

UCHRA Van Buren Head Start Menus 2024-2025
October 2024

Week 1 of 5	Monday	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c		1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Soy Milk
Fruit/Vegetable/Both 1/2 c		Tomato Wedges (A,C) Pillsbury Frozen Southern Style Biscuit	Applesauce (C) with Cinnamon	Strawberries (C)	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative			French Toast Sticks (WW)	Oatmeal (WG)	Cheerios Cereal (WGR)
Other/Notes		Gravy, Jelly	Syrup		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c		1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq		Ground Beef (CN Label)	Pinto Beans(l)	Beef Patty (CN)	Hormel Oven Roasted Turkey & Cheese (CN)
Vegetable 1/4 c (2oz)		Green Beans (A,C,K)	Turnip Greens (A,C) Corn (A,C)	Baked French Fries Romaine Lettuce/Spinach mix	Romaine Lettuce/Spinach mix, Tomato Wedges, Pickles (A,C) Sun Chips (WG)
Fruit 1/4 c (2oz)		Pears (C)		Tomato Wedges (A,C)	Apple Slices
Grain/Alternate 1/2 oz eq		Spaghetti Noodles (WW) Parmesan Cheese	Cornbread Muffin (WGR)	Bun (WW) Ketchup, Mustard, Mayo	Wheat Bread (WW) Mayo, Mustard
Other/Notes		*Serve as @Spaghetti		*Serve as Sandwich-Let child assemble	*Serve as a sandwich
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D) *Lactose Free Milk		
Fruit/Vegetable 1/2 c		Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)		Tomato Sauce (C)	Animal Crackers (WGR)
Grain 1/2 oz eq			Blueberry Muffin	Mozzarella Cheese Stick	Yogurt (B12, C)
Meat/Alternate 1/2 oz					
Other/Notes		Water	Water	Water	Water
Week 2 of 5	Monday 10/7	Tuesday 10/8	Wednesday 10/9	Thursday 10/10	Friday 10/11
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Banana Slices (B6,C)	Diced Peaches (C)	Cooked Apple Slices (C) Pillsbury Frozen Southern Style Biscuit	Orange Wedges (C) Los Cabos Sausage, Egg, & Cheese Burrito (CN)	Tomato Wedges (A,C) Pillsbury Frozen Southern Style Biscuit
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)	Pillsbury Mini Pancakes (WW) Syrup			Gravy, Jelly
Other/Notes					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Chef Boyardee Beef Ravioli (CN) Green Beans (A,C,K)	Tyson WG Chicken Patty (l) French Fries, Lettuce/Tomato	Tony's Pizza Pepperoni and cheese (CN Label) Corn (A,C)	@White Beans with Ham Chunks (l, P) @ Coleslaw	Ground beef
Vegetable 1/4 c (2oz)	(Tomato sauce A & C)		Shredded carrots & mixed greens Tomato Wedges (A,C) in Tossed salad : (Pizza Crust) Ranch		Mixed Vegetables (A & C)
Fruit 1/4 c (2oz)	Pears (C)	Diced Peaches (C)		Diced Pears (C)	Tomato Sauce, Diced Tomatoes
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Bun (WW) Ketchup, Mustard, Mayo		Cornbread (WGR)	Sister Schubert's Roll (WGR)
Other/Notes		*Serve as Sandwich-Let child assemble			@ Vegetable Beef Soup
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D) *Lactose Free Milk			1% Milk (D) *Lactose Free Milk
Fruit/Vegetable 1/2 c	Animal Crackers (WGR)		Tomato Sauce (C)	Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Blueberry Muffin (WGR)
Grain 1/2 oz eq	Yogurt (B12, C)	Goldfish Graham Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)		
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
Week 3 of 5	Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18
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 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Applesauce (C) with Cinnamon	Orange Wedges (C)	Diced Peaches (C)	Strawberries Slices (C)	Cooked Apple Slices (C) Pillsbury Frozen Southern Style Biscuit
Grain/Alternate/Meat Alternative	French Toast Sticks (WW) Syrup	Toasted English Muffin (WW) Jelly	Cheerios Cereal (WGR)	Cream of Wheat	
Other/Notes					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Chicken Strips (CN Label)	@Tuna Salad	Ground Beef	@White Beans with Ham Chunks (l, P)	Ground beef
Vegetable 1/4 c (2oz)	Baked Hash Brown	Corn (C)	Mixed Veggies from @ Sheppard's Pie: Mashed Potatoes, Carrots, Peas, Potatoes (A,C) Diced Peas (C) WW Roll	@ Coleslaw	Mixed Vegetables (A & C) Tomato Sauce, Diced Tomatoes Tropical Fruit (C) Lance Saltnes (WW)
Fruit 1/4 c (2oz)	Diced Pears (C)	Tropical Fruit (C)		Diced Peaches (C)	
Grain/Alternate 1/2 oz eq	WW Roll	Wheat Bread (WW)	WW Roll	Cornbread (WGR)	@ Vegetable Beef Soup
Other/Notes	Ketchup	*Serve as a sandwich Mayo, Mustard	*Serve as Shepherd's Pie-English Culture		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk			1% Milk (D) *Lactose Free Milk	
Fruit/Vegetable 1/2 c		Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Applesauce (C)		Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)
Grain 1/2 oz eq	Goldfish Graham Crackers (WGR)		Animal Crackers (WGR)	Blueberry Muffin (WGR)	
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
Week 5 of 5	Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	
Fruit/Vegetable/Both 1/2 c	Orange Wedges (C)	Diced Peaches (C)	Applesauce (C) with Cinnamon	Cooked Apple Slices (C) Pillsbury Frozen Southern Style Biscuit	
Grain/Alternate/Meat Alternative	Toasted English Muffin (WW) Jelly	Cheerios Cereal (WG)	French Toast Sticks (WW) Syrup		
Other/Notes					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	
Meat/Alternate 1 1/2 oz eq	Beef Patty (CN)	Pinto Beans(l)	Ground Beef	High Liner Breaded Fish Fillet (CN)	
Vegetable 1/4 c (2oz)	Baked French Fries	Corn (A,C) Turnip Greens (A,C)	Mixed Veggies from @ Sheppard's Pie: Mashed Potatoes, Carrots, Peas, Potatoes Diced Pears (C)	Peas (A,C,K) Baby Carrots	
Fruit 1/4 c (2oz)	Diced Pears (C)		WW Roll	Hush Puppy (WGR)	
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)	*Serve as Shepherd's Pie-English Culture	Ketchup, Ranch	
Other/Notes	Served as Hamburger Steak				
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk		1% Milk (D) *Lactose Free Milk		
Fruit/Vegetable 1/2 c		Diced Pears (C)		Applesauce (C)	
Grain 1/2 oz eq	Cheerios Cereal (WGR)		Blueberry Muffin (WGR)	Animal Crackers (WGR)	
Meat/Alternate 1/2 oz		Shredded Sharp Cheese			
Other/Notes	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 English * Indicates Allergy replacement					