## UCHRA Van Buren Head Start Menus 2021-2022 December 2021

December 2021  Work 1 of 5					
Week 1 of 5 Meal Pattern	- Monday 11/29	Tuesday 11/30	Wednesday 12/1	Thursday 12/2	Friday 12/3
Breakfast	Breakfast	Breakfast 40/ Mills	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Diced Peaches (C )	1% Milk Banana Slices	1% Milk Orange Wedges (C)	1% Milk Blueberries	1% Milk 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 Biscuit
Other/Notes		gg	American Cheese		
Lunch	Lunch	Lunch	*Serve as Cheese Toast Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk WG Tony's Smart Pizza Pepperoni
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	Ground Beef Meatballs	and cheese CN Label
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 )
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix				i
Bread/Alternate	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 Fruit/Vegetable/Juice 1/2 c	1% Milk		Tomato Sauce(A,C)		Applesauce
Bread/Alternate Meat/Alternate 1/2 oz	Smart Choice WG Blueberry Muffin	Zesta WW Crackers Boiled Egg- halved	MaxStix-(Cheese & Bread)	WW Animal Crackers Yogurt	WW Goldfish Graham crackers
Other/Notes		water	water	water	
Week 2 of 5 Meal Pattern	Monday 12/6	Tuesday 12/7	Wednesday 12/8	Thursday 12/9	Friday 12/10
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Orange Wedges (C )	1% Milk Applesauce (C) with Cinnamon	1% Milk Banana	1% Milk Strawberry slices	1% Milk 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 Meat/Alternate 1 1/2 oz	1% Milk Ground Beef Chili with Beans	1% Milk Natural Choice Turkey & Cheese	1% Milk Uncle Charlie's Porkloin Chop	1% Milk Ground Beef	1% Milk *American Cheese
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Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Lima Beans	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	@Vegetable Soup
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits)	Diced Pears	Pineapple Tidbits (C)	Beets	Avocado Slices	Pineapple Tidbits (C)
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Don Pancho WW Tortiallias Shell	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo		Shredded Sharp Cheese, Salsa	Zesta WW Crackers
	*Serve as @ Chili	*Serve as Hoagie	Smark	*Serve as Tortialla Pie	*Served as Hot Sandwich
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack	Snack	Snack 1%Milk
Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Diced Apricots (A) WW Animal Crackers	Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel	Zesta WW Crackers	Tomato Juice MaxStix (Cheese & Bread)	WW Goldfish Graham crackers
Meat/Alternate 1/2 oz		Cream Cheese	American Cheese Slices	maxeux (eneces a zioaa)	
Other/Notes	Water	Water	Water		
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Week 3 of 5	Monday 12/12	Tuonday 12/14	Wodnosday 12/15	Thursday 12/16	Friday 12/17
Week 3 of 5 Meal Pattern Breakfast	Monday 12/13 Breakfast	Tuesday 12/14 Breakfast	Wednesday 12/15 Breakfast	Thursday 12/16 Breakfast	Friday 12/17
Meal Pattern Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Closed for Winter
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Breakfast 1% Milk Tomato wedges (A,C)	Breakfast 1% Milk Diced Strawberries & Blueberries	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios	Breakfast 1% Milk Orange Wedges (C )	Closed for Winter Break.
Meal Pattern Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk 1/2 Banana	Breakfast 1% Milk	Closed for Winter
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin	Closed for Winter Break.
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits	Breakfast 1% Milk Diced Strawberries & Blueberries	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin	Closed for Winter Break. We hope you have Safe, Healthy, &
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal Lunch	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays!
Meal Pattern Breakfast 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	Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch 1% Milk  Hormel Turkey	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes
Meal Pattern Breakfast 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)	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January
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Meal Pattern Breakfast 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) Fruit 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 Moat/Alternate Moat/Alternate Moat/Alternate Moat/Alternate Moat/Alternate Moat/Alternate Moat/Alternate Moat/Alternate Moat/Alternate Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers Water	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice  Monzerella Cheese Stick  Tuesday 1/4  Breakfast Breakfast Branan Slices	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C) (Burritto wrap) Ketchup, Salsa  Snack 1%Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjory nyour See nyou in the new nyan!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7 Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast
Meal Pattern Breakfast 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) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers Water	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C ) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk  Strawberries Slices (C )  Oatmeal	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjoy your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato Wedges (A,C)  WW Biscuits Gravy	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7  Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese "Serve as Cheese Toast
Meal Pattern Breakfast 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) 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 Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers Water	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C ) (Burritto wrap) Ketchup, Salsa  Snack 1%Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C )	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjoy your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch (Culture Food) 1% Milk	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7 Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk
Meal Pattern Breakfast 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) 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 Moat/Alternate Fruit/Vegetable/Juice 1/2 c Bread/Alternate Dreakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers Water	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C ) (Burritto wrap) Ketchup, Salsa  Snack 1%Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C )  Oatmeal	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjory nyour See nyou in the new nyor!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch (Culture Food)	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7  Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch
Meal Pattern Breakfast 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) 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 Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey  Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers Water  L/3/2022  Monday 1/3	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice Monzerella Cheese Stick  Tuesday 1/4 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix,	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk WW Animal Crackers  Wednesday 1/5 Breakfast 1% Milk Strawberries Slices (C) Oatmeal  Lunch 1% Milk	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjoy your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch (Culture Food) 1% Milk	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7 Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans
Meal Pattern Breakfast 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) 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  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey  Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers Water  L/3/2022  Monday 1/3	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C) (Burritto wrap) Ketchup, Salsa  Snack 1%Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C)  Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn  Tomato Wedges (A,C) in Tossed	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjory ryour  See you in the new ryear!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew Tomato Weges (A,C)	Closed for Winter Break.  We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7  Breakfast 1% Milk Orange Wedges (C)  WW Healthy Life Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C)
Meal Pattern Breakfast 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)  Fruit 1/4 c (2oz)  Fruit 1/4 c (2oz)  Fruit 1/4 c (2oz)  Closed 12/17/2021-1  Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Closed 12/17/2021-1  Week 4 of 5 Meal Pattern Breakfast 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	Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey  Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers Water  L/3/2022  Monday 1/3	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice Monzerella Cheese Stick  Tuesday 1/4 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix,	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C ) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C ) Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjory ryour  See you in the new ryear!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7 Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans
Meal Pattern Breakfast 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) (Vegles can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate Juice 1/2 c  Bread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)	Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch 1% Milk Hormel Turkey  Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers  Water  //3/2022  Monday 1/3	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C)  (Burritto wrap) Ketchup, Salsa  Snack 1% Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C)  Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn  Tomato Wedges (A,C) in Tossed salad:	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjory ryour  See you in the new ryear!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew Tomato Weges (A,C)	Closed for Winter Break.  We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7  Breakfast 1% Milk Orange Wedges (C)  WW Healthy Life Toast American Cheese 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C)
Meal Pattern Breakfast 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)  Vegetable 1/4 c (2oz)  Fruit 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Closed 12/17/2021-1  Week 4 of 5 Meal Pattern Breadfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)  Vegetable 1/4 c (2oz)  (Vegles can replace fruits)	Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch 1% Milk Hormel Turkey  Mashed Potatoes Green Peas  Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack  Applesauce WW Goldfish Graham crackers  Water  L/3/2022  Monday 1/3	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice  Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup)	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C ) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C )  Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn  Corn  Tomato Wedges (A,C) in Tossed salad: Shredded carrots & mixed greens	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjey your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew Tomato Weges (A,C)  Diced Apricots	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7  Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears
Meal Pattern Breakfast 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  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate Other/Notes  Lunch Fruit/Vegetable/Juice 1/2 oz  Vegetable 1/4 c (2oz)  Fruit 1/4 c (2oz)  Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch 1% Milk  Hormel Turkey  Mashed Potatoes  Green Peas  Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack  Applesauce WW Goldfish Graham crackers  Water  L/3/2022  Monday 1/3  Water  May 2022 be full of spending time	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice  Monzerella Cheese Stick  Tuesday 1/4 Breakfast 1% Milk Banana Slices General Milk Burnana Slices General Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C ) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C ) Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn  Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust)  Ranch	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjoy your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew  Tomato Weges (A,C)  Diced Apricots  Cornbread Muffin	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7 Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli
Meal Pattern Breakfast 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 1/2 c Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fread/Alternate	Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch 1% Milk Hormel Turkey  Mashed Potatoes  Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers  Water  Monday 1/3  Monday 1/3  Mortoslock  May 2022 be full of spending time together learning ,	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice  Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup)  Ultra WW Bun *Serve as Hoagie	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk WW Animal Crackers  Wednesday 1/5 Breakfast 1% Milk Strawberries Slices (C)  Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn  Tomato Wedges (A,C) in Tossed salad: Shredded carrots & mixed greens (Pizza Crust)	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjey your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew Tomato Weges (A,C)  Diced Apricots	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7  Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears
Meal Pattern Breakfast 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) Fruit 1/4 c (2oz) Gread/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  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Cyegles can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch 1% Milk  Hormel Turkey  Mashed Potatoes  Green Peas  Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich-Let child assemble Snack  Applesauce WW Goldfish Graham crackers  Water  L/3/2022  Monday 1/3  Water  May 2022 be full of spending time	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice  Monzerella Cheese Stick  Tuesday 1/4  Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup)  Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C ) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk  WW Animal Crackers  Wednesday 1/5  Breakfast 1% Milk Strawberries Slices (C )  Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn  Corn  Corn  Corn  Corn  Corn  Snack Pizza Crust)  Ranch  Snack  Snack  Snack  Ranch  Snack	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjoy your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy  Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew  Tomato Weges (A,C)  Diced Apricots  Cornbread Muffin	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7  Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli
Meal Pattern Breakfast 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) Vegetable 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Closed 12/17/2021-1 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Cher/Notes  Snack (2 of 4 components) Bread/Alternate Other/Notes	Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch 1% Milk Hormel Turkey  Mashed Potatoes  Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich-Let child assemble Snack Applesauce WW Goldfish Graham crackers  Water  Monday 1/3  Monday 1/3  Mortoslock  May 2022 be full of spending time together learning ,	Breakfast 1% Milk Diced Strawberries & Blueberries Oatmeal  Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack  Tomato Juice Monzerella Cheese Stick  Tuesday 1/4 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup)  Ultra WW Bun  *Serve as Hoagie Ketchup, Mustard, Mayo Snack	Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto  Baked Hashbrown  Orange Wedges (C) (Burritto wrap) Ketchup, Salsa  Snack 1% Milk WW Animal Crackers  Wednesday 1/5 Breakfast 1% Milk Strawberries Slices (C) Oatmeal  Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn  Tomato Wedges (A,C) in Tossed salad: Shredded carrots & mixed greens (Pizza Crust)  Ranch Snack	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Enjoy your See you in the new year!  Thursday 1/6 Breakfast 1% Milk Tomato wedges (A,C)  WW Biscuits Gravy Lunch (Culture Food) 1% Milk @Ground Beef & Cabbage Stew Tomato Weges (A,C)  Diced Apricots Cornbread Muffin	Closed for Winter Break. We hope you have Safe, Healthy, & Happy Holidays! School Resumes Tuesday, January 4th 2022.  Friday 1/7 Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli
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@= 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.