

**UCHRA Van Buren Head Start Menus 2021-2022**  
**September 2021**

| Week 1 of 5                  |   | Monday 8/30                               | Tuesday 8/31                                 | Wednesday 9/1                                | Thursday 9/2                       | Friday 9/3                         |
|------------------------------|---|---|--|--|------------------------------------|------------------------------------|
| Meal Pattern                 | Breakfast   | Breakfast                                 | Breakfast                                    | Breakfast                                    | Breakfast                          | <b>No School</b>                   |
| Breakfast                    | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            |                                    |
| Milk 3/4 c                   | Tomato wedges (A,C)   | Diced Strawberries & Blueberries          | 1/2 Banana                                   | Orange Wedges (C )                           |                                    |                                    |
| Fruit/Vegetable/Juice 1/2 c  | WW Biscuits   | Oatmeal                                   | General Mills Multi-Grain Cheerios Cereal    | Toasted English Muffin                       |                                    |                                    |
| Bread/Alternate              | Gravy   |   |  | Jelly  |                                    |                                    |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Lunch                        | Lunch   | Lunch                                     | Lunch  | Lunch  |                                    |                                    |
| Milk 3/4 c                   | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      |                                    |                                    |
| Milk 3/4 c                   | Hormel Turkey   | @Ground Beef Meat Sauce                   | Los Cabos Sausage, Egg, & Cheese Burrito     | @White Beans with Ham Chunks                 |                                    |                                    |
| Meat/Alternate 1 1/2 oz      | Mashed Potatoes   | Green Beans                               | Baked Hashbrown                              | @Cole Slaw                                   |                                    |                                    |
| Vegetable 1/4 c (2oz)        | Green Peas  | Diced Pears                               | Orange Wedges (C )                           | Tomato Wedges (A,C)                          |                                    |                                    |
| Fruit 1/4 c (2oz)            | (Veggies can replace fruits)  |   |  |  |                                    |                                    |
| Bread/Alternate              | Healthy Life WW Bread   | WW Spaghetti Noodles                      | (Burrito wrap)                               | Cornbread Muffin                             |                                    |                                    |
| Other/Notes                  | Turkey Gravy  | Parmesan Cheese                           | Ketchup, Salsa                               |  |                                    |                                    |
| Other/Notes                  | *Serve as Open Face Sandwich-Let child assemble                                   | *Serve as @Spaghetti                      |  |  |                                    |                                    |
| Snack (2 of 4 components)    | Snack   | Snack                                     | Snack  | Snack  |                                    |                                    |
| Milk 1/2 c                   | Applesauce  | Tomato Juice                              | 1% Milk                                      | Pineapple Tidbits (A,C)                      |                                    |                                    |
| Fruit/Vegetable/Juice 1/2 c  | WW Goldfish Graham crackers   |   | General Mills Multi Grain Cheerios cereal    | 1/2 Pillsbury WW Bagel                       |                                    |                                    |
| Bread/Alternate              |   | Monzerella Cheese Stick                   |  | Cream Cheese                                 |                                    |                                    |
| Meat/Alternate 1/2 oz        | Water   |   |  | Water  |                                    |                                    |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Week 2 of 5                  |   | Monday 9/6                                | Tuesday 9/7                                  | Wednesday 9/8                                | Thursday 9/9                       | Friday 9/10                        |
| Meal Pattern                 |  | Breakfast                                 | Breakfast                                    | Breakfast                                    | Breakfast                          | Breakfast                          |
| Breakfast                    |   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   |   | Banana Slices                             | Tomatoe Wedges                               | Tomatoe Wedges                               | Diced Peaches (C)                  | Orange Wedges (C)                  |
| Fruit/Vegetable/Juice 1/2 c  |   | General Mills Multi-Grain Cheerios Cereal | WW Cream of Wheat w/ Shredded Cheddar cheese | WW Cream of Wheat w/ Shredded Cheddar cheese | WW Pillsbury Mini Pancakes         | Healthy Life WW Toast              |
| Bread/Alternate              |   |   |  |  | Syrup                              | American Cheese                    |
| Other/Notes                  |   |   |  |  |                                    | *Serve as Cheese Toast             |
| Lunch                        |   | Lunch                                     | Lunch  | Lunch  | Lunch                              | Lunch                              |
| Milk 3/4 c                   |   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   |   | Natural Choice Turkey & Cheese            | @Tuna Salad                                  | @Tuna Salad                                  | @Ground Beef Meat Sauce            | Uncle Charlie's Porkloin Chop      |
| Meat/Alternate 1 1/2 oz      |   |   |  |  |                                    |                                    |
| Vegetable 1/4 c (2oz)        |   | Romaine Lettuce/Spinach mix,              | Tomato Wedges (A,C)                          | Romaine Lettuce/Spinach mix                  | Green Beans                        | Lima Beans                         |
| Fruit 1/4 c (2oz)            |   | Tomato Wedges (A,C)                       | Diced Peaches (Fruit cup)                    | Tropical Fruit                               | Diced Pears                        | Cooked Carrots                     |
| (Veggies can replace fruits) |   | Diced Peaches (Fruit cup)                 | Ultra WW Bun                                 | Healthy Life WW Bread                        | WW Spaghetti Noodles               | Sister Schubert's WW Roll          |
| Bread/Alternate              |   |   |  |  |                                    |                                    |
| Other/Notes                  |   |   | *Serve as Hoagie                             | *Serve as Sandwich                           | *Serve as @Spaghetti               |                                    |
| Other/Notes                  |   | Ketchup, Mustard, Mayo                    |  | Parmesan Cheese                              |                                    |                                    |
| Snack (2 of 4 components)    | Snack   | Snack                                     | Snack  | Snack  | Snack                              |                                    |
| Milk 1/2 c                   | 1% Milk   | 1% Milk                                   |  |  |                                    |                                    |
| Fruit/Vegetable/Juice 1/2 c  | WW Goldfish Graham crackers   | Diced Pears                               |  | WW Animal Crackers                           | Tomato Juice                       |                                    |
| Bread/Alternate              |   |   |  | Yogurt                                       | Monzerella Cheese Stick            |                                    |
| Meat/Alternate 1/2 oz        |   | Shredded Sharp Cheese                     |  | water  | Water                              |                                    |
| Other/Notes                  |   | Water                                     |  |  |                                    |                                    |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Week 3 of 5                  |   | Monday 9/13                               | Tuesday 9/14                                 | Wednesday 9/15                               | Thursday 9/16                      | Friday 9/17                        |
| Meal Pattern                 | Breakfast   | Breakfast                                 | Breakfast                                    | Breakfast                                    | Breakfast                          | Breakfast                          |
| Breakfast                    | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   | Cooked Apple Slices (C)   | Diced Peaches (C)                         | Banana Slices                                | Strawberries Slices (C )                     | Orange Wedges (C)                  | Orange Wedges (C)                  |
| Fruit/Vegetable/Juice 1/2 c  | WW Pillsbury Frozen Southern Style  | WW Pillsbury Mini Pancakes                | General Mills Multi-Grain Cheerios           | Oatmeal                                      | WW Healthy Life Toast              | WW Healthy Life Toast              |
| Bread/Alternate              |   | Syrup                                     |  |  | American Cheese                    | American Cheese                    |
| Other/Notes                  |   |   |  |  | *Serve as Cheese Toast             | *Serve as Cheese Toast             |
| Lunch                        | Lunch   | Lunch                                     | Lunch  | Lunch  | Lunch                              | Lunch                              |
| Milk 3/4 c                   | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   | Beef Patty  | High Liner WG Breaded Fish Fillet         | WG Tony's Smart Pizza Pepporoni              | Tyson WG Breaded Chicken Patties             | Chef Boyardee Beef Ravioli CN      | Chef Boyardee Beef Ravioli CN      |
| Meat/Alternate 1 1/2 oz      |   |   |  |  |                                    |                                    |
| Vegetable 1/4 c (2oz)        | Baked French Fries  | Raw Broccoli (A,C)                        | Corn   | Green Peas (A & C)                           | Green Beans                        | Green Beans                        |
| Fruit 1/4 c (2oz)            | Tomato Wedges (A,C)   | Tropical Fruit Cocktail                   | Tomato Wedges (A,C) in Tossed                | Diced Apricots (A)                           | (Tomato sauce A & C)               | (Tomato sauce A & C)               |
| (Veggies can replace fruits) | Romaine Lettuce/Spinach mix   | WW Cornbread Muffin                       | Shredded carrots & mixed greens              |  | Diced Peaches                      | Diced Peaches                      |
| Bread/Alternate              | WW Ultra Bun  |   | (Pizza Crust)                                | Sister Schubert's WW Roll                    | Pasta in Ravioli                   | Pasta in Ravioli                   |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Other/Notes                  | Ketchup, Mustard, Mayo  | Ranch                                     | Ranch  | Ketchup                                      |                                    |                                    |
| Other/Notes                  | *Serve as Sandwich-Let child  |   |  |  |                                    |                                    |
| Snack (2 of 4 components)    | Snack   | Snack                                     | Snack  | Snack  | Snack                              | Snack                              |
| Milk 1/2 c                   |   |   | 1% Milk                                      |  |                                    |                                    |
| Fruit/Vegetable/Juice 1/2 c  |   | Applesauce                                |  | Diced Pears                                  |                                    |                                    |
| Bread/Alternate              | High Life WW Toast  | WW Goldfish Graham crackers               | Smart Choice WW Blueberry Muffin             |  | WW Animal Crackers                 | WW Animal Crackers                 |
| Meat/Alternate 1/2 oz        | American Cheese   |   |  | Shredded Sharp Cheese                        | Yogurt                             | Yogurt                             |
| Other/Notes                  | Water   | Water                                     |  | Water  | water                              | water                              |
| Other/Notes                  | *Served as Cheese Toast   |   |  |  |                                    |                                    |
| Week 4 of 5                  |   | Monday 9/20                               | Tuesday 9/21                                 | Wednesday 9/22                               | Thursday 9/23                      | Friday 9/24                        |
| Meal Pattern                 | Breakfast   | Breakfast                                 | Breakfast                                    | Breakfast                                    | Breakfast                          | Breakfast                          |
| Breakfast                    | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   | Orange Wedges (C )  | Banana Slices                             | Orange Wedges (C)                            | Blueberries                                  | Cooked Apple Slices (C)            | Cooked Apple Slices (C)            |
| Fruit/Vegetable/Juice 1/2 c  | WW Cream of Wheat   | Kellogg's Rice Krispies Cereal            | Healthy Life WW Toast                        | Oatmeal                                      | Pillsbury Frozen Southern Style WW | Pillsbury Frozen Southern Style WW |
| Bread/Alternate              |   |   | American Cheese                              |  |                                    |                                    |
| Other/Notes                  |   |   | *Serve as Cheese Toast                       |  |                                    |                                    |
| Lunch                        | Lunch   | Lunch                                     | Lunch  | Lunch (Culture Food)                         | Lunch                              | Lunch                              |
| Milk 3/4 c                   | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   | Tyson WG Chicken Patty (I)  | Pinto Beans(I)                            | Hamburger Steak                              | Ground Beef                                  | WG Tony's Smart Pizza Pepporoni    | WG Tony's Smart Pizza Pepporoni    |
| Meat/Alternate 1 1/2 oz      |   |   |  |  |                                    |                                    |
| Vegetable 1/4 c (2oz)        | Baked Curly Fries   | Turnip Greens (A,C)                       | Mashed Potatoes                              | @ Cabbage Stew                               | Green Beans                        | Green Beans                        |
| Fruit 1/4 c (2oz)            | Tomato Wedges (A,C)   | Corn                                      | Green Peas (A & C)                           | Diced Peaches                                | Diced Peaches (C )                 | Diced Peaches (C )                 |
| (Veggies can replace fruits) | Romaine Lettuce/Spinach mix   | Cornbread Muffin                          |  |  |                                    |                                    |
| Bread/Alternate              | Ultra WW Bun  |   | Sister's Schubert's WW Roll                  | WW Roll                                      | (Pizza crust)                      | (Pizza crust)                      |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Other/Notes                  | Ketchup, Mustard, Mayo  |   | Cooked Sweet Peppers & Onions                | *Serve as Ground Beef & Cabbage              |                                    |                                    |
| Other/Notes                  | *Serve as Sandwich  |   |  | Stew- Russian Culture                        |                                    |                                    |
| Snack (2 of 4 components)    | Snack   | Snack                                     | Snack  | Snack  | Snack                              | Snack                              |
| Milk 1/2 c                   | 1% Milk   |   |  |  |                                    |                                    |
| Fruit/Vegetable/Juice 1/2 c  |   |   | Tomato Sauce(A,C)                            |  | Applesauce                         | Applesauce                         |
| Bread/Alternate              | Smart Choice WG Blueberry Muffin  | Zesta WW Crackers                         | MaxStix-(Cheese & Bread)                     | WW Animal Crackers                           | WW Goldfish Graham crackers        | WW Goldfish Graham crackers        |
| Meat/Alternate 1/2 oz        |   | Boiled Egg- halved                        |  | Yogurt                                       |                                    |                                    |
| Other/Notes                  | Water   | water                                     | water  | water  |                                    |                                    |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Week 5 of 5                  |   | Monday 9/27                               | Tuesday 9/28                                 | Wednesday 9/29                               | Thursday 9/30                      | Friday 10/1                        |
| Meal Pattern                 | Breakfast   | Breakfast                                 | Breakfast                                    | Breakfast                                    | Breakfast                          | Breakfast                          |
| Breakfast                    | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   | Orange Wedges (C )  | Applesauce (C) with Cinnamon              | Banana                                       | Strawberry slices                            | Cooked Apple Slices (C)            | Cooked Apple Slices (C)            |
| Fruit/Vegetable/Juice 1/2 c  | Toasted English Muffin  | WW French Toast                           | Kellogg Rice Krispies Cereal                 | WW Cream of Wheat                            | Pillsbury Frozen Southern Style WW | Pillsbury Frozen Southern Style WW |
| Bread/Alternate              | Jelly   |   |  |  |                                    |                                    |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Lunch                        | Lunch   | Lunch                                     | Lunch  | Lunch  | Lunch                              | Lunch                              |
| Milk 3/4 c                   | 1% Milk   | 1% Milk                                   | 1% Milk                                      | 1% Milk                                      | 1% Milk                            | 1% Milk                            |
| Milk 3/4 c                   | Ground Beef Chili with Beans  | Natural Choice Turkey & Cheese            | Uncle Charlie's Porkloin Chop                | Ground Beef                                  | *American Cheese                   | *American Cheese                   |
| Meat/Alternate 1 1/2 oz      |   |   |  |  |                                    |                                    |
| Vegetable 1/4 c (2oz)        | (Tomatoes (A,C) and Beans in chili)   | Tomato Wedges (A,C)                       | Lima Beans                                   | Tomato Wedges (A,C)                          | @Vegetable Soup                    | @Vegetable Soup                    |
| Fruit 1/4 c / 2 oz (2oz)     | Diced Pears   | Romaine Lettuce/Spinach mix               |  | Romaine Lettuce/Spinach mix                  |                                    |                                    |
| (Veggies can replace fruits) |   | Pineapple Tidbits (C)                     | Beets  | Avocado Slices                               | Pineapple Tidbits (C)              | Pineapple Tidbits (C)              |
| Bread/Alternate              | Zesta WW Crackers   | Ultra WW Bun                              | Sister Schubert's WW Roll                    | Don Pancho WW Tortillas Shell                | Ultra WW Bread                     | Ultra WW Bread                     |
| Other/Notes                  |   |   |  |  |                                    |                                    |
| Other/Notes                  | Shredded Sharp Cheese   | Ketchup, Mustard, Mayo                    |  | Shredded Sharp Cheese, Salsa                 | Zesta WW Crackers                  | Zesta WW Crackers                  |
| Other/Notes                  | *Serve as @ Chili   | *Serve as Hoagie                          |  | *Serve as Tortilla Pie                       | *Served as Hot Sandwich            | *Served as Hot Sandwich            |
| Snack (2 of 4 components)    | Snack   | Snack                                     | Snack  | Snack  | Snack                              | Snack                              |
| Milk 1/2 c                   |   |   |  |  | 1% Milk                            | 1% Milk                            |
| Fruit/Vegetable/Juice 1/2 c  | Diced Apricots (A)  | Pineapple Tidbits (A,C)                   |  | Tomato Juice                                 |                                    |                                    |
| Bread/Alternate              | WW Animal Crackers  | 1/2 Pillsbury WW Bagel                    | Zesta WW Crackers                            | MaxStix (Cheese & Bread)                     | WW Goldfish Graham crackers        | WW Goldfish Graham crackers        |
| Meat/Alternate 1/2 oz        |   | Cream Cheese                              | American Cheese Slices                       |  |                                    |                                    |
| Other/Notes                  | Water   | Water                                     | Water  |  |                                    |                                    |
| Other/Notes                  |   |   |  |  |                                    |                                    |

@= 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.