UCHRA Van Buen Head Start Menus 20202021 December 2020

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Week 1 of 5	Monday 11/30	Tuesday 12/1	Wednesday 12/2	Thursday 12/3	Friday 12/4
Meal Pattern		Tuesday 12/1			
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	Orange Wedges (C)	Applesauce cup (C)	1/2 Banana	Orange Wedges (C)	1/2 Banana
				Los Cabos Sausage, Egg, & Cheese	General Mills Multi-Grain Cheerios
Bread/Alternate	Healthy Life WW Toast	WW French Toast	Kellogg Rice Krispies WW Cereal	Burritto	Cereal
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	CN Label Hormel Ham & Cheese	Crustable PB & Grape Jelly	Tyson WG Chicken Patty (I)	CN Label Hormel Turkey & Cheese	Beff Patty
			7	•	•
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C)	Raw Broccoli with Ranch Cup	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tomato Wedges (A,C)
	Romaine Lettuce/Spinach mix		Romaine Lettuce/Spinach mix	Romaine Lettuce/Spinach mix	Romaine Lettuce/Spinach mix
Fruit 1/4 c / 2 oz (2oz)	Baby Carrots with Ranch Pkg.	Tropical Fruit Cup	Mandarin Orange cUP	Baby Carrots with Ranch Pkg.	Diced Pears Cup
(Vegies can replace fruits)	Daby Carrots with Ranch 1 kg.	Tropical Frait Sup	mandami Orange cor	Duby Currots with Runch 1 kg.	Dicca i cars oup
Bread/Alternate	Healthy Life WW Bread	Bread from Crustable Sandwich	Ultra WW Bun	Healthy Life WW Bread	Ultra WW Bun
Di Caul Alternate	Incaluly Life **** Dieau	Broad from Grustable Saffuwich	Onice TTTT Dull	Trouting Life **** Dreau	Ond TTTT Dull
		+	 	 	
Other/Notes	Mustard, Mayo		Mustard, Mayo	Mustard, Mayo	Mustard, Mayo
	*Serve as Sandwich		*Serve as Sandwich	*Serve as Sandwich	*Serve as Sandwich
Week 2 of 5					
Meal Pattern	Monday 12/7	Tuesday 12/8	Wednesday 12/9	Thursday 12/10	Friday 12/11
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	Apple Crisp Pkg.	Diced Pears Fruit Cup	Orange Wedges (C)	Strawberry Fruit cup	Applesauce (C) Cup
Bread/Alternate	WW Biscuits	WW Pillsbury Mini Pancakes	Healthy Life WW Toast	Kellogg's Rice Krispies WW Cereal	WW French Toast
				Kellogg's Rice Krispies WW Cereal	WWW French Toast
Other/Notes	Jelly	Syrup	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
					WW Tony's Smart Pizza Pepperoni
Meat/Alternate 1 1/2 oz	@Chicken Stir Fry- Diced Chicken	Super Snack Pack-Turkey & Cheese	CN Label Hormel Ham & Cheese	Tyson WG Chicken Patty (I)	and cheese CN Label
	•			1	
Vegetable 1/4 c (2oz)	Carrots & Peas & Corn - in Sir Fry	Cherry Tomatoes (4)	Tomato Wedges (A,C)	Baked Curly Fries	Baked Fries
` '	•	1	Romaine Lettuce/Spinach mix	•	
Fruit 1/4 c (2oz)	Diced Peaches Cup	Strawberry Fruit cup	Baby Carrots with Ranch Pkg.	Tomato Wedges (A,C)	Tropical Fruit Cup
(Vegies can replace fruits)	Dioda i dadiida dap	Changery Francoup	Daby Carroto War Harrist High	Romaine Lettuce/Spinach mix	Tropical Francoup
Bread/Alternate	1484 Bi	0	II Mari I Mari Dana d	Ultra WW Bun	1484 (Di
	WW Rice	Crackers	Healthy Life WW Bread	Oitra www Bun	WW (Pizza crust)
Other/Notes					
		Ranch	Mustard, Mayo	Ketchup, Mustard, Mayo	
			*Serve as Sandwich	*Serve as Sandwich	
Week 3 of 5	Manualani 40/44	T 40/45	Manda double 40/40	Th 40/47	Friday 40/40
Meal Pattern	Monday 12/14	Tuesday 12/15	Wednesday 12/16	Thursday 12/17	Friday 12/18
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	
Fruit/Vegetable/Juice 1/2 c	Strawberry Cup	Orange Wedges (C)	1/2 Banana	Peach Cup	
i i uiu vegetable/Juice 1/2 C	Juawselly Cup	Orange Wedges (C)	General Mills Multi-Grain Cheerios	reacii oup	
Bread/Alternate	WW Oatmeal	Healthy Life WW Toast	Cereal	WW Blueberry Muffin	
Other/Notes			- Coloui	THE DIGEOUTY MUTITI	
Other/Notes		American Cheese			
		*Serve as Cheese Toast			
Lunch	Lunch	Lunch	Lunch	Lunch	
Milk 3/4 c	1% Milk	1% Milk	1% Milk		10110 111 01 15
			Los Cabos Sausage, Egg, & Cheese		12/18-1/4 Closed for
Meat/Alternate 1 1/2 oz	Crustable PB & Strawberry Jelly	Tyson WG Chicken Patty (I)	Burritto	1	Holiday/Winter Break
		Mixed Veggies (Peas, Carrots,			
Vegetable 1/4 c (2oz)	Carrots with Ranch Cup	Potatoes)	Baked Hashbrown		
Fruit 1/4 c (2oz)	Tropical Fruit Cup	Applesauce Cup	Orange Wedges (C)		
(Vegies can replace fruits)	· ·	T			
Bread/Alternate	Bread from Crustable Sandwich	Healthy Life WW Bread	(Burritto wrap)		
		, 2		+	
I Other/Notes					
Other/Notes			Ketchup, Salsa		_

12/18-1/4 Closed for Holiday/Winter Break

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@= 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.