

Van Buren Head Start January 2023 Menu

January WEEK 1	Monday 1/2/23	Tuesday 1/3/23	Wednesday 1/4/23	Thursday 1/5/23	Friday 1/6/23
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk, Fluid 3/4 c			1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c			Tomato Wedges (A, C)	Strawberries Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative			Pillsbury Frozen SS Basicuts (WGR)	Rice Krispies Cereal	Oatmeal (WG)
Other/Notes			Gravy		
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk, Fluid 3/4 c			1% Milk (D)	1% Milk	1% Milk (D)
Meat/Alternate 1 1/2 oz eq			@Ground Turkey Sauce ( CN Label )	Pinto Beans(I)	Cooked Turkey ( CN Label )
Vegetable 1/4 c (2oz)			Green Beans	Corn	Diced Tomatoes (A, C); Lettuce
Fruit 1/4 c (2oz)			Diced Apricots (C)	Turnip Greens (A,C)	Pineapple Tidbits (A, C, )
Grain/Alternate 1/2 oz eq			Spaghetti Noodles (WW)		Corn Tortilla (WG)
Other/Notes			Parmesan Cheese	WW Cornbread Muffiin	Shredded Cheese/Salsa
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D)		1% Milk (D)
Fruit/Vegetable 1/2 c				Pineapple Tidbits (A,C)	
Grain/Alternate 1/2 oz eq			Blueberry Muffin (WGR)	1/2 Pillsbury Bagel (WW)	Kellogg Rice Krispies Cereal
Meat/Alternate 1/2 oz					
Other/Notes			Water	Water	Water
<b>January WEEK 2</b>	<b>Monday 1/9/23</b>	<b>Tuesday 1/10/23</b>	<b>Wednesday 1/11/23</b>	<b>Thursday 1/12/23</b>	<b>Friday 1/13/23</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Strawberries Slices (C)	Banana Slices (B6,C)	Cooked Apple Slices (C)	Applesauce (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Basicuts	French Toast Sticks (WW)	Kellogg Rice Krispies Cereal
Other/Notes			Gravy	Syrup	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese( CN Label )	Chef Boyardee Beef Ravioli ( CN)	Chicken Tenders (CN)	@Ground Beef Chili with Beans (P) (I)	@White Beans with Ham Chunks (I,P)
Vegetable 1/4 c	Green Beans (A,C,K)	Green Beans (A,C,K)	Peas (A,C)	(Tomatoes (A,C) Beans in Chili (I)	@Cole Slaw
Fruit 1/4 c	Tropical Fruit (C)	Mixed Fruit (C)	Pineapple Tidbits (C)	Diced Apricots (C)	Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	(Pizza Crust)	Sister's Schubert's Roll	Cornbread Muffin (WGR)	Zesta Crackers	Cornbread Muffin (WGR)
Other/Notes		(Tomato sauce A,C)		* Serve as Chili	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D)	1% Milk (D)	
Fruit/Vegetable 1/2 c	Tomato Sauce (C)	Applesauce (C)			
Grain/Alternate 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Goldfish Graham Crackers (WGR)	Blueberry Muffin (WGR)		Animal Crackers
Meat/Alternate 1/2 oz				Cheerios Cereal (WGR)	Yogurt (B12, C)
Other/Notes	Water	Water	Water	Water	Water
<b>January WEEK 3</b>	<b>Monday 1/16/23</b>	<b>Tuesday 1/17/23</b>	<b>Wednesday 1/18/23</b>	<b>Thursday 1/19/23</b>	<b>Friday 1/20/23</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk, Fluid 3/4 c		1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c		Mixed Fruit (C)	Diced Apricots (C)	Tomato Wedges (A, C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq		French Toast Sticks (WW)	Oatmeal (WG)	Pillsbury Frozen SS Basicuts	Cream of Wheat
Other/Notes		Syrup		Gravy	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk, Fluid 3/4 c		1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq		@Tuna Salad	Tony's Smart Pizza Pepperoni and cheese( CN Label )	@White Beans with Ham Chunks (I,P)	Tyson WG Chicken Patty (CN)
Vegetable 1/4 c		Tomato Wedges (A,C)	Green Beans (A,C,K)	@Cole Slaw	Lima Beans (A,K)
Fruit 1/4 c		Romaine Lettuce/Spinach mix			
Grain/Alternate 1/2 oz eq		Tropical Fruit (C)	Pears (C)	Tomato Wedges (A,C)	Carrots (C)
Other/Notes		Wheat Bread (WW)	(Pizza Crust) WGR	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					
Fruit/Vegetable 1/2 c		Tomato Sauce (C)	Pineapple Tidbits (A,C)		Applesauce (C)
Grain/Alternate 1/2 oz eq		MaxStix (Cheese & Bread)	1/2 Pillsbury Bagel/Strawberry Cream Cheese	Animal Crackers	Goldfish Graham Crackers
Meat/Alternate 1/2 oz				Yogurt (B12, C)	
Other/Notes		Water	Water	Water	Water
<b>January WEEK 4</b>	<b>Monday 1/23/23</b>	<b>Tuesday 1/24/23</b>	<b>Wednesday 1/25/23</b>	<b>Thursday 1/26/23</b>	<b>Friday 1/27/23</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Diced Peaches (C)	Tomato wedges (A,C)	Banana Slices (B6,C)	Cooked Apple Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cream of Wheat	Biscuits	Cheerios Cereal (WGR)	Pillsbury Frozen SS Basicuts	French Toast Sticks (WW)
Other/Notes		Gravy			Syrup
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk	1% Milk	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Hamburger patty	High Liner Breaded Fish Fillet (CN)	@Ground Beef & Cabbage Stew	Pinto Beans(I)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix	Raw Broccoli (A,C)	Tomato Weges (A,C)	Corn	Orange Wedges (C)
Fruit 1/4 c	French Fries			Turnip Greens (A,C)	
Grain/Alternate 1/2 oz eq	Pears (C)	@ Cole Slaw	Diced Apricots		
Other/Notes	(WW) Buns	Hushpuppie (WGR)	Cornbread Muffin (WGR)	WW Cornbread Muffiin	(Burrito wrap)
Snack (2 of 4 components)	Ketchup, *Serve as a sandwich	Ranch, Ketchup			Ketchup, Salsa
Milk/Fluid 1/2 c		1% Milk (D)		1% Milk (D)	1% Milk (D)
Fruit/Vegetable 1/2 c	Pineapple Tidbits (A,C)		Applesauce (C)	Banana Slices (B6,C)	MaxStix (Cheese & Bread)
Grain 1/2 oz eq	1/2 Pillsbury Bagel (WW)		Goldfish Graham Crackers (WGR)	Cheerios Cereal (WGR)	
Meat/Alternate 1/2 oz		Mighty Blueberry Muffin (WGR)			
Other/Notes	Water	Water	Water	Water	Water
<b>January WEEK 5</b>	<b>Monday 1/30/23</b>	<b>Tuesday 1/31/23</b>	<b>Wednesday 2/1/23</b>	<b>Thursday 2/2/23</b>	<b>Friday 2/3/23</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Tomato wedges (A,C)	Orange Wedges (C)	Applesauce (C)	Diced Peaches (C)	Eggs
Grain/Alternate/Meat Alternative 1/2 oz eq	Biscuits	Toasted English Muffin (WW)	French Toast Sticks (WW)	Kellogg Rice Krispies Cereal	Toast (WW)
Other/Notes	Gravy	Jelly	Syrup		Jelly
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk	1% Milk	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese( CN Label )	Pinto Beans(I)	@Ground Beef & Cabbage Stew	Chicken Tenders (CN)	Hamburger Steak (CN)
Vegetable 1/4 c	Green Beans (A,C,K)	Corn	Tomato Weges (A,C)	Peas (A,C)	
Fruit 1/4 c	Pineapple Tidbits (C)	Turnip Greens (A,C)	Diced Apricots (C)		Mashed Potatoes
Grain/Alternate 1/2 oz eq	(Pizza Crust)	WW Cornbread Muffiin	Cornbread Muffin	Pineapple Tidbits (C)	
Other/Notes			Serve as Chicken Gumbo	Sister's Schubert's Roll	Green Peas (A & C)
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D)		1% Milk (D)
Fruit/Vegetable 1/2 c	Applesauce (C)	Diced Pears (C)		Pineapple Tidbits (A,C)	
Grain 1/2 oz eq	Goldfish Graham Crackers		Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese	Cheerios Cereal (WGR)
Meat/Alternate 1/2 oz		Shredded Sharp Cheese			
Other/Notes	Water	Water	Water	Water	Water

@= 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 Lab    WGR= Whole Grain Rich  
 Substitutions will be made in accordance with individually identified needs.    **NO SCHOOL**    \* Indicates CULTURE FOOD    \* Indicates Allergy replacement