


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

Week 1 of 5		Monday 11/29	Tuesday 11/30	Wednesday 12/1	Thursday 12/2	Friday 12/3
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	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 Biscuit	
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 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) (Vegies can replace fruits)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Diced Pears	Diced Peaches (C)	
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		
Week 2 of 5		Monday 12/6	Tuesday 12/7	Wednesday 12/8	Thursday 12/9	Friday 12/10
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	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) (Vegies can replace fruits)	Diced Pears	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Beets	Romaine Lettuce/Spinach mix Avocado Slices	Pineapple Tidbits (C)	
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Don Pancho WW Tortillas Shell	Ultra WW Bread	
Other/Notes	Shredded Sharp Cheese *Serve as @ Chili	Ketchup, Mustard, Mayo *Serve as Hoagie		Shredded Sharp Cheese, Salsa *Serve as Tortilla 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 3 of 5		Monday 12/13	Tuesday 12/14	Wednesday 12/15	Thursday 12/16	Friday 12/17
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	<p align="center"><b>Closed for Winter Break.</b>  <b>We hope you have Safe, Healthy, &amp; Happy Holidays!</b>  <b>School Resumes Tuesday, January 4th 2022.</b></p> 
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			
Milk 3/4 c	1% Milk	1% Milk	1% Milk			
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito			
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown			
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)			
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burrito wrap)			
Other/Notes	Turkey Gravy *Serve as Open Face Sandwich-Let child assemble	Parmesean Cheese	Ketchup, Salsa			
Snack (2 of 4 components)	Snack	Snack	Snack			
Milk 1/2 c			1% Milk			
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice				
Bread/Alternate	WW Goldfish Graham crackers	Monzerella Cheese Stick	WW Animal Crackers			
Meat/Alternate 1/2 oz						
Other/Notes	Water					
Week 4 of 5		Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7
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		Banana Slices	Banana Slices	Strawberries Slices (C)	Tomato wedges (A,C)	Orange Wedges (C)
Bread/Alternate		General Mills Multi-Grain Cheerios Cereal	General Mills Multi-Grain Cheerios Cereal	Oatmeal	WW Biscuits	WW Healthy Life Toast
Other/Notes					Gravy	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		Natural Choice Turkey & Cheese	WG Tony's Smart Pizza Pepporoni		@Ground Beef & Cabbage Stew	Chef Boyardee Beef Ravioli CN
Vegetable 1/4 c (2oz)		Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Corn		Tomato Weges (A,C)	Green Beans (Tomato sauce A & C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)		Diced Peaches (Fruit cup)	Tomato Wedges (A,C) in Tossed salad :	Shredded carrots & mixed greens	Diced Apricots	Diced Pears
Bread/Alternate		Ultra WW Bun	Ultra WW Bun	(Pizza Crust)	Cornbread Muffin	Pasta in Ravioli
Other/Notes		*Serve as Hoagie Ketchup, Mustard, Mayo	Ranch			
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 Pears	
Bread/Alternate		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

**Closed 12/17/2021-1/3/2022**



**May 2022 be full of spending time together learning , reinforcing healthy habits, and making memories.**

@= 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.