

UCHRA Van Buren Head Start Menus 2020/2021
April 2021

Week 1 of 5	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2
Meal Pattern	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 Cereal	WW Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
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 Burrito	@Tuna Salad	WW Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	Green Peas	Raw Broccoli (A,C)	Baked Hashbrown	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Diced Pears	Tropical Fruit Cocktail	Orange Wedges (C)	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C)
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	
Week 2 of 5	Monday 4/5	Tuesday 4/6	Wednesday 4/7	Thursday 4/8	Friday 4/9
Meal Pattern	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	@White Beans with Ham Chunks	@Tuna Salad
Vegetable 1/4 c (2oz)	@Cole Slaw	Baked Curly Fries	Green Beans	@Cole Slaw	Tomato Wedges (A,C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tropical Fruit Cup	Tomato Wedges (A,C)	Romaine Lettuce/Spinach mix Tropical Fruit
Bread/Alternate	Cornbread Muffin	Ultra WW Bun	WW (Pizza crust)	Cornbread Muffin	Healthy Life WW Bread
Other/Notes		Ketchup, Mustard, Mayo *Serve as Sandwich			*Serve as Sandwich
Week 3 of 5	Monday 4/12	Tuesday 4/13	Wednesday 4/14	Thursday 4/15	Friday 4/16
Meal Pattern	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
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Romaine Lettuce/Spinach mix Diced Peaches	Corn	Green Peas (A & C)	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C)
Bread/Alternate	Don Pancho WW Tortillas Shell	Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Shredded Sharp Cheese, Salsa *Serve as Tortilla Pie		Cooked Sweet Peppers & Onions	*Serve as Sandwich	
Virtual all Week 4/19-4/23					
Week 4 of 5	Monday 4/19	Tuesday 4/20	Wednesday 4/21	Thursday 4/22	Friday 4/23
Meal Pattern	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	1/2 Banana	Diced Pears Fruit Cup	Orange Wedges (C)	Diced Peaches (C) Cup	Applesauce (C) Cup
Bread/Alternate	General Mills Multi-Grain Cheerios Cereal	WW Pillsbury Mini Pancakes	WW Pillsbury Bagel with Cream Cheese	WW Blueberry Muffin	WW French Toast
Other/Notes		Syrup			
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	Los Cabos Sausage, Egg, & Cheese Burrito	CN Label Hormel Ham & Cheese	Crustable PB & Grape Jelly	WW Tony's Smart Pizza Pepperoni and cheese CN Label	Super Snack Pack-Turkey & Cheese
Vegetable 1/4 c (2oz)	Baked Hashbrown	Tomato Wedges (A,C)	Raw Broccoli with Ranch Cup	Baby Carrots with Ranch Pkg.	Tomato Wedges (A,C)
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits)	Orange Wedges (C)	Romaine Lettuce/Spinach mix Baby Carrots with Ranch Pkg.	Strawberry Fruit cup	Diced Peaches (C) Cup	Tropical Fruit Cup
Bread/Alternate	(Burrito wrap)	Healthy Life WW Bread	Bread from Crustable Sandwich	WW (Pizza crust)	Crackers
Other/Notes	Ketchup	Mustard, Mayo *Serve as Sandwich			
Week 5 of 5	Monday 4/26	Tuesday 4/27	Wednesday 4/28	Thursday 4/29	Friday 4/30
Meal Pattern	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	Lunch	Lunch	Lunch	Lunch
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)	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)	Baked Curly Fries	Raw Broccoli (A,C)	Baked Hashbrown	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Tomato Wedges (A,C)	Tropical Fruit Cocktail	Orange Wedges (C)	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C)
Bread/Alternate	Ultra WW Bun	Sister Schubert's WW Roll	(Burrito wrap)	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich	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.