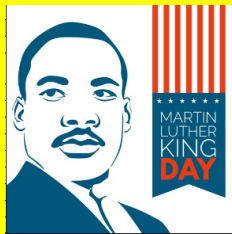


UCHRA Van Buen Head Start Menus 2021-2022

Week 1 of 5					
Meal Pattern	Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7
Breakfast		Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c		Banana Slices	Strawberries Slices (C)	Tomato wedges (A,C)	Orange Wedges (C)
Bread/Alternate		General Mills Multi-Grain Cheerios Cereal	Oatmeal	WW Biscuits	WW Healthy Life Toast
Other/Notes				Gravy	American Cheese
Lunch		Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz		Natural Choice Turkey & Cheese	WG Tony's Smart Pizza Pepporoni and cheese CN label	@Ground Beef & Cabbage Stew	Chef Boyardee Beef Ravioli CN Label
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)		Diced Peaches (Fruit cup)	Tomato Wedges (A,C) in Tossed salad .	Diced Apricots	Diced Pears
(Vegies can replace fruits)					
Bread/Alternate		Ultra WW Bun	Shredded carrots & mixed greens (Pizza Crust)	Cornbread Muffin	Pasta in Ravioli
Other/Notes		*Serve as Hoagie	Ranch		
Snack (2 of 4 components)		Ketchup, Mustard, Mayo			
Milk 1/2 c		Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c		1% Milk	1% Milk		
Bread/Alternate		WW Goldfish Graham crackers	Smart Choice WW Blueberry Muffin	Diced Pears	WW Animal Crackers
Meat/Alternate 1/2 oz				Shredded Sharp Cheese	Yogurt
Other/Notes				Water	water
Week 2 of 5					
Meal Pattern	Monday 1/10	Tuesday 1/11	Wednesday 1/12	Thursday 1/13	Friday 1/14
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	Tomato wedges (A,C)	Diced Strawberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Biscuits	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
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	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	Pinto Beans(I)	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Turnip Greens (A,C)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)	Green Peas	Diced Pears	Orange Wedges (C)	Corn	Tropical Fruit Cocktail
(Vegies can replace fruits)					
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	Sister's Schubert's WW Roll
Other/Notes	Turkey Gravy	Parmesean Cheese	Ketchup, Salsa		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c			1% Milk		
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice	General Mills Multi Grain Cheerios cereal	Pineapple Tidbits (A,C)	Applesauce
Bread/Alternate	WW Grahams	Monzerella String Cheese Stick		1/2 Pillsbury WW Bagel	WW Graham crackers
Meat/Alternate 1/2 oz				Cream Cheese	
Other/Notes	Water			Water	Water
Week 3 of 5					
Meal Pattern	Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20	Friday 1/21
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c		Banana Slices	Orange Wedges (C)	Strawberries	Cooked Apple Slices (C)
Bread/Alternate		Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes			American Cheese		
Lunch		Lunch	Lunch	Lunch	Lunch
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz		Chef Boyardee Beef Ravioli CN Label	Hamburger Steak	@Tuna Salad	WG Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)		(Tomato sauce A & C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz)		Green Beans	Green Peas (A & C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)
(Vegies can replace fruits)				Tropical Fruit	
Bread/Alternate		Pasta in Ravioli	Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)
Other/Notes			Cooked Sweet Peppers & Onions		
Snack (2 of 4 components)		Snack	Snack	*Serve as Sandwich	Snack
Milk 1/2 c				Snack	
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Applesauce
Bread/Alternate		Zesta WW Crackers	MaxStix-(Cheese & Bread)	WW Animal Crackers	WW Graham crackers
Meat/Alternate 1/2 oz		Boiled Egg- halved	water	Yogurt	
Other/Notes		water		water	
Week 4 of 5					
Meal Pattern	Monday 1/24	Tuesday 1/25	Wednesday 1/26	Thursday 1/27	Friday 1/28
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)	Diced Strawberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Cream of Wheat	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes				Jelly	Syrup
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)	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	Cooked Diced Chicken	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Baked Curly Fries	Green Beans	Baked Hashbrown	Corn	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Tropical Fruit Cocktail
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix			Pineapple Tidbits (A, C.)	
Bread/Alternate	Ultra WW Bun	WW Spaghetti Noodles	(Burrito wrap)	WW Rice	Sister's Schubert's WW Roll
Other/Notes	Ketchup, Mustard, Mayo	Parmesean Cheese	Ketchup, Salsa	Serve as Chicken Gumbo	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk			1% Milk	
Fruit/Vegetable/Juice 1/2 c		Tomato Juice	Pineapple Tidbits (A,C)		Applesauce
Bread/Alternate		Smart Choice WG Blueberry Muffin	1/2 Pillsbury WW Bagel	Rice Krispies Cereal	WW Graham crackers
Meat/Alternate 1/2 oz		Monzerella String Cheese Stick	Cream Cheese		
Other/Notes			Water		Water
Week 5 of 5					
Meal Pattern	Monday 1/31	Tuesday 2/1	Wednesday 2/2	Thursday 2/3	Friday 2/4
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	Strawberries	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	Pinto Beans(I)	*American Cheese
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	Turnip Greens (A,C)	@Vegetable Soup
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Romaine Lettuce/Spinach mix	Cooked Carrots	Corn	Pineapple Tidbits (C)
(Vegies can replace fruits)		Pineapple Tidbits (C)			
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Cornbread Muffin	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo			Zesta WW Crackers
Snack (2 of 4 components)	Snack	*Serve as @ Chili			*Served as Hot Sandwich
Milk 1/2 c		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 Graham Crackers
Meat/Alternate 1/2 oz		Cream Cheese	American Cheese Slices		
Other/Notes	Water	Water	Water		

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



Closed in Observance of Martin Luther King Day.

@= 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.