

**UCHRA Van Buren Head Start Menus 2022-2023**

December WEEK 1					
Meal Pattern	Monday	Tuesday	Wednesday	Thursday 12/1	Friday 12/2
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c				1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c				Strawberries Slices (C )	Orange Wedges (C )
Grain/Alternate/Meat Alternative 1/2 oz eq				Toasted English Muffin (WW)	Cream of Wheat (WW)
Other/Notes				Jelly	
<b>Lunch</b>				Lunch	Lunch
Milk, Fluid 3/4 c				1% Milk	1% Milk (D)
Meat/Alternate 1 1/2 oz eq				@Ground Beef Meat Sauce	@Diced Chicken
Vegetable 1/4 c				Green Beans	Carrots, Peas
Fruit 1/4 c				Diced Pears	Diced Peaches (C )
Grain/Alternate 1/2 oz eq				WW Spaghetti Noodles	Zesta Crackers (WW)
				Parmesean Cheese	Wide Egg Noodles
Other/Notes				WW Spaghetti Noodles	Serve as Chicken Noodle Soup
				*Serve as @Spaghetti	
<b>Snack (2 of 4 components)</b>				Snack	Snack
Milk/Fluid 1/2 c					
Fruit/Vegetable 1/2 c				Apricots (C)	Applesauce
Grain/Alternate 1/2 oz eq				Animal Crackers (WGR)	Goldfish Graham Crackers (WGR)
Meat/Alternate 1/2 oz					
Other/Notes				Water	Water
December WEEK 2					
Meal Pattern	Monday 12/5	Tuesday 12/6	Wednesday 12/7	Thursday 12/8	Friday 12/9
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Cooked Apple Slices (C)	Tomato Wedges (A, C)	Diced Peaches (C)	Strawberries Slices (C )	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen SS Basicuts (WGR)	Pillsbury Frozen SS Basicuts (WGR)	WW Pillsbury Mini Pancakes	French Toast Sticks	Pillsbury Frozen SS Basicuts (WGR)
Other/Notes		Gravy	syrup	Syrup	Gravy
<b>Lunch</b>	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk	1% Milk (D)	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz eq	Chicken Tenders (CN)	Pinto Beans(l)	High Liner Breaded Fish Fillet (CN)	Ground Beef Meatballs (CN)	Hamburger Steak (CN)
Vegetable 1/4 c	Corn (A,C)	Corn	Raw Broccoli (A,C)	Green Peas	Mashed Potatoes
Fruit 1/4 c	Pineapple Tidbits (C)	Turnip Greens (A,C)	Pineapple Tidbits (C)	Diced Pears	Green Peas (A & C)
Grain/Alternate 1/2 oz eq	SS Roll (WW)	WW Cornbread Muffiin	Hushpuppie (WGR)	WW Egg Noodles	Sister's Schubert's WW Roll
Other/Notes	Ketchup		Ketchup, Ranch	Serve as @Swedish Meatballs	Cooked Sweet Peppers & Onions
<b>Snack (2 of 4 components)</b>	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D)	1% Milk (D)	
Fruit/Vegetable 1/2 c	Applesauce	Tomato Sauce (C)			Pineapple Tidbits (A,C)
Grain/Alternate 1/2 oz eq	Goldfish Graham Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)	Blueberry Muffin (WGR)	Kellogg Rice Krispies Cereal	1/2 Pillsbury WW Bagel strawberry cream cheese
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
December WEEK 3					
Meal Pattern	Monday 12/12	Tuesday 12/13	Wednesday 12/14	Thursday 12/15	Friday 12/16
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk	1% Milk (D)	1% Milk (D)	1% Milk (D)	
Fruit/Vegetable/Both 1/2 c	Applesauce (C) with Cinnamon	Tomato Wedges (A, C)	Diced Peaches (C )	Strawberries Slices (C )	
Grain/Alternate/Meat Alternative 1/2 oz eq	WW French Toast	Pillsbury Frozen SS Basicuts (WGR)	Oatmeal (WGR)	French Toast Sticks	
Other/Notes		Gravy		Syrup	
<b>Lunch</b>	Lunch	Lunch	Lunch (Culture Food)	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk	1% Milk (D)	
Meat/Alternate 1 1/2 oz eq	@White Beans with Ham Chunks (I,P)	Tony's Smart Pizza Pepperoni and cheese( CN Label )	Ground Beef Meatballs	Chef Boyardee Beef Ravioli ( CN)	
Vegetable 1/4 c (2oz)	@Cole Slaw	Green Beans (A,C,K)	Green Peas	Green Beans (A,C,K)	
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Pineapple Tidbits (C)	Diced Pears	(Tomato sauce A,C)	
Grain/Alternate 1/2 oz eq	Corn Bread Bowl	(Pizza Crust) WGR	WW Egg Noodles	Diced Peaches (C )	
Other/Notes			Serve as @Swedish Meatballs	SS Roll (WW)	
<b>Snack (2 of 4 components)</b>	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D)		1% Milk (D)	
Fruit/Vegetable 1/2 c	Apricots (C)		Tomato juice (C)		
Grain/Alternate 1/2 oz eq	Animal Crackers (WGR)	Blueberry Muffin (WGR)	MaxStix (Cheese & Bread) (WGR)	Kellogg Rice Krispies Cereal	
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	
December WEEK 4					
Meal Pattern	Monday 12/19	Tuesday 12/20	Wednesday 12/21	Thursday 12/22	Friday 12/23
<b>Breakfast</b>					
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c					
Grain/Alternate/Meat Alternative 1/2 oz eq					
Other/Notes					
<b>Lunch</b>					
Milk, Fluid 3/4 c					
Meat/Alternate 1 1/2 oz eq					
Vegetable 1/4 c					
Fruit 1/4 c					
Grain/Alternate 1/2 oz eq					
Other/Notes					
<b>Snack (2 of 4 components)</b>					
Milk/Fluid 1/2 c					
Fruit/Vegetable 1/2 c					
Grain 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					
December WEEK 5					
Meal Pattern	Monday 12/26	Tuesday 12/27	Wednesday 12/28	Thursday 12/29	Friday 12/30
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c					
Grain/Alternate/Meat Alternative 1/2 oz eq					
Other/Notes					
<b>Lunch</b>					
Milk, Fluid 3/4 c					
Meat/Alternate 1 1/2 oz eq					
Vegetable 1/4 c					
Fruit 1/4 c					
Grain/Alternate 1/2 oz eq					
Other/Notes					
<b>Snack (2 of 4 components)</b>	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					
Fruit/Vegetable 1/2 c					
Grain 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					



@= Recipe in recipe book      WW=Whole Wheat or Whole Grain    (l)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition L= WGR= Whole Grain Rich  
 Substitutions will be made in accordance with individually identified needs.      \* Indicates CULTURE FOOD      No School      Absent