

UCHRA Van Buren Head Start Menus 2021-2022
November 2021

Week 1 of 5					
Meal Pattern	Monday 11/1	Tuesday 11/2	Wednesday 11/3	Thursday 11/4	Friday 11/5
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	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	Avocado Slices	Pineapple Tidbits (C)
(Veggies can replace fruits)		Pineapple Tidbits (C)			
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 *Serve as @ Chili	Ketchup, Mustard, Mayo *Serve as Hoagie		Shredded Sharp Cheese, Salsa *Serve as Tortillia Pie	Zesta WW Crackers *Served as Hot Sandwich
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c					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
Meat/Alternate 1/2 oz		Cream Cheese	American Cheese Slices		
Other/Notes	Water	Water	Water		
Week 2 of 5					
Meal Pattern	Monday 11/8	Tuesday 11/9	Wednesday 11/10	Thursday 11/11	Friday 11/12
Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
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)
(Veggies can replace fruits)					
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	
Other/Notes	Turkey Gravy *Serve as Open Face Sandwich-Let child assemble	Parmesan Cheese *Serve as @Spaghetti	Ketchup, Salsa		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	
Milk 1/2 c					
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice	1% Milk	Pineapple Tidbits (A,C)	
Bread/Alternate	WW Goldfish Graham crackers		WW Animal Crackers	1/2 Pillsbury WW Bagel	
Meat/Alternate 1/2 oz		Monzerella Cheese Stick		Cream Cheese	
Other/Notes	Water			Water	
Week 3 of 5					
Meal Pattern	Monday 11/15	Tuesday 11/16	Wednesday 11/17	Thursday 11/18	Friday 11/19
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)	Banana Slices	Banana Slices	Strawberries Slices (C)	Orange Wedges (C)
Bread/Alternate	Toasted English Muffin	General Mills Multi-Grain Cheerios Cereal	General Mills Multi-Grain Cheerios Cereal	Oatmeal	WW Healthy Life Toast
Other/Notes	Jelly				American Cheese *Serve as Cheese Toast
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	Ground Beef Chili with Beans	Natural Choice Turkey & Cheese	WG Tony's Smart Pizza Pepporoni	(Pinto Beans)	Chef Boyardee Beef Ravioli CN
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Corn	(Corn & Red Peppers)	Green Beans (Tomato sauce A & C)
Fruit 1/4 c (2oz)	Diced Pears	Diced Peaches (Fruit cup)	Tomato Wedges (A,C) in Tossed salad :	Diced Apricots	Diced Pears
(Veggies can replace fruits)			Shredded carrots & mixed greens		
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	(Pizza Crust)	Corn Bread Muffin	Pasta in Ravioli
Other/Notes	Shredded Sharp Cheese *Serve as @ Chili	*Serve as Hoagie Ketchup, Mustard, Mayo	Ranch	Serve as @ Pinto Bean Corn Soup Native American Culture	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c		1% Milk	1% Milk		
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)			Diced Pears	
Bread/Alternate	WW Animal Crackers	WW Goldfish Graham crackers	Smart Choice WW Blueberry Muffin		WW Animal Crackers
Meat/Alternate 1/2 oz				Shredded Sharp Cheese	Yogurt
Other/Notes	Water			Water	water
Week 4 of 5					
Meal Pattern	Monday 11/22	Tuesday 11/23	Wednesday 11/24	Thursday 11/25	Friday 11/26
Breakfast	Breakfast	Breakfast			
Milk 3/4 c	1% Milk	1% Milk			
Fruit/Vegetable/Juice 1/2 c	Cooked Apple Slices (C)	Diced Peaches (C)			
Bread/Alternate	WW Pillsbury Frozen Southern Style	WW Pillsbury Mini Pancakes			
Other/Notes		Syrup			
Lunch	Lunch	Lunch			
Milk 3/4 c	1% Milk	1% Milk			
Meat/Alternate 1 1/2 oz	Beef Patty	Turkey w/ Gravy			
Vegetable 1/4 c (2oz)	Baked French Fries	Green Beans			
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Sweet Potatoe Casserole			
(Veggies can replace fruits)					
Bread/Alternate	WW Ultra Bun	WW Roll			
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich-Let child	Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping			
Snack (2 of 4 components)	Snack	Snack			
Milk 1/2 c					
Fruit/Vegetable/Juice 1/2 c		Applesauce			
Bread/Alternate	High Life WW Toast	WW Goldfish Graham crackers			
Meat/Alternate 1/2 oz	American Cheese				
Other/Notes	Water	Water			
	*Served as Cheese Toast				
Week 5 of 5					
Meal Pattern	Monday 11/29	Tuesday 11/30	Wednesday 12/1	Thursday 12/2	Friday 12/3
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 *Serve as Cheese Toast		
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 (I)	Pinto Beans(I)	Hamburger Steak	Ground Beef Meatballs	WG Tony's Smart Pizza Pepperoni
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Green Peas	Green Beans
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Diced Pears	Diced Peaches (C)
(Veggies can replace fruits)					
Bread/Alternate	Romaine Lettuce/Spinach mix Ultra WW Bun	Cornbread Muffin	Sister's Schubert's WW Roll	WW Egg Noodles	(Pizza crust)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich		Cooked Sweet Peppers & Onions	Serve as @Swedish Meatballs	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Applesauce
Bread/Alternate	Smart Choice WG Blueberry Muffin	Zesta WW Crackers	MaxStix-(Cheese & Bread)	WW Animal Crackers	WW Goldfish Graham crackers
Meat/Alternate 1/2 oz		Boiled Egg- halved		Yogurt	
Other/Notes		water	water	water	

@= 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.