

Van Buren Head Start March 2023 Menu

Meal Pattern	Monday 2/27/23	Tuesday 2/28/23	Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
March WEEK 1					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c			1% Milk (D)	1% Milk (D)	
Fruit/Vegetable/Both 1/2 c			Tomato Wedges (A, C)	Diced Peaches (C)	
Grain/Alternate/Meat Alternative			Pillsbury Frozen SS Busicuts (WGR)	Oatmeal (WG)	
Other/Notes			Gravy		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c			1% Milk (D)	1% Milk (D)	
Meat/Alternate 1 1/2 oz eq			Chef Boyardee Beef Ravioli (CN)	Hamburger Steak	
Vegetable 1/4 c (2oz)			Green Beans (A,C,K)	Green Peas (A & C)	
Fruit 1/4 c (2oz)			Tropical Fruit (C)	Mashed Potatoes	
Grain/Alternate 1/2 oz eq			Sister's Schubert's WW Roll	Sister's Schubert's WW Roll	
Other/Notes				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				Pineapple Tidbits (A,C)	
Grain/Alternate 1/2 oz eq			Blueberry Muffin (WGR)	1/2 Pillsbury Bagel (WW)	
Meat/Alternate 1/2 oz					
Other/Notes			Water	Water	
March WEEK 2					
Meal Pattern	Monday 3/6/23	Tuesday 3/7/23	Wednesday 3/8/23	Thursday 3/9/23	Friday 3/10/23
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)	Applesauce (C)	Baked Hashbrown	Diced Peaches (C)	Banana Slices (B6, C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cream of Wheat	French Toast Sticks (WW)	Pillsbury Frozen SS Busicuts	Cheerios Cereal (WGR)	Oatmeal (WG)
Other/Notes		Syrup	Gravy		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk
Meat/Alternate 1 1/2 oz eq	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli (CN)	Chicken Tenders (CN)	@Ground Beef Chili with Beans (P) (I)	Tyson WG Chicken Patty (CN)
Vegetable 1/4 c	@Cole Slaw	Green Beans (A,C,K)	Peas (A,C)	(Tomatoes (A,C)	Green Peas (A & C)
Fruit 1/4 c	Tomato Wedges (A,C)	Mixed Fruit (C)	Mashed Potatoes	Beans in Chili (I)	French Fries
Grain/Alternate 1/2 oz eq	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)	Cornbread Bowl (WGR)	Diced Pears (C)	Sister's Schubert's Roll (WGR)
Other/Notes		(Tomato sauce A,C)		Zesta Crackers	
Snack (2 of 4 components)	Snack	Snack	Snack	Shredded Sharp Cheese	Ketchup
Milk/Fluid 1/2 c			1% Milk (D)	1% Milk (D)	Snack
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)	Cheerios Cereal (WGR)	EARLY DISMISSIAL
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	
March WEEK 3					
Meal Pattern	Monday 3/13/23	Tuesday 3/14/23	Wednesday 3/15/23	Thursday 3/16/23	Friday 3/17/23
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	Diced Peaches	Applesauce (C)	Cooked Apple Slices (C)	Diced Peaches (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cream of Wheat	French Toast Sticks (WW)	Pillsbury Frozen SS Busicuts	Oatmeal (WG)	Eggs
Other/Notes		Syrup	Gravy		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	@White Beans with Ham Chunks (I,P)
Meat/Alternate 1 1/2 oz eq	Pork Loin (PO, I, Z)	@Ground Beef (P) (I)	@Chicken Stir Fry- Diced Chicken	@Ground Beef (P) (I)	@Cole Slaw
Vegetable 1/4 c	Carrots (C)	Tomato Wedges (A,C)	Mixed Vegetables - In Stir Fry	Tomato Wedges (A,C)	Champ IRISH Mashed Potatoes
Fruit 1/4 c	Applesauce (C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)	Tropical Fruit (C)	Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR)	Diced Pears (C)	WW Riced Vegetables (A,K)	Tortilla Shells	Sister's Schubert's Roll (WGR)
Other/Notes		Spaghetti Noodles (WW)		*Serve as a sandwich	
Snack (2 of 4 components)	Snack	Parmesean Cheese	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% milk (D)	*Serve as @Spaghetti			
Fruit/Vegetable 1/2 c		Animal Crackers	Pineapple Tidbits (A,C)	Tomato Sauce (C)	Applesauce (C)
Grain/Alternate 1/2 oz eq	Mighty Blueberry Muffin (WGR)	Yogurt (B12, C)	1/2 Pillsbury Bagel/Strawberry Cream Cheese	MaxStix (Cheese & Bread)	Goldfish Graham Crackers
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
March WEEK 4					
Meal Pattern	Monday 3/20/23	Tuesday 3/21/23	Wednesday 3/22/23	Thursday 3/23/23	Friday 3/24/23
Breakfast	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					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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					
Snack (2 of 4 components)	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					
March WEEK 5					
Meal Pattern	Monday 3/27/23	Tuesday 3/28/23	Wednesday 3/29/23	Thursday 3/30/23	Friday 3/31/23
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	Orange Wedges (C)	Diced Peaches (C)	Strawberries Slices (C)	Cooked Apple Slices (C)	Banana Slices (B6, C)
Grain/Alternate 1/2 oz eq	Toasted English Muffin (WW)	French Toast Sticks (WW)	White Rice	Pillsbury Frozen SS Busicuts	White Rice
Meat/Alternate 1/2 oz eq					
Other/Notes	Jelly	Syrup			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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	@White Beans with Ham Chunks (I,P)	High Liner Breaded Fish Fillet (CN)	Pinto Beans(I)	Chicken Fillet (I, Z) (CN)	@Ground Turkey Sauce (CN Label)
Vegetable 1/4 c	Corn	Raw Broccoli (A,C)	carrots (C)	Baked Hashbrown	Green Beans
Fruit 1/4 c	Champ IRISH Mashed Potatoes	Pears (C)	Turnip Greens (A,C)	Tomato wedges (A,C)	Pears (C)
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR)	Hushpuppies	Cornbread Muffins	Pillsbury Frozen SS Busicuts	Spaghetti Noodles (WW)
Other/Notes		Ranch, Ketchup		Gravy	Parmesean Cheese
Snack (2 of 4 components)	Snack		Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D)	1% Milk (D)	
Fruit/Vegetable 1/2 c	Applesauce (C)	Pineapple Tidbits (A,C)			Tomato juice (C)(A)(B)
Grain 1/2 oz eq	Grilled Cheese Toast	1/2 Pillsbury Bagel/ Strawberry Cream Cheese	Goldfish Graham Crackers (WGR)	Cheerios Cereal (WGR)	
Meat/Alternate 1/2 oz					MaxStix (Cheese & Bread)
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, (P) High Source of Potassium, (Z) High Source of Zinc, CN=Child Nutrition Label WGR= Whole Grain Rich
 Substitutions will be made in accordance with individually identified needs.