

UCHRA Van Buen Head Start Menus 2020/2021
March 2021

Week 1 of 5					
Meal Pattern	Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
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)	Diced Apricots	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Cream of Wheat	WW Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes				Jelly	Syrup
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	@White Beans with Ham Chunks	Tyson WG Chicken Patty (I)	WW Tony's Smart Pizza Pepperoni	1% Milk	@Tuna Salad
				Hamburger Steak	
Vegetable 1/4 c (2oz)	@Cole Slaw	Baked Curly Fries	Green Beans		Tomato Wedges (A,C)
				Champ IRISH Mashed Potatoes	Romaine Lettuce/Spinach mix
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tropical Fruit Cup		Tropical Fruit
(Vegies can replace fruits)		Romaine Lettuce/Spinach mix		Green Peas (A & C)	
Bread/Alternate	Cornbread Muffin	Ultra WW Bun	WW (Pizza crust)		Healthy Life WW Bread
Other/Notes		Ketchup, Mustard, Mayo		Sister's Schubert's WW Roll	
		*Serve as Sandwich		Cooked Sweet Peppers & Onions	*Serve as Sandwich
Week 2 of 5					
Meal Pattern	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12
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	Strawberry slices	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
Meat/Alternate 1 1/2 oz	Ground Beef	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	WW Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C)	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
	Romaine Lettuce/Spinach mix			Romaine Lettuce/Spinach mix	
Fruit 1/4 c (2oz)	Diced Peaches	Corn	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits)					
Bread/Alternate	Don Pancho WW Tortillitas Shell	Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Shredded Sharp Cheese, Salsa		Cooked Sweet Peppers & Onions	*Serve as Sandwich	
	*Serve as Tortilla Pie				
Week 3 of 5					
Meal Pattern	Monday 3/15	Tuesday 3/16	Wednesday 3/17	Thursday 3/18	Friday 3/19
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)	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				
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	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)
					Green Beans
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	Raw Broccoli (A,C)	
		Romaine Lettuce/Spinach mix			
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Pineapple Tidbits (C)	Cooked Carrots	Tropical Fruit Cocktail	Diced Pears
(Vegies can replace fruits)					
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 4 of 5 Closed	3/22	3/23	3/24	3/25	3/26
	SPRING Break.....	SPRING Break.....	SPRING Break.....	SPRING Break.....	SPRING Break.....
Week 5 of 5					
Meal Pattern	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2
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	Strawberry slices	Orange Wedges (C)	1/2 Banana	Blueberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Healthy Life WW Toast	General Mills Multi-Grain Cheerios	WW Oatmeal	Pillsbury Frozen Southern Style WW
Other/Notes		American Cheese			
		*Serve as Cheese Toast			
Lunch	Lunch (Culture Food)	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Ground Beef Meatballs	High Liner WG Breaded Fish Fillet (I)	Los Cabos Sausage, Egg, & Cheese	@Tuna Salad	WW Tony's Smart Pizza Pepperoni
Vegetable 1/4 c (2oz)	Green Peas	Raw Broccoli (A,C)	Baked Hashbrown	Tomato Wedges (A,C)	Green Beans
				Romaine Lettuce/Spinach mix	
Fruit 1/4 c (2oz)	Diced Pears	Tropical Fruit Cocktail	Orange Wedges (C)	Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits)					
Bread/Alternate	WW Egg Noodles	Sister Schubert's WW Roll	(Burrito wrap)	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Serve as @Swedish Meatballs	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.