

UCHRA Van Buren Head Start Menus 2021-2022
October 2021

Week 1 of 5					
Meal Pattern	Monday 9/27	Tuesday 9/28	Wednesday 9/29	Thursday 9/30	Friday 10/1
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) with Cinnamon	Banana	Strawberry slices	Cooked Apple Slices (C)
Bread/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies 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	Natural Choice Turkey & Cheese	Uncle Charlie's Porkloin Chop	Ground Beef	*American Cheese
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	Tomato Wedges (A,C)	@Vegetable Soup
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Romaine Lettuce/Spinach mix	Beets	Romaine Lettuce/Spinach mix	Pineapple Tidbits (C)
(Vegies can replace fruits)		Pineapple Tidbits (C)		Avocado Slices	
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Don Pancho WW Tortillillas Shell	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo		Shredded Sharp Cheese, Salsa	Zesta WW Crackers
Snack (2 of 4 components)	*Serve as @ Chili	*Serve as Hoagie	Snack	*Serve as Tortilla Pie	*Served as Hot Sandwich
Milk 1/2 c	Snack	Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Pineapple Tidbits (A,C)		Tomato Juice	1% Milk
Bread/Alternate	WW Animal Crackers	1/2 Pillsbury WW Bagel	Zesta WW Crackers	MaxStix (Cheese & Bread)	WW Goldfish Graham crackers
Meat/Alternate 1/2 oz		Cream Cheese	American Cheese Slices		
Other/Notes	Water	Water	Water	Water	
Week 2 of 5					
Meal Pattern	Monday 10/4	Tuesday 10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	No School Staff Training
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries & Blueberries	1/2 Banana	Orange Wedges (C)	
Bread/Alternate	WW Biscuits	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	
Other/Notes	Gravy			Jelly	
Lunch	Lunch	Lunch	Lunch	Lunch	
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	@White Beans with Ham Chunks	
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	@Cole Slaw	
Fruit 1/4 c (2oz)	Green Peas	Diced Pears	Orange Wedges (C)	Tomato Wedges (A,C)	
(Vegies can replace fruits)					
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	
Other/Notes	Turkey Gravy	Parmesan Cheese	Ketchup, Salsa		
Snack (2 of 4 components)	*Serve as Open Face Sandwich-Let child assemble	*Serve as @Spaghetti	Snack	Snack	
Milk 1/2 c	Snack	Snack	Snack	Snack	
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice	1% Milk	Pineapple Tidbits (A,C)	
Bread/Alternate	WW Goldfish Graham crackers	WW Pillsbury WW Bagel	WW Animal Crackers	1/2 Pillsbury WW Bagel	
Meat/Alternate 1/2 oz		Monzerella Cheese Stick		Cream Cheese	
Other/Notes	Water			Water	
Week 2 of 5					
Meal Pattern	Monday 10/11	Tuesday 10/12	Wednesday 10/13	Thursday 10/14	Friday 10/15
Breakfast	No School- Fall Break	No School- Fall Break	No School- Fall Break	No School- Fall Break	No School- Fall Break
Milk 3/4 c					
Fruit/Vegetable/Juice 1/2 c					
Bread/Alternate					
Other/Notes					
Lunch					
Milk 3/4 c					
Meat/Alternate 1 1/2 oz					
Vegetable 1/4 c (2oz)					
Fruit 1/4 c (2oz)					
(Vegies can replace fruits)					
Bread/Alternate					
Other/Notes					
Snack (2 of 4 components)					
Milk 1/2 c					
Fruit/Vegetable/Juice 1/2 c					
Bread/Alternate					
Meat/Alternate 1/2 oz					
Other/Notes					
Week 3 of 5					
Meal Pattern	Monday 10/18	Tuesday 10/19	Wednesday 10/20	Thursday 10/21	Friday 10/22
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	Cooked Apple Slices (C)	Diced Peaches (C)	Banana Slices	Strawberries Slices (C)	Orange Wedges (C)
Bread/Alternate	WW Pillsbury Frozen Southern Style	WW Pillsbury Mini Pancakes	General Mills Multi-Grain Cheerios	Oatmeal	WW Healthy Life Toast
Other/Notes		Syrup			American Cheese
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	Beef Patty	High Liner WG Breaded Fish Fillet	WG Tony's Smart Pizza Pepporoni	Tyson WG Breaded Chicken Patties	Chef Boyardee Beef Ravioli CN
Vegetable 1/4 c (2oz)	Baked French Fries	Raw Broccoli (A,C)	Corn	Green Peas (A & C)	Green Beans (Tomato sauce A & C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tropical Fruit Cocktail	Tomato Wedges (A,C) in Tossed	Diced Apricots (A)	Diced Pears
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix		Shredded carrots & mixed greens (Pizza Crust)		
Bread/Alternate	WW Ultra Bun	WW Cornbread Muffin		Sister Schubert's WW Roll	Pasta in Ravioli
Other/Notes	Ketchup, Mustard, Mayo	Ranch	Ranch	Ketchup	
Snack (2 of 4 components)	*Serve as Sandwich-Let child	Snack	Snack	Snack	Snack
Milk 1/2 c	Snack	Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c	Applesauce	Applesauce	1% Milk	Diced Pears	
Bread/Alternate	High Life WW Toast	WW Goldfish Graham crackers	Smart Choice WW Blueberry Muffin		WW Animal Crackers
Meat/Alternate 1/2 oz	American Cheese			Shredded Sharp Cheese	Yogurt
Other/Notes	Water	Water		Water	water
Other/Notes	*Served as Cheese Toast				
Week 4 of 5					
Meal Pattern	Monday 9/20	Tuesday 9/21	Wednesday 9/22	Thursday 9/23	Friday 9/24
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)	Banana Slices	Orange Wedges (C)	Blueberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	Oatmeal	Pillsbury Frozen Southern Style WW
Other/Notes			American Cheese		
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	Tyson WG Chicken Patty (l)	Pinto Beans(l)	Hamburger Steak	Ground Beef	WG Tony's Smart Pizza Pepperoni
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes	Green Beans
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Diced Pears	Diced Peaches (C)
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix				
Bread/Alternate	Ultra WW Bun	Combread Muffin	Sister's Schubert's WW Roll	WW Roll	(Pizza crust)
Other/Notes	Ketchup, Mustard, Mayo		Cooked Sweet Peppers & Onions	*Serve as Sheppard's Pie-English Culture	
Snack (2 of 4 components)	*Serve as Sandwich	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk	Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c	Smart Choice WG Blueberry Muffin	Zesta WW Crackers	Tomato Sauce(A,C)		Applesauce
Bread/Alternate		Boiled Egg- halved	MaxStix-(Cheese & Bread)	WW Animal Crackers	WW Goldfish Graham crackers
Meat/Alternate 1/2 oz		water	water	Yogurt	
Other/Notes				water	
Week 5 of 5					
Meal Pattern	Monday 10/25	Tuesday 10/26	Wednesday 10/27	Thursday 10/28	Friday 10/29
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)	Banana Slices	Tomatoe Wedges	Diced Peaches (C)	Orange Wedges (C)
Bread/Alternate	Toasted English Muffin	General Mills Multi-Grain Cheerios	WW Cream of Wheat w/ Shredded	WW Pillsbury Mini Pancakes	Healthy Life WW Toast
Other/Notes	Jelly			Syrup	American Cheese
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	Natural Choice Turkey & Cheese	@Tuna Salad	@Ground Beef Meat Sauce	Uncle Charlie's Porkloin Chop
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Romaine Lettuce/Spinach mix,	Tomato Wedges (A,C)	Green Beans	Lima Beans
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Tomato Wedges (A,C)	Romaine Lettuce/Spinach mix	Diced Pears	Cooked Carrots
(Vegies can replace fruits)		Diced Peaches (Fruit cup)	Tropical Fruit		
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Healthy Life WW Bread	WW Spaghetti Noodles	Sister Schubert's WW Roll
Other/Notes	Shredded Sharp Cheese	*Serve as Hoagie	*Serve as Sandwich	*Serve as @Spaghetti	
Snack (2 of 4 components)	*Serve as @ Chili	Ketchup, Mustard, Mayo		Parmesan Cheese	
Milk 1/2 c	Snack	Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	1% Milk	Diced Pears		Tomato Juice
Bread/Alternate	WW Animal Crackers	WW Goldfish Graham crackers		WW Animal Crackers	
Meat/Alternate 1/2 oz			Shredded Sharp Cheese	Yogurt	Monzerella Cheese Stick
Other/Notes	Water			water	Water

@= Recipe in recipe book WW=Whole Wheat or Whole Grain (l)=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.