UCHRA Van Buen Head Start Menus 2021-2022 March 2022

Week 1of 5 Meal Pattern	Monday 2/28	Tuesday 3/1	Wednesday 3/2	Thursday 3/3	Friday 3/4
	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
	Diced Peaches (C)	Diced Strawberries	1/2 Banana General Mills Multi-Grain Cheerios	Orange Wedges (C)	Diced Peaches (C)
Grain/Alternate Other/Notes	WW Cream of Wheat	Oatmeal	Cereal	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes Syrup
	Lunch 1% Milk	Lunch (Culture Food) 1% Milk		Lunch (Culture Food) 1% Milk	Lunch 1% Milk
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Hamburger Steak	Los Cabos Sausage, Egg, & Cheese Burritto	Cooked Diced Chicken	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Baked Curly Fries	Champ IRISH Mashed Potatoes	Baked Hashbrown	Corn	Raw Broccoli (A,C)
				Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	
	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Green Peas (A & C)	Orange Wedges (C)	Pineaple Tidbits (A, C,)	Tropical Fruit Cocktail
Grain/Alternate	Ultra WW Bun Ketchup, Mustard, Mayo	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	(Burritto wrap) Ketchup, Salsa	WW Rice Serve as Chicken Gumbo	Sister's Schubert's WW Roll
	*Serve as Sandwich				Ranch
Milk 1/2 c	Snack 1% Milk	Snack	Snack	Snack 1%Milk	Snack
Fruit/Vegetable/Juice 1/2 c Grain/Alternate		Tomato Juice	Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel	Rice Krispies Cereal	Applesauce WW Graham crackers
Meat/Alternate 1/2 oz Other/Notes	Smart Choice WG Blueberry Muffin	Monzerella String Cheese Stick	Cream Cheese Water		Water
Week 2 of 5 Meal Pattern	Monday 3/7	Tuesday 3/8	Wednesday 3/9	Thursday 3/10	Friday 3/11
Breakfast	Breakfast 1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+
	Tomato wedges (A,C)	Strawberries Slices (C)	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Biscuits	WW Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes Lunch	Gravy Lunch	Lunch	Lunch (Culture Food)	Jelly Lunch (Culture Food)	Syrup Lunch
	1% Milk	1% Milk/+		1% Milk/+	1% Milk/+ High Liner WG Breaded Fish Fillet (I)
Meat/Alternate 1 1/2 oz	Hormel Turkey CN Label	@Ground Beef Meat Sauce	Label	Hormel Turkey CN Label	CN Label
Vegetable 1/4 c (2oz)	Baked Curly Fries	Green Beans	*@Champ IRISH Mashed Potatoes/ #Make with water	Mixed Green peas & Carrots	Raw Broccoli (A,C)
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(Veggies can replace fruits)	Tomato, Lettuce (A,C)	Diced Pears	Green Peas (A,C)	Pineapple Tidbits (C)	Tropical Fruit Cocktail
	Healthy Life WW Bread Turkey Gravy	WW Spaghetti Noodles Parmesean Cheese/#none	Sister Schuberts WW Roll Cooked Sweet Onions & Peppers	WG Rice	Sister's Schubert's WW Roll
Snack (2 of 4 components)	*Serve as Open Face Sandwich Snack	*Serve as @Spaghetti Snack	Snack	* Serve as Orange Chicken Snack	Ranch/#none Snack
Milk 1/2 c			1%Milk/+		
	Applesauce	Tomato Juice	General Mills Multi Grain Cheerios	Pineapple Tidbits (A,C)	Applesauce
Bread/Alternate	Grahams	Monzerella String Cheese	cereal	1/2 Pillsbury WW Bagel	Graham crackers
	Water	Stick/#WG Toast Water	Water	Cream Cheese/#Jelly Water	Water
Week 3 of 5 Meal Pattern	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18
	Breakfast 1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+
	Diced Peaches (C)	Banana Slices		Strawberry Slices (C)	Strawberries Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	WW Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes			American Cheese/#Jelly *Serve as Cheese Toast		
	Lunch 1% Milk/+	Lunch 1% Milk/+	Lunch 1% Milk/+	Lunch 1% Milk/+	Lunch 1% Milk/+
	Tyson WG Chicken Patty (I) CN	Chef Boyardee Beef Ravioli CN			WG Tony's Smart Pizza Pepperoni and Cheese CN Label/ # Hormel
Meat/Alternate 1 1/2 oz	Label	Label (Tomato sauce A & C)	Hamburger Steak	@Tuna Salad/# Beef Patty	Turkey CN label
Vegetable 1/4 c (2oz)	Baked Curly Fries	Green Beans	Mashed Potatoes/ #make with water		Green Beans
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	Green Peas (A & C)	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C)
(Veggies can replace fruits)	Romaine Lettuce/Spinach mix			Healthy Life WW Bread/ Ultra WW	(Pizza crust)/ #Healthy Life WW
Bread/Alternate	Ultra WW Bun	Pasta in Ravioli	Sister's Schubert's WW Roll	Bun	Bread
	Ketchup, Mustard, Mayo *Serve as Sandwich		Cooked Sweet Peppers & Onions	*Serve as Sandwich	* Serve as open faced sandwich
Snack (2 of 4 components)	Snack 1% Milk/+	Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Applesauce
Meat/Alternate 1/2 oz	•	Zesta WW Crackers Boiled Egg- halved	MaxStix-(Cheese & Bread)/#Toast	Animal Crackers Yogurt/#Fruit Cup	Graham crackers
Other/Notes Week 4 of 5	Water	water	water	water	Water
Meal Pattern	Monday 3/21 Breakfast	Tuesday 3/22	Wednesday 3/23	Thursday 3/25	Friday 3/26 Breakfast
Milk 3/4 c	1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+	Breakfast 1% Milk/+	1% Milk/+
	Diced Apricots (A)	Diced Apricots (A)	1/2 Banana General Mills Multi-Grain Cheerios	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate Other/Notes	WW Cream of Wheat	WG Oatmeal	Cereal	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes Syrup
	Lunch	Lunch	Lunch	Lunch	Lunch
	1% Milk	1% Milk/+	1% Milk/+ Los Cabos Sausage, Egg, &	1% Milk/+	1% Milk/+ WG Tony's Smart Pizza Pepperoni
Meat/Alternate 1 1/2 oz	Beef Patty	Pinto Beans (I)	Cheese Burrito CN Label/ #Uncle charlie's Porkloin Chop CN Label	@ Ground Beef Meat Sauce	and cheese CN Label# Tyson WG Chicken Patty (I) CN Label
	Baked Curly Fries	Turnip Greens (A,C)	Baked Hashbrown	Green Beans	Tomato Wedges (A,C) in Tossed salad/ # Lettuce, Tomato (A,C) Shredded carrots & mixed greens
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Corn	Orange Wedges (C)	Diced Pears	(Pizza crust)/ #Ultra WW Bun
Bread/Alternate Other/Notes	WW Ultra Bun Ketchup, Mustard, Mayo	Cornbread Muffin	(Burritto wrap) Ketchup, Salsa	WW Spaghetti Noodles Parmesean Cheese/#none	Ranch/#Ketchup
Outel/Motes			receiup, saisa		Ketchup, Mustard, Mayo, *Serve as
	*Serve as Sandwich Snack	Snack	Snack	*Serve as @Spaghetti Snack	sandwich Snack
Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice	Pineapple Tidbits (A,C)	1%Milk/+	Applesauce
	Graham crackers		1/2 Pillsbury WW Bagel	Rice Krispies Cereal	Graham crackers
Bread/Alternate		Monzerella String Cheese			
Bread/Alternate Meat/Alternate 1/2 oz	Water	Monzerella String Cheese Stick/#Toast Water	Cream Cheese/#Jelly Water	Water	Water
Bread/Alternate Meat/Alternate 1/2 oz		Stick/#Toast		Water Thursday 3/31	Water Friday 4/1

Closed for Spring Break- School Resumes 4/4/22