

Van Buren Head Start February 2023 Menu

February WEEK 1					
Meal Pattern	Monday	Tuesday	Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					1% Milk (D)
Fruit/Vegetable/Both 1/2 c					Diced Peaches
Grain/Alternate/Meat Alternative					Toast (WW), Eggs
Other/Notes					Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c					1% Milk (D)
Meat/Alternate 1 1/2 oz eq					Hamburger Steak (CN)
Vegetable 1/4 c (2oz)					Mashed Potatoes
Fruit 1/4 c (2oz)					
Grain/Alternate 1/2 oz eq					Green Peas (A & C)
Other/Notes					Sister's Schubert's Roll
					Cooked Sweet Peppers & Onions
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					1% Milk (D)
Fruit/Vegetable 1/2 c					
Grain/Alternate 1/2 oz eq					Cheerios Cereal (WGR)
Meat/Alternate 1/2 oz					
Other/Notes					Water
February WEEK 2					
Meal Pattern	Monday 2/6/23	Tuesday 2/7/23	Wednesday 2/8/23	Thursday 2/9/23	Friday 2/10/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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)	Tomato Wedges (A, C)	Diced Peaches (C)	Pears (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Basicuts	Cream of Wheat	Kellogg Rice Krispies Cereal
Other/Notes			Gravy		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Pinto Beans(I)	Chef Boyardee Beef Ravioli (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Tyson WG Chicken Patty (CN)	@White Beans with Ham Chunks (I, P)
Vegetable 1/4 c	Corn	Green Beans (A,C,K)	Green Beans (A,C,K)	Lima Beans (A,K)	Corn (A,C)
	Turnip Greens (A,C)				
Fruit 1/4 c		Mixed Fruit (C)	Pineapple Tidbits (C)	Carrots (C)	Tropical Fruit (C)
Grain/Alternate 1/2 oz eq	WW Cornbread Muffin	Sister's Schubert's Roll	(Pizza Crust)	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)
Other/Notes		(Tomato sauce 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	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
February WEEK 3					
Meal Pattern	Monday 2/13/23	Tuesday 2/14/23	Wednesday 2/15/23	Thursday 2/16/23	Friday 2/17/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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	Banana Slices (B6,C)	Mixed Fruit (C)	Diced Apricots (C)	Tomato Wedges (A, C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	French Toast Sticks (WW)	Cream of Wheat	Pillsbury Frozen SS Basicuts	Oatmeal (WG)
Other/Notes		Syrup		Gravy	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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	Hamburger patty	Pinto Beans(I)	@ Orange Chicken	@White Beans with Ham Chunks (I, P)	Tyson WG Chicken Patty (CN)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix	Corn	Mixed Green Peas & Carrots	@Cole Slaw	Lima Beans (A,K)
	French Fries	Turnip Greens (A,C)			
Fruit 1/4 c	Pears (C)		Pineapple Tidbits (C)	Tomato Wedges (A,C)	Carrots (C)
Grain/Alternate 1/2 oz eq	(WW) Buns	WW Cornbread Muffin	WG Rice	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)
Other/Notes	Ketchup, *Serve as a sandwich		*Serve as Orange Chicken		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D)				
Fruit/Vegetable 1/2 c		Tomato Sauce (C)	Pineapple Tidbits (A,C)		Applesauce (C)
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WGR)	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	Water
February WEEK 4					
Meal Pattern	Monday 2/20/23	Tuesday 2/21/23	Wednesday 2/22/23	Thursday 2/23/23	Friday 2/24/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c		1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c		Strawberries Slices (C)	Tomato wedges (A,C)	Cooked Apple Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq		Oatmeal (WG)	Biscuits	Pillsbury Frozen SS Basicuts	Cream of Wheat
Other/Notes			Gravy		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c		1% Milk (D)	1% Milk	1% Milk	1% Milk (D)
Meat/Alternate 1 1/2 oz eq		@White Beans with Ham Chunks (I, P)	@ Orange Chicken	Pinto Beans(I)	High Liner Breaded Fish Fillet (CN)
Vegetable 1/4 c		Green Beans (A,C,K)	Mixed Green Peas & Carrots	Corn	Raw Broccoli (A,C)
				Turnip Greens (A,C)	
Fruit 1/4 c		Tropical Fruit	Pineapple Tidbits (c)		@ Cole Slaw
Grain/Alternate 1/2 oz eq		Cornbread Muffin (WGR)	WG Rice	WW Cornbread Muffin	Hushpuppie (WGR)
Other/Notes			*Serve as Orange Chicken		Ranch, Ketchup
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D)		1% Milk (D)	1% Milk (D)
Fruit/Vegetable 1/2 c			Applesauce (C)		MaxStix (Cheese & Bread)
Grain 1/2 oz eq			Goldfish Graham Crackers (WGR)	Cheerios Cereal (WGR)	
Meat/Alternate 1/2 oz		Mighty Blueberry Muffin (WGR)			
Other/Notes		Water	Water	Water	Water
January WEEK 5					
Meal Pattern	Monday 2/27/23	Tuesday 2/28/23	Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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)	Banana Slices (B6,C)	Applesauce (C)	Diced Peaches (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Biscuits	Rice Krispies Cereal	French Toast Sticks (WW)	Kellogg Rice Krispies Cereal	Cream of Wheat
Other/Notes	Gravy		Syrup		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk	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)	Pinto Beans(I)	Chef Boyardee Beef Ravioli (CN)	Hamburger Steak (CN)	@White Beans with Ham Chunks (I, P)
Vegetable 1/4 c	Green Beans (A,C,K)	Corn	Green Beans (A,C,K)		@Cole Slaw
Fruit 1/4 c	Pineapple Tidbits (C)	Turnip Greens (A,C)		Mashed Potatoes	
Grain/Alternate 1/2 oz eq	(Pizza Crust)	WW Cornbread Muffin	Mixed Fruit (C)		Tomato Wedges (A,C)
Other/Notes			Sister's Schubert's Roll	Green Peas (A & C)	Cornbread Muffin (WGR)
			(Tomato sauce A,C)	Sister's Schubert's Roll	
				Cooked Sweet Peppers & Onions	
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 Label WGR= Whole Grain Rich

Substitutions will be made in accordance with individually identified needs. NO SCHOOL * Indicates CULTURE FOOD * Indicates Allergy replacement