

UCHRA Van Buren Head Start Menus 2021-2022  
April 2022

Week 1 of 5					
Meal Pattern	Monday 4/4	Tuesday 4/5	Wednesday 4/6	Thursday 4/7	Friday 4/8
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
Fruit/Vegetable/Juice 1/2 c	1/2 Banana	Appricots	Diced Peaches (C)	Tropical Fruit (C)	Strawberries
<b>Bread/Alternate</b>	<b>Kellogg's Rice Krispies Cereal</b>	<b>WW Oatmeal</b>	<b>Scrambled Eggs</b>	<b>WW Cream Of Wheat</b>	<b>General Mills Multi-Grain Cheerios Cereal</b>
<b>Other/Notes</b>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
<b>Meat/Alternate 1 1/2 oz</b>	<b>Hamburger Steak</b>	<b>Tyson WG Chicken Patty (I) CN Label</b>	<b>Pork Loin</b>	<b>Cooked Diced Chicken</b>	<b>WG Tony's Smart Pizza Pepperoni and Cheese CN Label#Hamburger Patty/WW Tortilla</b>
<b>Vegetable 1/4 c (2oz)</b>	<b>Mashed Potatoes/#Make With Water</b>	<b>Lima Beans (I) CN Label</b>	<b>Carrots : Cooked</b>	<b>Corn</b>	<b>Baked Curly Fries</b>
<b>Fruit 1/4 c / 2 oz (2oz)</b>	<b>Green Beans (A,C)</b>	<b>Tomato Wedges (A,C)</b>	<b>Cooked Apples (A,C)</b>	<b>Diced Tomatoes (A,C); Cooked</b>	<b>Diced Pears</b>
<b>(Veggies can replace fruits)</b>		<b>Romaine Lettuce/Spinach Mix</b>		<b>Pineapple Tidbits (A,C)</b>	
<b>Bread/Alternate</b>	<b>Ultra WW Bun#WW Tortilla</b>	<b>Ultra WW Bun#WW Tortilla</b>	<b>WW Toast/#WW Bagel</b>	<b>WW Rice</b>	<b>(pizza crust)</b>
<b>Other/Notes</b>		<b>Ketchup, Mustard, Mayo</b>	<b>Shredded Sharp Cheese#None</b>	<b>@serve as Chicken Gumbo</b>	
<b>Snack (2 of 4 components)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Milk 1/2 c				1% Milk/+	
<b>Fruit/Vegetable/Juice 1/2 c</b>	<b>Fresh Apple Slices</b>	<b>Tomato Juice</b>	<b>Orange Slices</b>		
<b>Bread/Alternate</b>	<b>WW Graham crackers</b>		<b>Club Crackers</b>	<b>Smart Choice WG Blueberry Muffin</b>	<b>Zesta WW Crackers</b>
<b>Meat/Alternate 1/2 oz</b>		<b>Mozarella String Cheese Stick/</b>			<b>Boiled egg-Halved</b>
<b>Other/Notes</b>		<b>#Zesta WW Crackers</b>			<b>Water</b>
Week 2 of 5					
Meal Pattern	Monday 4/11	Tuesday 4/12	Wednesday 4/13	Thursday 4/14	Friday 4/15
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4 c	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Strawberries Slices (C)	Blueberries	Orange Wedges (C)	1/2 Banana
<b>Bread/Alternate</b>	<b>WW Biscuits/#Scrambled Eggs</b>	<b>WW Oatmeal</b>	<b>WW Cream of Wheat</b>	<b>Pillsbury Frozen Southern Style WW Biscuit#WW Pita Bread</b>	<b>General Mills Multi-Grain Cheerios Cereal</b>
<b>Other/Notes</b>	<b>Gravy</b>			<b>Jelly</b>	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch (Culture Food)</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
<b>Meat/Alternate 1 1/2 oz</b>	<b>Tyson WG Chicken Patty CN Label</b>	<b>*Ham and Cheese</b>		<b>Pinto Beans (I)</b>	<b>Ground Beef Meatballs</b>
<b>Vegetable 1/4 c (2oz)</b>	<b>Baked Curly Fries</b>	<b>@Vegetable Soup</b>	<b>Mashed Potatoes/ #Make with water</b>	<b>Turnip Greens</b>	<b>Green Peas</b>
<b>Fruit 1/4 c (2oz)</b>	<b>Tomato, Lettuce (A,C)</b>	<b>Pineapple Tidbits (C)</b>	<b>Green Peas (A,C)</b>	<b>Green Beans</b>	<b>Diced Pears</b>
<b>(Veggies can replace fruits)</b>					
<b>Bread/Alternate</b>	<b>Ultra WW Bun#WW Tortilla</b>	<b>Healthy Living WW Bread#WW Tortilla</b>	<b>Sister Schuberts WW Roll/WW Pita Bread</b>	<b>Cornbread Muffin/#Zesta WW Crackers</b>	<b>WW Egg Noodles</b>
<b>Other/Notes</b>	<b>Ketchup, Mustard, Mayo</b>	<b>*Serve as HotSandwich#no cheese</b>			<b>*Serve as Swedish Meatballs</b>
<b>Snack (2 of 4 components)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Milk 1/2 c			1% Milk/+		
<b>Fruit/Vegetable/Juice 1/2 c</b>	<b>Applesauce</b>	<b>Tomato Juice</b>		<b>Pineapple Tidbits (A,C)</b>	<b>Diced Pears</b>
<b>Bread/Alternate</b>	<b>WW Graham Crackers</b>		<b>General Mills Multi Grain Cheerios cereal</b>	<b>1/2 Pillsbury WW Bagel/ #WW Tortilla</b>	<b>Smart Choice WG Blueberry Muffin</b>
<b>Meat/Alternate 1/2 oz</b>		<b>Monzerella String Cheese Stick/#Club Crackers</b>		<b>Cream Cheese</b>	
<b>Other/Notes</b>	<b>Water</b>		<b>Water</b>	<b>Water</b>	<b>Water</b>
Week 3 of 5					
Meal Pattern	Monday 4/18	Tuesday 4/19	Wednesday 4/20	Thursday 4/21	Friday 4/22
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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)	Strawberry Slices (C)	Pineapple Tidbits (C)
<b>Bread/Alternate</b>	<b>WW Cream of Wheat</b>	<b>Kellogg's Rice Krispies Cereal</b>	<b>Toasted English Muffin#WW Bagel</b>	<b>WW Oatmeal</b>	<b>Pillsbury Frozen Southern Style WW Biscuit#WW Bagel</b>
<b>Other/Notes</b>			<b>Jelly</b>		
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
<b>Meat/Alternate 1 1/2 oz</b>	<b>Tyson WG Chicken Patty (I) CN Label</b>	<b>Chef Boyardee Beef Ravioli CN Label/ Hamburger Steak</b>	<b>Ground Beef</b>	<b>@Tuna Salad</b>	<b>Ground Beef</b>
<b>Vegetable 1/4 c (2oz)</b>	<b>Baked Curly Fries</b>	<b>Green Beans</b>	<b>Tomato Wedges (A,C)</b>	<b>Tomato Wedges (A,C)</b>	<b>@Cabbage Stew</b>
<b>Fruit 1/4 c (2oz)</b>	<b>Tomato Wedges (A,C)</b>	<b>Diced Pears</b>	<b>Romaine Lettuce/Spinach Mix</b>	<b>Romaine Lettuce/Spinach mix</b>	<b>Diced Peaches (C)</b>
<b>(Veggies can replace fruits)</b>	<b>Romaine Lettuce/Spinach mix</b>		<b>Avacado Slices</b>	<b>Tropical Fruit</b>	
<b>Bread/Alternate</b>	<b>Ultra WW Bun#WW Pita Bread</b>	<b>Pasta in Ravioli#WW Bagel</b>	<b>Don Pancho WW Tortilla Shell</b>	<b>Healthy Life WW Bread# WW Tortilla</b>	<b>WW Roll#Zesta WW Crackers</b>
<b>Other/Notes</b>	<b>Ketchup, Mustard, Mayo</b>	<b>Ketchup</b>	<b>Salsa, Shredded Sharp Cheese#None</b>		<b>* Serve as Ground Beef/Cabbage Stew</b>
<b>Snack (2 of 4 components)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>*Serve as Sandwich</b>	<b>Snack</b>
Milk 1/2 c	1% Milk/+				
<b>Fruit/Vegetable/Juice 1/2 c</b>			<b>Tomato Sauce(A,C)</b>		<b>Applesauce</b>
<b>Bread/Alternate</b>	<b>Smart Choice WG Blueberry Muffin</b>	<b>Zesta WW Crackers</b>	<b>MaxStix-(Cheese &amp; Bread)#Club Crackers</b>	<b>Animal Crackers</b>	<b>Graham crackers</b>
<b>Meat/Alternate 1/2 oz</b>		<b>Boiled Egg- halved</b>		<b>Yogurt#Fruit Cup</b>	
<b>Other/Notes</b>	<b>Water</b>	<b>water</b>	<b>water</b>	<b>water</b>	<b>Water</b>
Week 4 of 5					
Meal Pattern	Monday 4/25	Tuesday 4/26	Wednesday 4/27	Thursday 4/28	Friday 4/29
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4 c	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	1/2 Banana	Pineapple Tidbits (C)	Orange Wedges (C)	Blueberries
<b>Bread/Alternate</b>	<b>WW Oatmeal</b>	<b>General Mills Multi-Grain Cheerios Cereal</b>	<b>Scrambled Eggs</b>	<b>Toasted English Muffin#WW Bagel</b>	<b>WW Pillsbury Mini Pancakes#General Mills Multi-Grain Cheerios Cereal</b>
<b>Other/Notes</b>				<b>Jelly</b>	<b>Syrup</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
<b>Meat/Alternate 1 1/2 oz</b>	<b>High Liner WG Breaded Fish Fillet (I) CN Label</b>	<b>Los Cabos Sausage, Egg, and Cheese Burrito#Chicken Patty</b>	<b>@White Beans with Ham Chunks</b>	<b>@ Ground Beef Meat Sauce</b>	<b>Beef Patty</b>
<b>Vegetable 1/4 c (2oz)</b>	<b>Raw Cauliflower</b>	<b>Baked Hashbrown</b>	<b>@Cole Slaw</b>	<b>Green Beans</b>	<b>Baked Curly Fries</b>
<b>Fruit 1/4 c (2oz)</b>	<b>Tomato Wedges (A,C)</b>	<b>Orange Wedges (C)</b>	<b>Tomato Wedges (A,C)</b>	<b>Diced Pears</b>	<b>Romaine Lettuce/Spinach Mix</b>
<b>(Veggies can replace fruits)</b>	<b>Romaine Lettuce/Spinach mix</b>				<b>Tomato Wedges (A,C)</b>
<b>Bread/Alternate</b>	<b>WW Ultra Bun#WW Tortilla</b>	<b>(Burrito Wrap)#WW Tortilla</b>	<b>Cornbread Muffin#WW Bagel</b>	<b>WW Spaghetti Noodles</b>	<b>Ultra WW Bun#WW Bagel</b>
<b>Other/Notes</b>	<b>Ketchup, Mustard, Mayo</b>	<b>Ketchup, Salsa</b>		<b>Parmesean Cheese#none</b>	<b>Ranch#Ketchup</b>
<b>Snack (2 of 4 components)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>*Serve as @Spaghetti</b>	<b>Ketchup, Mustard, Mayo, *Serve as sandwich</b>
Milk 1/2 c				1% Milk/+	
<b>Fruit/Vegetable/Juice 1/2 c</b>	<b>Yogurt#Jelly</b>	<b>Diced Apricots</b>			<b>Applesauce with cinnamon</b>
<b>Bread/Alternate</b>	<b>Toasted WW Bagel</b>		<b>Zesta WW Crackers</b>	<b>Rice Krispies Cereal</b>	<b>Graham crackers</b>
<b>Meat/Alternate 1/2 oz</b>		<b>Goldfish Graham Crackers</b>	<b>Boiled Egg-Halved</b>		
<b>Other/Notes</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>

@= 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.      #Allergic Subs      \* Culture Food      + Almond Milk