

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

May Week 1	Monday 5/1/23	Tuesday 5/2/23	Wednesday 5/3/23	Thursday 5/4/23	Friday 4/7/23
Meal Pattern	Monday 5/1/23	Tuesday 5/2/23	Wednesday 5/3/23	Thursday 5/4/23	Friday 4/7/23
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)	Tomato Wedges (A, C)	Diced Peaches (C)	Tropical Fruit Cocktail	Diced Peaches (C)
Grain/Alternate/Meat Alternative	Oatmeal (WG)	Pillsbury Frozen SS Basicuts (WGR)	Cream of Wheat	White Rice	French Toast Sticks (WW)
Other/Notes		Gravy			Syrup
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	Tyson WG Chicken Patty (CN)	@Ground Turkey Sauce (CN Label)	Chef Boyardee Beef Ravioli (CN)	Tyson WG Chicken Patty (CN)	High Liner Breaded Fish Fillet (CN)
Vegetable 1/4 c (2oz)	Romaine Lettuce/Spinach mix French Fries	Green Beans Pears (C)	Green Beans (A,C,K)	Romaine Lettuce/Spinach mix French Fries	Carrots (C) Green Peas (A & C)
Fruit 1/4 c (2oz)	Tomato Wedges (A, C)	Spaghetti Noodles (WW)	Pears (C)	Tomato Wedges (A, C)	
Grain/Alternate 1/2 oz eq	Buns (WW)	Sister's Schubert's Roll (WGR)	Sister's Schubert's Roll (WGR)	Buns (WW)	Hushpuppies (WGR)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich-Let child	Parmesean Cheese *Serve as @Spaghetti		Ketchup, Mayo, Mustard *Serve as a sandwich	
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	Pineapple Tidbits (A,C)				Diced Pears (C)
Grain 1/2 oz eq	1/2 Pillsbury Bagel/Strawberry Cream	Blueberry Muffin (WGR)	Cheerios Cereal (WGR)	Blueberry Muffin (WGR)	
Other/Notes	Water	Water	Water	Water	Shredded Sharp Cheese Water
May Week 2	Monday 5/8/23	Tuesday 5/9/23	Wednesday 5/10/23	Thursday 5/11/23	Friday 5/12/23
Meal Pattern	Monday 5/8/23	Tuesday 5/9/23	Wednesday 5/10/23	Thursday 5/11/23	Friday 5/12/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c		1% Milk (D)			
Fruit/Vegetable/Both 1/2 c		Diced Peaches (C)			
Grain/Alternate/Meat Alternative	NO SCHOOL	White Rice	SCHOOLS OUT FOR SUMMER	SCHOOLS OUT FOR SUMMER	SCHOOLS OUT FOR SUMMER
Other/Notes					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c		1% Milk (D)			
Meat/Alternate 1 1/2 oz eq		Pinto Beans(l)			
Vegetable 1/4 c (2oz)		Corn (C)			
		Turnip Greens (A,C)			
Fruit 1/4 c (2oz)					
Grain/Alternate 1/2 oz eq		Cornbread Muffin (WGR)			
Other/Notes					
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D)			
Fruit/Vegetable 1/2 c					
Grain 1/2 oz eq		Blueberry Muffin (WGR)			
Meat/Alternate 1/2 oz					
Other/Notes		Water			
@= 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 Label			WGR= Whole Grain Rich
Substitutions will be made in accordance with individually identified needs.			NO SCHOOL	* Indicates CULTURE FOOD	* Indicates Allergy replacement