

UCHRA Van Buren Head Start Menu November 2024					
Week 1 of 5	Monday	Tuesday	Wednesday	Thursday	Friday 11/1
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast					1% Milk (D) *Lactose Free Milk
Milk, Fluid 3/4 c					Strawberries (C)
Fruit/Vegetable/Both 1/2 c					Oatmeal (WG)
Grain/Alternate/Meat Alternative					
Other/Notes					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c					1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq					Ground Beef
Vegetable 1/4 c (2oz)					Tomato Wedges (A,C)
					Romaine Lettuce/Spinach mix
Fruit 1/4 c (2oz)					Orange Wedges (C)
Grain/Alternate 1/2 oz eq					(Burrito wrap)
Other/Notes					Ketchup, Salsa, Shredded Sharp Cheese
					Serve as tacos
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					1% Milk (D) *Lactose Free Milk
Fruit 1/2 c					
Vegetable 1/2 c					
Grain 1/2 oz eq					Goldfish Graham Crackers (WGR)
Meat/Alternate 1/2 oz					
Other/Notes					
Week 2 of 5	Monday 11/4	Tuesday 11/5	Wednesday 11/6	Thursday 11/7	Friday 11/8
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	Cooked Apples (C) with Cinnamon Pillsbury Frozen Southern Style Biscuit		Diced Peaches (C)	Applesauce (C)	Tomato wedges (A,C)
Grain/Alternate/Meat Alternative			Pillsbury Mini Pancakes (WW)	French Toast Sticks (WW)	Pillsbury Frozen Southern Style Biscuit
Other/Notes			Syrup	Syrup	Gravy, Jelly
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	Tony's Pizza Pepperoni and cheese(CN Label)		Pinto Beans(l)	Beef Patty (CN)	Chicken Tenders (CN)
Vegetable 1/4 c (2oz)	Corn (A,C)		(Corn (E,K) & Red Peppers)	Baked French Fries	Peas (A,C)
	Green Beans (A,C,K)				
Fruit 1/4 c (2oz)			Tropical Fruit Salad (C)	Tomato Wedges (A,C)	Pineapple Tidbits (C)
				Romaine Lettuce/Spinach mix	
Grain/Alternate 1/2 oz eq	(Pizza Crust)		Corn Bread Muffin	Ultra Bun (WW)	Sister Schubert's Roll (WGR)
Other/Notes	Ranch		Serve as @ Pinto Bean Corn Soup	Ketchup, Mustard, Mayo	Ketchup
			Native American Culture	*Serve as Sandwich-Let child assemble	
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				1% Milk (D) *Lactose Free Milk
Fruit 1/2 c			Applesauce (C)	Diced Pears (C)	
Vegetable 1/2 c					
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)		Goldfish Graham crackers (WGR)		Mighty Blueberry Muffin (WGR)
Meat/Alternate 1/2 oz				Shredded Sharp Cheese	
Other/Notes	Water		Water	Water	Water
Week 3 of 5	Monday 11/11	Tuesday 11/12	Wednesday 11/13	Thursday 11/14	Friday 11/15
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		Blueberries (C, K)	Orange Wedges (C)	Banana Slices (B6,C)	Tomato wedges (A,C)
Grain/Alternate/Meat Alternative			Los Cabos Sausage, Egg, & Cheese Burrito (CN)		
Other/Notes		Oatmeal (WG)		Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit
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		@White Beans with Ham Chunks (l,P)	High Liner Breaded Fish Fillet (CN)	Pinto Beans(l)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c (2oz)		@ Coleslaw	Raw Broccoli (A,C)	(Corn (E,K) & Red Peppers)	Green Beans (A,C,K)
					(Tomato sauce A & C)
Fruit 1/4 c (2oz)		Diced Peaches (C)	Pears (C)	Tropical Fruit Salad (C)	Pears (C)
Grain/Alternate 1/2 oz eq		Cornbread Bowl (WGR)	Hushpuppies (WGR)	Cornbread Bowl (WGR)	Sister Schubert's Roll (WGR)
Other/Notes			Ranch, Ketchup	Serve as @ Pinto Bean Corn Soup	
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk		
Fruit 1/2 c				Applesauce (C)	Pineapple Tidbits (A,C)
Vegetable 1/2 c					
Grain 1/2 oz eq		Mighty Blueberry Muffin (WGR)	Rice Krispies	Animal Crackers (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)
Meat/Alternate 1/2 oz					
Other/Notes		Water	Water	Water	Water
Week 4 of 5	Monday 11/18	Tuesday 11/19	Wednesday 11/20	Thursday 11/21	Friday 11/22
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	Tomato wedges (A,C)	Peaches (C)	Applesauce (C)	Orange Wedges (C)	
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	Oatmeal (WGR)	French Toast Sticks (WW)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	
Other/Notes	Gravy, Jelly				
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	Pinto Beans(l)	Chef Boyardee Beef Ravioli (CN)	Beef Patty (CN)	Turkey w/ Gravy	
Vegetable 1/4 c (2oz)	(Corn (E,K) & Red Peppers)	Green Beans (A,C,K)	Tomato Wedges (A,C)	Green Beans,	
		(Tomato sauce A & C)	Romaine Lettuce	Mashed Potatoes	
Fruit 1/4 c (2oz)	Tropical Fruit Salad (C)	Pears (C)	Pineapple Tidbits (C)		
Grain/Alternate 1/2 oz eq		Sister Schubert's Roll (WGR)	Ultra Bun (WW)	WW Roll	
Other/Notes	Cornbread Bowl (WGR)		Ranch, Mustard, Mayo	Dressing,Cranberry Sauce	
	Serve as @ Pinto Bean Corn Soup		*Serve as Sandwich-Let child assemble	Pumpkin Pie w/ Whip topping	
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D) *Lactose Free Milk		
Fruit 1/2 c	Pineapple Tidbits (A,C)	Tomato juice (C)(A)(B)		Applesauce (C)	
Vegetable 1/2 c					
Grain 1/2 oz eq	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)		Cheerios Cereal (WGR)	Goldfish Graham Crackers (WGR)	
Meat/Alternate 1/2 oz		Mozzarella Cheese Stick			
Other/Notes	Water	Water	Water	Water	
Week 5 of 5	Monday 11/25	Tuesday 11/26	Wednesday 11/27	Thursday 11/28	Friday 11/29
Meal Pattern					
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 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					
Fruit 1/2 c					
Vegetable 1/2 c					
Grain 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					
@= 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 Native American	* Indicates Allergy replacement