

UCHRA Van Buen Head Start Menus 2020/2021

February 2021

Week 1 of 5					
	Monday 2/1	Tuesday 2/2	Wednesday 2/3	Thursday 2/4	Friday 2/5
<b>Meal Pattern</b>	<b>Monday 2/1</b>	<b>Tuesday 2/2</b>	<b>Wednesday 2/3</b>	<b>Thursday 2/4</b>	<b>Friday 2/5</b>
<b>Breakfast</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	Strawberry Cup	Tomato wedges (A,C)	1/2 Banana	Orange Wedges (C )	Diced Peaches (C)
Bread/Alternate	WW Oatmeal	WW Biscuits	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	Chef Boyardee Beef Ravioli CN label (Tomato sauce A & C)	@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)	Green Beans	Green Beans	Baked Hashbrown	Mashed Potatoes	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)	Diced Pears	Diced Pears	Orange Wedges (C )	Green Peas	Tropical Fruit Cocktail
(Vegies can replace fruits)					
Bread/Alternate	(Pasta)	WW Spaghetti Noodles	(Burrito wrap)	Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes		Parmesan Cheese	Ketchup, Salsa	Turkey Gravy	
		*Serve as @Spaghetti		*Serve as Open Face Sandwich	Ranch
Week 2 of 5					
	Monday 2/8	Tuesday 2/9	Wednesday 2/10	Thursday 2/11	Friday 2/12
<b>Meal Pattern</b>	<b>Monday 2/8</b>	<b>Tuesday 2/9</b>	<b>Wednesday 2/10</b>	<b>Thursday 2/11</b>	<b>Friday 2/12</b>
<b>Breakfast</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 )	Diced Apricots	1/2 Banana	Orange Wedges (C )	Diced Peaches (C)
Bread/Alternate	WW Cream of Wheat	WW Oatmeal	General Mills Multi-Grain Cheerios	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes				Jelly	Syrup
<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	@White Beans with Ham Chunks	Tyson WG Chicken Patty (I)	WW Tony's Smart Pizza Pepperoni and	@ Orange Chicken	@Tuna Salad
Vegetable 1/4 c (2oz)	@Cole Slaw	Baked Curly Fries	Green Beans	Mixed Green Peas & Carrots	Tomato Wedges (A,C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tropical Fruit Cup	Pineapple Tidbits (c)	Romaine Lettuce/Spinach mix
(Vegies can replace fruits)					Tropical Fruit
Bread/Alternate	Cornbread Muffin	Ultra WW Bun	WW (Pizza crust)	WG Rice	Healthy Life WW Bread
Other/Notes		Ketchup, Mustard, Mayo		*Serve as Orange Chicken	*Serve as Sandwich
		*Serve as Sandwich			
Week 3 of 5					
	Monday 2/15	Tuesday 2/16	Wednesday 2/17	Thursday 2/18	Friday 2/19
<b>Meal Pattern</b>	<b>Monday 2/15</b>	<b>Tuesday 2/16</b>	<b>Wednesday 2/17</b>	<b>Thursday 2/18</b>	<b>Friday 2/19</b>
<b>Breakfast</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
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	@White Beans with Ham Chunks	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	WW Tony's Smart Pizza Pepperoni and
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C)	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Romaine Lettuce/Spinach mix	Diced Peaches (C )
(Vegies can replace fruits)				Tropical Fruit	
Bread/Alternate	Cornbread Muffin	Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes			Cooked Sweet Peppers & Onions		
				*Serve as Sandwich	
Week 4 of 5					
	Monday 2/22	Tuesday 2/23	Wednesday 2/24	Thursday 2/25	Friday 2/26
<b>Meal Pattern</b>	<b>Monday 2/22</b>	<b>Tuesday 2/23</b>	<b>Wednesday 2/24</b>	<b>Thursday 2/25</b>	<b>Friday 2/26</b>
<b>Breakfast</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)	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
Other/Notes	Jelly				
<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	Ground Beef Chili with Beans	CN Label Hormel Turkey & Cheese	Uncle Charlie's Porkloin Chop	High Liner WG Breaded Fish Fillet (I)	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	Raw Broccoli (A,C)	Green Beans
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Romaine Lettuce/Spinach mix	Cooked Carrots	Tropical Fruit Cocktail	Diced Pears
(Vegies can replace fruits)		Pineapple Tidbits (C)			
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Sister Schubert's WW Roll	(Pasta)
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo		Ranch	
	*Serve as @ Chili	*Serve as Hoagie			
Week 5 of 5					
	Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
<b>Meal Pattern</b>	<b>Monday 3/1</b>	<b>Tuesday 3/2</b>	<b>Wednesday 3/3</b>	<b>Thursday 3/4</b>	<b>Friday 3/5</b>
<b>Breakfast</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	Strawberry slices	Orange Wedges (C)	1/2 Banana	Blueberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Healthy Life WW Toast	Cereal	WW Oatmeal	Biscuit
Other/Notes		American Cheese			
		*Serve as Cheese Toast			
<b>Lunch</b>	<b>Lunch (Culture Food)</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	Hamburger Steak	High Liner WG Breaded Fish Fillet (I)	Burrito	@Tuna Salad	cheese CN Label
Vegetable 1/4 c (2oz)	Champ IRISH Mashed Potatoes	Raw Broccoli (A,C)	Baked Hashbrown	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz)	Green Peas (A & C)	Tropical Fruit Cocktail	Orange Wedges (C )	Romaine Lettuce/Spinach mix	Diced Peaches (C )
(Vegies can replace fruits)				Tropical Fruit	
Bread/Alternate	Sister's Schubert's WW Roll	Sister Schubert's WW Roll	(Burrito wrap)	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Cooked Sweet Peppers & Onions	Ranch	Ketchup, Salsa		
				*Serve as Sandwich	
@= 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.					

