

UCHRA Van Buren Head Start Menus 20202021  
December 2020

Week 1 of 5	Monday 11/30	Tuesday 12/1	Wednesday 12/2	Thursday 12/3	Friday 12/4
<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 cup (C)	1/2 Banana	Orange Wedges (C)	1/2 Banana
Bread/Alternate	Healthy Life WW Toast	WW French Toast	Kellogg Rice Krispies WW Cereal	Los Cabos Sausage, Egg, & Cheese Burrito	General Mills Multi-Grain Cheerios Cereal
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	CN Label Hormel Ham & Cheese	Crustable PB & Grape Jelly	Tyson WG Chicken Patty (I)	CN Label Hormel Turkey & Cheese	Beff Patty
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)
Fruit 1/4 c / 2 oz (2oz) (Veggies can replace fruits)	Romaine Lettuce/Spinach mix Baby Carrots with Ranch Pkg.	Tropical Fruit Cup	Romaine Lettuce/Spinach mix Mandarin Orange cUP	Romaine Lettuce/Spinach mix Baby Carrots with Ranch Pkg.	Romaine Lettuce/Spinach mix Diced Pears Cup
Bread/Alternate	Healthy Life WW Bread	Bread from Crustable Sandwich	Ultra WW Bun	Healthy Life WW Bread	Ultra WW Bun
Other/Notes	Mustard, Mayo *Serve as Sandwich		Mustard, Mayo *Serve as Sandwich	Mustard, Mayo *Serve as Sandwich	Mustard, Mayo *Serve as Sandwich
Week 2 of 5	Monday 12/7	Tuesday 12/8	Wednesday 12/9	Thursday 12/10	Friday 12/11
<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	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
Other/Notes	Jelly	Syrup	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	@Chicken Stir Fry- Diced Chicken	Super Snack Pack-Turkey & Cheese	CN Label Hormel Ham & Cheese	Tyson WG Chicken Patty (I)	WW Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	Carrots & Peas & Corn - in Sir Fry	Cherry Tomatoes (4)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Baked Curly Fries	Baked Fries
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Diced Peaches Cup	Strawberry Fruit cup	Baby Carrots with Ranch Pkg.	Tomato Wedges (A,C)	Tropical Fruit Cup
Bread/Alternate	WW Rice	Crackers	Healthy Life WW Bread	Romaine Lettuce/Spinach mix Ultra WW Bun	WW (Pizza crust)
Other/Notes		Ranch	Mustard, Mayo *Serve as Sandwich	Ketchup, Mustard, Mayo *Serve as Sandwich	
Week 3 of 5	Monday 12/14	Tuesday 12/15	Wednesday 12/16	Thursday 12/17	Friday 12/18
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>12/18-1/4 Closed for Holiday/Winter Break</b>
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	
Bread/Alternate	WW Oatmeal	Healthy Life WW Toast	General Mills Multi-Grain Cheerios Cereal	WW Blueberry Muffin	
Other/Notes		American Cheese *Serve as Cheese Toast			
<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		
Meat/Alternate 1 1/2 oz	Crustable PB & Strawberry Jelly	Tyson WG Chicken Patty (I)	Los Cabos Sausage, Egg, & Cheese Burrito		
Vegetable 1/4 c (2oz)	Carrots with Ranch Cup	Mixed Veggies ( Peas, Carrots, Potatoes)	Baked Hashbrown		
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tropical Fruit Cup	Applesauce Cup	Orange Wedges (C)		
Bread/Alternate	Bread from Crustable Sandwich	Healthy Life WW Bread	(Burrito wrap)		
Other/Notes			Ketchup, Salsa		

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



@= 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.