

UCHRA Van Buren Head Start Menus 2023-2024

| SEPTEMBER WEEK 1                                                             |                                                     |                                                                                                           |                                                     |                                               |                                       |
|------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------|---------------------------------------|
| Meal Pattern                                                                 | Monday                                              | Tuesday                                                                                                   | Wednesday                                           | Thursday                                      | Friday 9/1                            |
| Breakfast                                                                    | Breakfast                                           | Breakfast                                                                                                 | Breakfast                                           | Breakfast                                     | Breakfast                             |
| Milk, Fluid 3/4 c                                                            |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Fruit/Vegetable/Both 1/2 c                                                   |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Grain/Alternate/Meat Alternative Other/Notes                                 |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Lunch                                                                        | Lunch                                               | Lunch                                                                                                     | Lunch                                               | Lunch                                         | Lunch                                 |
| Milk, Fluid 3/4 c                                                            |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Meat/Alternate 1 1/2 oz eq                                                   |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Vegetable 1/4 c (2oz)                                                        |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Fruit 1/4 c (2oz)                                                            |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Grain/Alternate 1/2 oz eq                                                    |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Other/Notes                                                                  |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Snack (2 of 4 components)                                                    | Snack                                               | Snack                                                                                                     | Snack                                               | Snack                                         | Snack                                 |
| Milk/Fluid 1/2 c                                                             |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Fruit/Vegetable 1/2 c                                                        |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Grain/Alternate 1/2 oz eq                                                    |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Meat/Alternate 1/2 oz                                                        |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Other/Notes                                                                  |                                                     |                                                                                                           |                                                     |                                               |                                       |
| SEPTEMBER WEEK 2                                                             |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Meal Pattern                                                                 | Monday 9/4                                          | Tuesday 9/5                                                                                               | Wednesday 9/6                                       | Thursday 9/7                                  | Friday 9/8                            |
| Breakfast                                                                    | Breakfast                                           | Breakfast                                                                                                 | Breakfast                                           | Breakfast                                     | Breakfast                             |
| Milk, Fluid 3/4 c                                                            |                                                     | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Fruit/Vegetable/Both 1/2 c                                                   |                                                     | Diced Peaches (C )                                                                                        | Cooked Apple Slices (C)                             | Strawberries Slices (C )                      | Orange Wedges (C )                    |
| Grain/Alternate/Meat Alternative 1/2 oz eq                                   |                                                     | Oatmeal (WGR)                                                                                             | Pillsbury Frozen SS Basicuts                        | French Toast Sticks (WW)                      | Toasted English Muffin (WW)           |
| Other/Notes                                                                  |                                                     |                                                                                                           |                                                     | Syrup                                         | Jelly                                 |
| Lunch                                                                        | Lunch                                               | Lunch                                                                                                     | Lunch                                               | Lunch                                         | Lunch                                 |
| Milk, Fluid 3/4 c                                                            |                                                     | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Meat/Alternate 1 1/2 oz eq                                                   |                                                     | Chef Boyardee Beef Ravioli ( CN)                                                                          | Wild Mike's Pizza Pepperoni and cheese( CN)         | @Ground Beef Chili with Beans (P) (I)         | Ground Beef (P) (CN)                  |
| Vegetable 1/4 c                                                              |                                                     | Green Beans (A,C,K)                                                                                       | Corn (A,C)                                          | (Tomatoes (A,C)                               | @ Cabbage Stew                        |
|                                                                              |                                                     | (Tomato sauce A,C)                                                                                        | Tomato Wedges (A,C) in Tossed salad :               | Beans in Chili (I)                            |                                       |
| Fruit 1/4 c                                                                  |                                                     | Mixed Fruit (C )                                                                                          | Shredded carrots & mixed greens                     | Diced Apricots (A)                            | Diced Pears (C, K)                    |
| Grain/Alternate 1/2 oz eq                                                    |                                                     | Sister's Schubert's Roll (WGR)                                                                            | (Pizza Crust)                                       | Lance Saltines (WW)                           | Cornbread Bowl (WGR)                  |
|                                                                              |                                                     |                                                                                                           |                                                     | Shredded Sharp Cheese                         |                                       |
| Other/Notes                                                                  |                                                     |                                                                                                           | Ranch                                               | * Serve as Chili                              | *Serve as Ground Beef & Cabbage Stew  |
| Snack (2 of 4 components)                                                    | Snack                                               | Snack                                                                                                     | Snack                                               | Snack                                         | Snack                                 |
| Milk/Fluid 1/2 c                                                             |                                                     | 1% Milk (D) *Soy Milk                                                                                     |                                                     | 1% Milk (D) *Soy Milk                         |                                       |
| Fruit/Vegetable 1/2 c                                                        |                                                     |                                                                                                           | Applesauce (C)                                      |                                               | Tomato Juice (C)                      |
| Grain/Alternate 1/2 oz eq                                                    |                                                     | Blueberry Muffin (WGR)                                                                                    | Goldfish Graham Crackers (WGR)                      |                                               | MaxStix (Cheese & Bread) (WGR)        |
| Meat/Alternate 1/2 oz                                                        |                                                     |                                                                                                           |                                                     | Cheerios Cereal (WGR)                         |                                       |
| Other/Notes                                                                  |                                                     | Water                                                                                                     | Water                                               | Water                                         | Water                                 |
| SEPTEMBER WEEK 3                                                             |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Meal Pattern                                                                 | Monday 9/11                                         | Tuesday 9/12                                                                                              | Wednesday 9/13                                      | Thursday 9/14                                 | Friday 9/15                           |
| Breakfast                                                                    | Breakfast                                           | Breakfast                                                                                                 | Breakfast                                           | Breakfast                                     | Breakfast                             |
| Milk, Fluid 3/4 c                                                            | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Fruit/Vegetable/Both 1/2 c                                                   | Banana Slices (B6,C)                                | Strawberries Slices (C )                                                                                  | Diced Peaches (C )                                  | Applesauce (C)                                | Diced Peaches (C)                     |
| Grain/Alternate/Meat Alternative 1/2 oz eq                                   | Cheerios Cereal (WGR)                               | Pillsbury Mini Pancakes (WW)                                                                              | Oatmeal (WGR)                                       | French Toast Sticks (WW)                      | Cream of Wheat                        |
| Other/Notes                                                                  |                                                     | Syrup                                                                                                     |                                                     | Syrup                                         |                                       |
| Lunch                                                                        | Lunch                                               | Lunch                                                                                                     | Lunch                                               | Lunch                                         | Lunch                                 |
| Milk, Fluid 3/4 c                                                            | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Meat/Alternate 1 1/2 oz eq                                                   | Pinto Beans(I)                                      | @Tuna Salad                                                                                               | Tony's Smart Pizza Pepperoni and cheese( CN Label ) | @White Beans with Ham Chunks (I,P)            | Tyson Chicken Patty (CN)              |
| Vegetable 1/4 c                                                              | Turnip Greens (A,C)                                 | Tomato Wedges (A,C)                                                                                       | Green Beans (A,C,K)                                 | @Cole Slaw                                    | Lima Beans (A,K)                      |
|                                                                              |                                                     | Romaine Lettuce/Spinach mix                                                                               |                                                     |                                               | Corn (E,K)                            |
| Fruit 1/4 c                                                                  | Corn (E,K)                                          | Blueberries (F)(C)(K)                                                                                     | Tropical Fruit (C )                                 | Tomato Wedges (A,C)                           | Diced Apricots (A)                    |
| Grain/Alternate 1/2 oz eq                                                    | Cornbread Muffiin (WGR)                             | Wheat Bread (WW)                                                                                          | (Pizza Crust) WGR                                   | Cornbread Muffin (WGR)                        | SS Rolli (WW)                         |
| Other/Notes                                                                  |                                                     | *Serve as a sandwich Mayo, Mustard                                                                        |                                                     |                                               |                                       |
| Snack (2 of 4 components)                                                    | Snack                                               | Snack                                                                                                     | Snack                                               | Snack                                         | Snack                                 |
| Milk/Fluid 1/2 c                                                             | 1% Milk (D) *Soy Milk                               |                                                                                                           | 1% Milk (D) *Soy Milk                               |                                               |                                       |
| Fruit/Vegetable 1/2 c                                                        |                                                     | Applesauce (C)                                                                                            |                                                     |                                               | Tomato Sauce (C)                      |
| Grain/Alternate 1/2 oz eq                                                    | Blueberry Muffin (WGR)                              | Goldfish Graham Crackers (WGR)                                                                            | 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)   | Animal Crackers (WGR)                         | Monzerella Cheese Stick               |
| Meat/Alternate 1/2 oz                                                        |                                                     |                                                                                                           |                                                     | Yogurt (B12, C)                               |                                       |
| Other/Notes                                                                  | Water                                               | Water                                                                                                     | Water                                               | Water                                         | Water                                 |
| SEPTEMBER WEEK 4                                                             |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Meal Pattern                                                                 | Monday 9/18                                         | Tuesday 9/19                                                                                              | Wednesday 9/20                                      | Thursday 9/21                                 | Friday 9/22                           |
| Breakfast                                                                    | Breakfast                                           | Breakfast                                                                                                 | Breakfast                                           | Breakfast                                     | Breakfast                             |
| Milk, Fluid 3/4 c                                                            | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Fruit/Vegetable/Both 1/2 c                                                   | Banana Slices (B6,C)                                | Applesauce with Cinnamon (C)                                                                              | Strawberries Slices (C )                            | Orange Wedges (C )                            | Diced Peaches (C )                    |
| Grain/Alternate/Meat Alternative 1/2 oz eq                                   | Cheerios Cereal (WGR)                               | French Toast Sticks (WW)                                                                                  | Oatmeal (WG)                                        | Toasted English Muffin (WW)                   | Cream of Wheat                        |
| Other/Notes                                                                  |                                                     | Syrup                                                                                                     |                                                     | Jelly                                         |                                       |
| Lunch                                                                        | Lunch                                               | Lunch                                                                                                     | Lunch                                               | Lunch                                         | Lunch                                 |
| Milk, Fluid 3/4 c                                                            | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Meat/Alternate 1 1/2 oz eq                                                   | @White Beans with Ham Chunks                        | Chef Boyardee Beef Ravioli ( CN)                                                                          | High Liner Breaded Fish Fillet (CN)                 | Los Cabos Sausage, Egg, & Cheese Burrito (CN) | Tyson WG Chicken Patty (I)            |
| Vegetable 1/4 c                                                              | @Cole Slaw                                          | Green Beans (A,C,K)                                                                                       | Raw Broccoli (A,C)                                  | Baked Hashbrown                               | Shoestring French Fries               |
|                                                                              |                                                     | (Tomato sauce A,C)                                                                                        |                                                     |                                               |                                       |
| Fruit 1/4 c                                                                  | Tomato Wedges (A,C)                                 | Diced Peaches (C )                                                                                        | Pineapple Tidbits (C)                               | Orange Wedges (C )                            | Corn (E,K)                            |
| Grain/Alternate 1/2 oz eq                                                    | Cornbread Bowl (WGR)                                | Sister's Schubert's Roll (WGR)                                                                            | Hushpupprie (WGR)                                   | (Burrito wrap)                                | Sister's Schubert's Roll (WGR)        |
| Other/Notes                                                                  |                                                     |                                                                                                           | Ketchup, Ranch                                      | Ketchup, Salsa                                |                                       |
| Snack (2 of 4 components)                                                    | Snack                                               | Snack                                                                                                     | Snack                                               | Snack                                         | Snack                                 |
| Milk/Fluid 1/2 c                                                             |                                                     | 1% Milk (D) *Soy Milk                                                                                     |                                                     | 1% Milk (D) *Soy Milk                         |                                       |
| Fruit/Vegetable 1/2 c                                                        | Pineapple Tidbits (A,C)                             |                                                                                                           |                                                     |                                               | Tomato Juice (C)                      |
| Grain 1/2 oz eq                                                              | 1/2 Pillsbury Bagel (WW)                            | Blueberry Muffin (WGR)                                                                                    | Animal Crackers (WGR)                               | Rice Krispies Cereal                          | MaxStix (Cheese & Bread) (WGR)        |
| Meat/Alternate 1/2 oz                                                        |                                                     |                                                                                                           | Yogurt (B12, C)                                     |                                               |                                       |
| Other/Notes                                                                  | Water                                               | Water                                                                                                     | Water                                               | Water                                         | Water                                 |
| SEPTEMBER WEEK 5                                                             |                                                     |                                                                                                           |                                                     |                                               |                                       |
| Meal Pattern                                                                 | Monday 9/25                                         | Tuesday 9/26                                                                                              | Wednesday 9/27                                      | Thursday 9/28                                 | Friday 9/29                           |
| Breakfast                                                                    | Breakfast                                           | Breakfast                                                                                                 | Breakfast                                           | Breakfast                                     | Breakfast                             |
| Milk, Fluid 3/4 c                                                            | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Fruit/Vegetable/Both 1/2 c                                                   | Orange Wedges (C )                                  | Diced Peaches (C )                                                                                        | Applesauce (C)                                      | Banana Slices (B6,C)                          | Cooked Apple Slices (C)               |
| Grain/Alternate/Meat Alternative 1/2 oz eq                                   | Toasted English Muffin (WW)                         | Cream of Wheat                                                                                            | French Toast Sticks (WW)                            | Cheerios Cereal (WGR)                         | Pillsbury Frozen SS Basicuts (WGR)    |
| Other/Notes                                                                  | Jelly                                               |                                                                                                           | Syrup                                               |                                               |                                       |
| Lunch                                                                        | Lunch                                               | Lunch                                                                                                     | Lunch                                               | Lunch                                         | Lunch                                 |
| Milk, Fluid 3/4 c                                                            | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                                                                                     | 1% Milk (D) *Soy Milk                               | 1% Milk (D) *Soy Milk                         | 1% Milk (D) *Soy Milk                 |
| Meat/Alternate 1 1/2 oz eq                                                   | Tony's Smart Pizza Pepperoni and cheese( CN Label ) | Ground Beef (P)                                                                                           | High Liner Breaded Fish Fillet (CN)                 | @White Beans with Ham Chunks (I,P)            | Beef Patty (CN)                       |
| Vegetable 1/4 c                                                              | Green Beans (A,C,K)                                 | @ Cabbage Stew                                                                                            | Raw Broccoli (A,C)                                  | Mashed Potatoes                               | Baked French Fries                    |
| Fruit 1/4 c                                                                  | Pineapple Tidbits (C)                               | Tropical Fruit (C, K)                                                                                     | @ Cole Slaw                                         | Tomato Wedges (A,C)                           | Tomato Wedges (A,C)                   |
| Grain/Alternate 1/2 oz eq                                                    | (Pizza Crust) WGR                                   | SS Roll (WW)                                                                                              | Hushpupprie (WGR)                                   | Cornbread Muffin (WGR)                        | Ultra Bun (WW)                        |
| Other/Notes                                                                  |                                                     | *Serve as Ground Beef & Cabbage Stew                                                                      | Ranch, Ketchup                                      |                                               | Romaine Lettuce/Spinach mix           |
|                                                                              |                                                     | *Stew- Russian Culture                                                                                    |                                                     |                                               | Ketchup, Mustard, Mayo                |
|                                                                              |                                                     |                                                                                                           |                                                     |                                               | *Serve as Sandwich-Let child assemble |
| Snack (2 of 4 components)                                                    | Snack                                               | Snack                                                                                                     | Snack                                               | Snack                                         | Snack                                 |
| Milk/Fluid 1/2 c                                                             | 1% Milk (D) *Soy Milk                               |                                                                                                           | 1% Milk (D) *Soy Milk                               |                                               | 1% Milk (D) *Soy Milk                 |
| Fruit/Vegetable 1/2 c                                                        |                                                     | Fruit coctail (C)                                                                                         |                                                     |                                               |                                       |
| Grain 1/2 oz eq                                                              | Rice Krispies Cereal                                |                                                                                                           | Blueberry Muffin (WGR)                              | Animal Crackers (WGR)                         | WW Goldfish Graham crackers           |
| Meat/Alternate 1/2 oz                                                        |                                                     | Shredded Sharp Cheese                                                                                     |                                                     | Yogurt (B12, C)                               |                                       |
| 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 L |                                                     |                                               | WGR= Whole Grain Rich                 |
| Substitutions will be made in accordance with individually identified needs. |                                                     |                                                                                                           | * Indicates CULTURE FOOD                            | No School                                     | Absent                                |