UCHRA Van Buen Head Start Menus 2021-2022

Week 1 of 5					
Meal Pattern Breakfast	Monday 1/3	Tuesday 1/4 Breakfast	Wednesday 1/5 Breakfast	Thursday 1/6 Breakfast	Friday 1/7 Breakfast
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c		Banana Slices General Mills Multi-Grain Cheerios	Strawberries Slices (C)	Tomato wedges (A,C)	Orange Wedges (C)
Bread/Alternate Other/Notes		Cereal	Oatmeal	WW Biscuits Gravy	WW Healthy Life Toast American Cheese
Lunch		Lunch	Lunch	Lunch (Culture Food)	*Serve as Cheese Toast Lunch
Milk 3/4 c Meat/Alternate 1 1/2 oz		1% Milk	1% Milk WG Tony's Smart Pizza Pepporoni	1% Milk	1% Milk Chef Boyardee Beef Ravioli CN
		Natural Choice Turkey & Cheese	and cheese CN label	@Ground Beef & Cabbage Stew	Label
Vegetable 1/4 c (2oz)		Romaine Lettuce/Spinach mix,	Corn	Tomato Weges (A,C)	Green Beans
E		Tomato Wedges (A,C)	Tomato Wedges (A,C) in Tossed	Dise d Australia	(Tomato sauce A & C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)		Diced Peaches (Fruit cup)	salad : Shredded carrots & mixed greens	Diced Apricots	Diced Pears
Bread/Alternate	May 2022 be full of	Ultra WW Bun	(Pizza Crust)	Cornbread Muffin	Pasta in Ravioli
Other/Notes	spending time	*Serve as Hoagie Ketchup, Mustard, Mayo	Ranch		
Snack (2 of 4 components) Milk 1/2 c	together learning ,	Snack 1% Milk	Snack 1% Milk	Snack	Snack
Fruit/Vegetable/Juice 1/2 c Bread/Alternate	reinforcing healthy	WW Goldfish Graham crackers	Smart Choice WW Blueberry Muffin	Diced Pears	WW Animal Crackers
Meat/Alternate 1/2 oz	habits, and making			Shredded Sharp Cheese	Yogurt
Other/Notes	memories.			Water	water
Week 2 of 5 Meal Pattern	Monday 1/10	Tuesday 1/11	Wednesday 1/12	Thursday 1/13	Friday 1/14
Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries	1/2 Banana General Mills Multi-Grain Cheerios	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate Other/Notes	WW Biscuits Gravy	Oatmeal	Cereal	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes Syrup
Lunch	Lunch	Lunch		Lunch	Lunch
Milk 3/4 c	1% Milk Hormel Turkov	1% Milk	1% Milk Los Cabos Sausage, Egg, & Choose Burritto	1% Milk	1% Milk High Liner WG Breaded Fish Fillet (I)
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Cheese Burritto	Pinto Beans(I)	2 • • • • • • • • • • • • • • • • • • •
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Turnip Greens (A,C)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Corn	Tropical Fruit Cocktail
Bread/Alternate Other/Notes	Healthy Life WW Bread Turkey Gravy	WW Spaghetti Noodles Parmesean Cheese	(Burritto wrap) Ketchup, Salsa	Cornbread Muffin	Sister's Schubert's WW Roll
	*Serve as Open Face Sandwich	*Serve as @Spaghetti		Speek	Ranch
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack 1%Milk	Snack	Snack
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice	General Mills Multi Grain Cheerios	Pineapple Tidbits (A,C)	Applesauce
Bread/Alternate Meat/Alternate 1/2 oz	WW Grahams	Monzerella String Cheese Stick	cereal	1/2 Pillsbury WW Bagel Cream Cheese	WW Graham crackers
Other/Notes Week 3 of 5	Water			Water	Water
Meal Pattern	Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20	Friday 1/21
Breakfast Milk 3/4 c	Breakfast	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
Fruit/Vegetable/Juice 1/2 c		Banana Slices	Orange Wedges (C)	Strawberries	Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Bread/Alternate Other/Notes		Kellogg's Rice Krispies Cereal	Healthy Life WW Toast American Cheese	Oatmeal	Biscuit
Lunch		Lunch	*Serve as Cheese Toast Lunch	Lunch	Lunch
Milk 3/4 c		1% Milk Chef Boyardee Beef Ravloli CN	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	DAY	Label	Hamburger Steak	@Tuna Salad	WG Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)		(Tomato sauce A & C) Green Beans	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz)		Diced Pears	Green Peas (A & C)	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C)
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate		Diced Pears Pasta in Ravioli		Romaine Lettuce/Spinach mix	
(Vegies can replace fruits) Bread/Alternate			Green Peas (A & C) Sister's Schubert's WW Roll	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits) Bread/Alternate Other/Notes		Pasta in Ravioli	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich	Diced Peaches (C) (Pizza crust)
(Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c			Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread	Diced Peaches (C) (Pizza crust) Snack
(Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components)		Pasta in Ravioli	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich	Diced Peaches (C) (Pizza crust)
(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	Closed in Observence of Martin Luther King Day.	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt	Diced Peaches (C) (Pizza crust) Snack Applesauce
(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 4of 5	Martin Luther King Day.	Pasta in Ravioli Snack Zesta WW Crackers Bolled Egg- halved water	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water	Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers
(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 4of 5 Weal Pattern Breakfast	Martin Luther King Day. Monday 1/24 Breakfast	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 1/25 Breakfast	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast	Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast
(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 4of 5 Meal Pattern	Martin Luther King Day. Monday 1/24	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 1/25	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast 1% Milk 1/2 Banana	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27	Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28
(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 1/2 oz Other/Notes Week 4of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 1/25 Breakfast 1% Milk	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast 1% Milk	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk	Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk
(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 4of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C)	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast 1% Milk 1/2 Banana General Wils Multi-Grain Cheerios	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C)	Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C)
(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 4of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt Water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food)	Diced Peaches (C) (Pizza crust) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch
(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 4of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, &	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk	Diced Peaches (C) (Pizza crust) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk
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(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 Week 4of 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 Vegetable 1/4 c (2oz)	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Diced Peaches (C) (Pizza crust) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C)
(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 Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Bread/Alternate Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Fruit/Vegetable 1/4 c (2oz) Fruit/Vegetable 1/4 c (2oz)	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo	Pasta in Ravioli Snack Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 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)	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Peppers & Onions Pineaple Tidbits (A, C,)	Diced Peaches (C) (Pizza crust) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoll (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll
(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 Bread/Alternate Mik 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Other/Notes Unik 3/4 c Milk 3/4 c Milk 3/4 c Vegetable 1/4 c Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit1/4 c (2oz) Vegetable 1/4 c (2oz) Bread/Alternate Other/Notes Snack (2 of 4 components)	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Sandwich Snack	Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 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)	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Peppers & Onions Pineaple Tidbits (A, C,) WW Rice Serve as Chicken Gumbo Snack	Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail
(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 Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Bread/Alternate Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit/Vegies can replace fruits) Bread/Alternate Other/Notes Lunch Milk 3/4 c Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Alternate Other/Notes Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Sandwich	Pasta in Ravioli Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tornato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 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 Pineapple Tidbits (A,C)	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Peppers & Onions Pineaple Tidbits (A, C,) WW Rice Serve as Chicken Gumbo Snack 1% Milk	Diced Peaches (C) (Pizza crust) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce
(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 Break/Alternate Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Break/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Sandwich Snack	Pasta in Ravioli Snack Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 Breakfast 1% Milk 1/2 Banana General Mils Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Peppers & Onions Pineaple Tidbits (A, C,) WW Rice Serve as Chicken Gumbo Snack	Diced Peaches (C) (Pizza crust) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack
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(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 Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Bread/Alternate Bread/Alternate Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/2 oz Other/Notes Week 5 of 5 Meal Pattern Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Ot	Martin Luther King Day. Monday 1/24 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Uttra WW Bun Ketchup, Mustard, Mayo *Serve as Sandwich Smack 1% Milk Smart Choice WG Blueberry Muffin Monday 1/31 Breakfast 1% Milk Smart Choice WG Blueberry Muffin Monday 1/31 Breakfast 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese	Pasta in Ravioli Pasta in Ravioli Sinack Zesta WW Crackers Boiled Egg-halved Water Tuesday 1/25 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/1 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo	Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 1/26 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 Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 2/2 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots	Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 1/27 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Peppers & Onions Pineaple Tidbits (A, C,) WW Rice Serve as Chicken Gumbo Snack 1% Milk Rice Krispies Cereal Thursday 2/3 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch 1% Milk Pinto Beans(I) Turnip Greens (A, C)	Diced Peaches (C) (Pizza crust) (Pizza crust) Snack Applesauce WW Graham crackers Friday 1/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/4 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk 'American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers 'Served as Hot Sandwich Snack
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 Other Notes
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