheese *Serve as @Spaghetti	Ketchup, Salsa	Turkey Gravy *Serve as Open Face Sandwich	Ranch
Week 3 of 5	Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16
<b>Closed for Fall break</b>					
Week 4 of 5	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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		
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
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	WW 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) (Veggies can replace fruits)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)
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 *Serve as Sandwich		Cooked Sweet Peppers & Onions	*Serve as Sandwich	
Week 5 of 5	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/31
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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				
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch (Culture Food)</b>	<b>Lunch</b>
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 Ravioli 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 Wedges (A,C)	Green Beans
Fruit 1/4 c / 2 oz (2oz) (Veggies can replace fruits)	Diced Pears	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Cooked Carrots	Diced Pears	Diced Pears
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Cornbread Muffin	(Pasta)
Other/Notes	Shredded Sharp Cheese *Serve as @ Chili	Ketchup, Mustard, Mayo *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.