

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

<b>April Week 1</b>	<b>Monday 4/3/23</b>	<b>Tuesday 4/4/23</b>	<b>Wednesday 4/5/23</b>	<b>Thursday 4/6/23</b>	<b>Friday 4/7/23</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)	Tropical Fruit Cocktail	Diced Peaches (C)	Tropical Fruit Cocktail	
Grain/Alternate/Meat Alternative	White Rice	Toasted English Muffin (WW)	Cream of Wheat	Toasted English Muffin (WW)	
Other/Notes		Jelly		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 (D)	1% Milk (D)	1% Milk (D)	
Meat/Alternate 1 1/2 oz eq	Hamburger patty	Pinto Beans(I)	Chef Boyardee Beef Ravioli ( CN)	@White Beans with Ham Chunks (I,P)	 <p align="center">Good Friday</p>
Vegetable 1/4 c (2oz)	Romaine Lettuce/Spinach mix	Diced Potatoes	Green Beans (A,C,K)	@Cole Slaw	
Fruit 1/4 c (2oz)	French Fries	Turnip Greens (A,C)		Beets (K)	
Grain/Alternate 1/2 oz eq	(WW) Buns	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)	Tomato Wedges (A,C)	
Other/Notes	Ketchup, Mayo, Mustard *Serve as a sandwich			Cornbread Muffin (WGR)	
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)		Orange (C)		
Grain 1/2 oz eq	1/2 Pillsbury Bagel/Strawberry Cream	Cheerios Cereal (WGR)	Animal Crackers	Blueberry Muffin (WGR)	
Other/Notes	Water	Water	Water	Water	
<b>April Week 2</b>	<b>Monday 4/10/23</b>	<b>Tuesday 4/11/23</b>	<b>Wednesday 4/12/23</b>	<b>Thursday 4/13/23</b>	<b>Friday 4/14/23</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)	Diced Peaches (C)	Pears (C)	Strawberries Slices (C)	Orange Wedges (C)
Grain/Alternate/Meat Alternative	Toasted English Muffin (WW)	White Rice	Kellogg Rice Krispies Cereal	Cream of Wheat	Toasted English Muffin (WW)
Other/Notes	Jelly				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 (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	@Tuna Salad	Meat Balls (CN Label)	Sliced Turkey (CN)	Pinto Beans(I)	Beef Patty (CN)
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C) Lettuce	Green Beans	Tomato Wedges (A,C) Lettuce	Corn	Baked French Fries
Fruit 1/4 c (2oz)	Pears (C)	Pears (C)	Applesauce (C)	Turnip Greens (A,C)	Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	Healthy Life WW Bread	Spaghetti Noodles (WW)	Healthy Life WW Bread	Cornbread Muffin (WGR)	Ultra Bun (WW)
Other/Notes		Parmesan Cheese	Mayo, Mustard		Ketchup, Mustard, Mayo
Snack (2 of 4 components)	*Serve as Sandwich	*Serve as @Spaghetti	*Serve as Sandwich		*Serve as Sandwich-Let child
Snack	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D)	1% Milk (D)		
Fruit/Vegetable 1/2 c	Tomato Juice (C)	Applesauce (C)		Diced Pears (C)	Orange (C)
Grain 1/2 oz eq	MaxStix (Cheese and Bread)	Goldfish Graham crackers	Animal Crackers	Shredded Sharp Cheese	Animal Crackers
Meat/Alternate 1/2 oz				Water	
Other/Notes	Water	Water	Water	Water	water
<b>April Week 3</b>	<b>Monday 4/17/23</b>	<b>Tuesday 4/18/23</b>	<b>Wednesday 4/19/23</b>	<b>Thursday 4/20/23</b>	<b>Friday 4/21/23</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)	Pears (C)	Tropical Fruit Cocktail (C)	Diced Peaches (C)	Cooked Apple Slices (C)
Grain/Alternate/Meat Alternative	Toasted English Muffin (WW)	Cream of Wheat	Toasted English Muffin (WW)	Oatmeal (WG)	White Rice
Other/Notes	Jelly		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 (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	WG Tony's Smart Pizza Pepperoni	Pinto Beans(I)	@ Chicken Noodle Soup	@Tuna Salad	Pinto Beans(I)
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)	Corn	Mixed Vegetables (A & C)	Tomato Wedges (A,C) Lettuce	Corn
Fruit 1/4 c (2oz)	Diced Peaches (C)	Carrots (A,C)	Tropical Fruit Cocktail (C)	Turnip Greens (A,C)	Turnip Greens (A,C)
Grain/Alternate 1/2 oz eq	(Pizza crust)	Cornbread Muffin (WGR)	Club Crackers	Healthy Life WW Bread	Cornbread Muffin (WGR)
Other/Notes				*Serve as Sandwich	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk			1% Milk	
Fruit/Vegetable 1/2 c		Tomato Juice (A,C)	Tropical Fruit Cocktail (C)	Pineapple Tidbits (A,C)	Applesauce (C)
Grain 1/2 oz eq	Goldfish Graham crackers	MaxStix-(Cheese & Bread)	Goldfish Graham crackers	Club Crackers	Goldfish Graham crackers
Meat/Alternate 1/2 oz					
Other/Notes	water	water	water	water	water
<b>April Week 4</b>	<b>Monday 4/24/23</b>	<b>Tuesday 4/25/23</b>	<b>Wednesday 4/26/23</b>	<b>Thursday 4/27/23</b>	<b>Friday 4/28/23</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	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Both 1/2 c	Orange Wedges (C)	Strawberries Slices (C)	Banana Slices (B6, C)	Pears (C)	Orange Wedges (C)
Grain/Alternate/Meat Alternative	Toasted English Muffin	Oatmeal (WG)	Kellogg Rice Krispies Cereal	Cream of Wheat	Toasted English Muffin
Other/Notes	Jelly				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 (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	WG Tony's Smart Pizza Pepperoni	High Liner Breaded Fish Fillet (CN)	@ Vegetable Soup	Pinto Beans(I)	@White Beans with Ham Chunks (I,P)
Vegetable 1/4 c (2oz)	Carrots (A,C)	French Fries	Mixed Vegetables (A & C)	Carrots (A,C)	Diced Potatoes
Fruit 1/4 c (2oz)	Diced Peaches (C)	Diced Pears (C)	Applesauce (C)	Turnip Greens (A,C)	Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	(Pizza crust)	Hushpuppies (WGR)	Healthy Life WW Bread/ Crackers	Cornbread Muffin (WGR)	Cornbread Muffin (WGR)
Other/Notes	Ranch	Ranch	Slice Cheese		
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	Tropical Fruit Cocktail	Pineapple Tidbits (A,C)		Diced Pears (C)	
Grain 1/2 oz eq	Animal Crackers	Goldfish Graham Crackers	Animal Crackers		Goldfish Graham Crackers
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