UCHRA Van Buren Head Start Menus 2023-2024
August 2023

Phase-In Week

Week 1 of 5	Monday 7/31	Tuesday 8/1	Wednesday 8/2	Thursday 8/3	Friday 8/4
Meal Pattern					
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)	Banana Slices (B6,C)	Banana Slices (B6,C)	Banana Slices (B6,C)	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)
Other/Notes					
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	Natural Choice Turkey & Cheese (CN)	Natural Choice Turkey & Cheese (CN)	Natural Choice Turkey & Cheese (CN)	Natural Choice Turkey & Cheese (CN)	Natural Choice Turkey & Cheese (CN)
Vegetable 1/4 c (2oz)	Romaine Lettuce/Spinach mix,	Romaine Lettuce/Spinach mix,	Romaine Lettuce/Spinach mix,	Romaine Lettuce/Spinach mix,	Romaine Lettuce/Spinach mix,
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tomato Wedges (A,C)
	Diced Peaches (C)	Diced Peaches (C)	Diced Peaches (C)	Diced Peaches (C)	Diced Peaches (C)
Grain/Alternate 1/2 oz eq	Wheat Bread (WW)	Wheat Bread (WW)	Wheat Bread (WW)	Wheat Bread (WW)	Wheat Bread (WW)
Other/Notes	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo
	*Serve as a sandwich	*Serve as a sandwich	*Serve as a sandwich	*Serve as a sandwich	*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)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable 1/2 c					
Grain 1/2 oz eq	Goldfish Graham crackers (WW)	Goldfish Graham crackers (WW)	Goldfish Graham crackers (WW)	Goldfish Graham crackers (WW)	Goldfish Graham crackers (WW)
Meat/Alternate 1/2 oz					
Other/Notes					

Week 2 of 5	Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11
Meal Pattern					
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	Cooked Apple Slices (C)	Diced Peaches (C)	Banana Slices (B6,C)	Strawberries Slices (C)	Tomato Wedges (A,C)
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	Pillsbury Mini Pancakes (WW)	Cheerios Cereal (WGR)	Oatmeal (WG)	Pillsbury Frozen Southern Style Biscuit
Other/Notes		Syrup			Gravy
					Jelly
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	Beef Patty (CN)	High Liner Breaded Fish Fillet (CN)	Wild Mike's Pizza Pepperoni and cheese(CN Label)	Tyson WG Chicken Patty (CN)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c (2oz)	Baked French Fries	Raw Broccoli (A,C)	Corn	Green Peas (A & C)	Green Beans (A,C,K)
					(Tomato sauce A & C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tropical Fruit (C)	Tomato Wedges (A,C) in Tossed salad :	Diced Apricots (A)	Pears (C)
	Romaine Lettuce/Spinach mix		Shredded carrots & mixed greens		
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	Cornbread Muffin (WGR)	(Pizza Crust)	Sister's Schubert's Roll (WGR)	Sister's Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo	Ranch	Ranch	Ketchup	
	*Serve as Sandwich-Let child assemble				
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)		Diced Pears (C)	Animal Crackers (WGR)
Grain 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Goldfish Graham crackers	Blueberry Muffin (WGR)		Yogurt (B12, C)
Meat/Alternate 1/2 oz				Shredded Sharp Cheese	
Other/Notes	Water	Water	Water	Water	Water

Week 3 of 5	Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18
Meal Pattern					
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 (C)	Diced Peaches (C)	Diced Peaches (C)	Blueberries (F)(C)(K)	Cooked Apple Slices (C)
Grain/Alternate/Meat Alternative	Cream of Wheat	French Toast Sticks (WW)	Toasted English Muffin (WW)	Oatmeal (WG)	Pillsbury Frozen Southern Style Biscuit
Other/Notes		Syrup	Jelly		
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	Chicken Tenders (CN)	Pinto Beans(I)	Beef Patty (CN)	@Tuna Salad	Wild Mike's Pizza Pepperoni and cheese(CN Label)
Vegetable 1/4 c (2oz)	Peas (A,C)	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C) Lettuce	Corn
	Mashed Potatoes	carrots (C)			
Fruit 1/4 c (2oz)	Pineapple Tidbits (C)		Green Peas (A & C)	Pears (C)	Tomato Wedges (A,C) in Tossed salad :
					Shredded carrots & mixed greens
Grain/Alternate 1/2 oz eq	Cornbread Bowl (WGR)	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)	Wheat Bread (WW)	(Pizza Crust)
Other/Notes	Ketchup,		Cooked Sweet Peppers & Onions	*Serve as Sandwich	Ranch
			Serve as Hamburger Steak		
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)	Applesauce (C)		Pineapple Tidbits (A,C)
Grain 1/2 oz eq		1/2 Pillsbury Bagel (WW)	Goldfish Graham Crackers (WGR)	Cheerios Cereal (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)
Meat/Alternate 1/2 oz	Mighty Blueberry Muffin (WGR)				
Other/Notes	Water	Water	Water	Water	Water

Week 4 of 5	Monday 8/21	Tuesday 8/22	Wednesday 8 /23	Thursday 8/24	Friday 8/25
Meal Pattern					
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	Applesauce (C) with Cinnamon	Orange Wedges (C)	Banana Slices (B6,C)	Strawberries Slices (C)	Cooked Apple Slices (C)
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)	Toasted English Muffin (WW)	Rice Krispies Cereal	Cream of Wheat	Pillsbury Frozen Southern Style Biscuit
Other/Notes	Syrup	Jelly			
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)	Hormel Ham (CN)	Meat Balls (CN Label)	Chicken Fillet (I, Z) (CN)	@ Vegetable Soup with ground beef
		Cheese Slice			
Vegetable 1/4 c (2oz)	@ Coleslaw	Tomato Wedges (A,C)	Green Beans (A,C,K)	Baked Hashbrown	Mixed Vegetables (A & C)
		Romaine Lettuce/Spinach mix	Tomato Sauce		
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Pineapple Tidbits (C)	Pears (C)	Tomato wedges (A,C)	Applesauce (C)
Grain/Alternate 1/2 oz eq	Cornbread Bowl (WGR)	Wheat Bread (WW)	Spaghetti Noodles (WW)	Pillsbury Frozen Southern Style Biscuit	Lance Saltines (WW)
Other/Notes		Ketchup, Mustard, Mayo	Parmesean Cheese	Gravy, ketchup	
		*Serve as sandwich	*Serve as @Spaghetti		
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)	Pineapple Tidbits (A,C)		Strawberries Slices (C)	
Grain 1/2 oz eq	Animal Crackers	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Goldfish Graham Crackers (WGR)	Blueberry Muffin (WGR)	Cheerios Cereal (WGR)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water

Week 5 of 5	Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/01
Meal Pattern					
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	Tomato wedges (A,C)	Cooked Apple Slices (C)	Banana Slices (B6, C)	Orange Wedges (C)	
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	Oatmeal (WG)	Cheerios Cereal (WGR)	Toasted English Muffin (WW)	No School
Other/Notes	Gravy, Jelly			Jelly	
Lunch	Lunch	Lunch	Lunch	Lunch	
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	No School
Meat/Alternate 1 1/2 oz eq	Hormel Turkey (CN)	High Liner Breaded Fish Fillet (CN)	Los Cabos Sausage, Egg, & Cheese Burritto (CN)	@White Beans with Ham Chunks	
Vegetable 1/4 c (2oz)	Mashed Potatoes	Raw Broccoli (A,C)	Baked Hashbrown	@Cole Slaw	
Fruit 1/4 c (2oz)	Peas (A,C)	Pears (C)	Orange Wedges (C)	Tomato Wedges (A,C)	
Grain/Alternate 1/2 oz eq	Wheat Bread (WW)	Hushpuppies (WGR)	(Burritto wrap)	Cornbread Bowl (WGR)	
	Turkey Gravy	Ranch, Ketchup	Ketchup, Salsa		
Other/Notes	*Serve as Open Face Sandwich-Let child assemble				No School
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	
Milk/Fluid 1/2 c			1% Milk (D)		
Fruit/Vegetable 1/2 c		Tomato juice (C)(A)(B)		Pineapple Tidbits (A,C)	
Grain 1/2 oz eq	Animal Crackers		Cheerios Cereal (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	No School
Meat/Alternate 1/2 oz	Yogurt (B12, C)	Monzerella Cheese Stick			
Other/Notes	Water	Water	Water	Water	

@= Recipe in recipe book WW=Whole Wheat, WG=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