

UCHRA Van Buren Head Start Menus 2023-2024 October 2023					
Phase-In Week					
Week 1 of 5	Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
Meal Pattern					
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	Diced Peaches (C)	Diced Peaches (C)	Banana Slices (B6,C)	Strawberries Slices (C)	Tomato Wedges (A,C)
Grain/Alternate/Meat Alternative	Cream of Wheat	French Toast Sticks (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) *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					Wild Mike's Pizza Pepperoni and cheese(CN Label)
Vegetable 1/4 c (2oz)	Ground Beef (CN Label)	Pinto Beans(l)	Beef Patty (CN)	Ground Beef	Corn (A,C)
	Green Beans (A,C,K)	Turnip Greens (A,C)	Mashed Potatoes	Mixed Veggies from @ Sheppard's	
	Romaine Lettuce/Spinach mix	Corn (A,C)		Pie: Carrots, Peas, Potatoes	
Fruit 1/4 c (2oz)	Tomato Wedges (A,C) in Tossed salad :		Green Peas (A & C)	Diced Pears	Tomato Wedges (A,C) in Tossed salad :
				WW Roll	Shredded carrots & mixed greens
Grain/Alternate 1/2 oz eq	Spaghetti Noodles (WW)	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)	*Serve as Sheppard's Pie-English Culture	(Pizza Crust)
Other/Notes	Parmesean Cheese		Cooked Sweet Peppers & Onions		Ranch
Snack (2 of 4 components)	*Serve as @Spaghetti		Serve as Hamburger Steak		
Snack	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	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 2 of 5	Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
Meal Pattern					
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	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) *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	Beef Patty (CN)	High Liner Breaded Fish Wedges (CN)	Wild Mike's Pizza Pepperoni and cheese(CN Label)	@White Beans with Ham Chunks (L,P)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c (2oz)	Baked French Fries	Raw Broccoli (A,C)	Corn (A,C)	@ Coleslaw	Green Beans (A,C,K)
	Romaine Lettuce/Spinach mix		Shredded carrots & mixed greens		(Tomato sauce A & C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tropical Fruit (C)	Tomato Wedges (A,C) in Tossed salad :	Tomato Wedges (A,C)	Pears (C)
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	Cornbread Muffin (WGR)	(Pizza Crust)	Cornbread Bowl (WGR)	Sister's Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo	Ranch	Ranch		
	*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		
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 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK
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 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					
Week 4 of 5	Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
Meal Pattern					
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	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) *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 (L,P)	Hormel Ham (CN)	Meat Balls (CN Label)	Eggs (A, P)	@ Vegetable Soup with ground beef
Vegetable 1/4 c (2oz)	@ Coleslaw	Cheese Slice			
		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	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) *Soy Milk		1% Milk (D) *Soy Milk
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 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
Meal Pattern					
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	Tomato wedges (A,C)	Cooked Apple Slices (C)	Banana Slices (B6, C)	Orange Wedges (C)	Cooked Apple Slices (C)
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	Oatmeal (WG)	Cheerios Cereal (WGR)	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit
Other/Notes	Gravy, Jelly			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			Los Cabos Sausage, Egg, & Cheese Burrito (CN) Serve 1 1/2 buttitto per child		Wild Mike's Pizza Pepperoni and cheese(CN Label)
	Hormel Turkey (CN)	Ground Beef		@White Beans with Ham Chunks	
Vegetable 1/4 c (2oz)	Mashed Potatoes	Mixed Veggies from @ Sheppard's	Baked Hashbrown	@Cole Slaw	Corn (A,C)
		Pie: Carrots, Peas, Potatoes			
Fruit 1/4 c (2oz)	Peas (A,C)	Diced Pears	Orange Wedges (C)	Tomato Wedges (A,C)	Tomato Wedges (A,C) in Tossed salad :
Grain/Alternate 1/2 oz eq	Wheat Bread (WW)	WW Roll	(Burrito wrap)	Cornbread Bowl (WGR)	Shredded carrots & mixed greens
	Turkey Gravy	*Serve as Sheppard's Pie-English Culture	Ketchup, Salsa		(Pizza Crust)
Other/Notes	*Serve as Open Face Sandwich-Let child assemble				Ranch
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		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)	Goldfish Graham Crackers (WGR)
Meat/Alternate 1/2 oz	Yogurt (B12, C)	Monzerella Cheese Stick			
Other/Notes	Water	Water	Water	Water	Water
@= Recipe in recipe book	WW=Whole Wheat, WG=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.		*Soy Milk Sub for Allergy/Intolerance	NO SCHOOL	* Indicates CULTURE FOOD	* Indicates Allergy replacement