

UCHRA Van Buren Head Start Menu Dec 2024

Week 1 of 5	Monday 12/2	Tuesday 12/3	Wednesday 12/4	Thursday 12/5	Friday 12/6
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	Banana Slices (B6,C)		Tomato Wedges (A,C)	Diced Peaches (C)	Orange Wedges (C)
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)		Pillsbury Frozen Southern Style Biscuit	Pillsbury Mini Pancakes (WW)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)
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	Hormel Ham (CN)		Chef Boyardee Beef Ravioli (CN)	@White Beans with Ham Chunks (I,P)	Beef Patty (CN)
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C)				Tomato Wedges (A,C)
	Romaine Lettuce/Spinach mix			@ Coleslaw	Romaine Lettuce
Fruit 1/4 c (2oz)	Pineapple Tidbits (C)		Green Beans (A,C,K)	Diced Peaches (C)	Pineapple Tidbits (C)
			(Tomato sauce A & C)		
			Pears (C)		
Grain/Alternate 1/2 oz eq	Wheat Bread (WW)			Cornbread Bowl (WGR)	Ultra Bun (WW)
Other/Notes	Ketchup, Mustard, Mayo		Sister's Schubert's Roll (WGR)		Ranch, Mustard, Mayo
	*Serve as sandwich				*Serve as Sandwich-Let child assemble
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)	Applesauce (C)	
			1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)		
Grain 1/2 oz eq				Goldfish Graham Crackers (WGR)	Rice Krispies
Meat/Alternate 1/2 oz	Mighty Blueberry Muffin (WGR)				
Other/Notes	Water		Water		Water
Week 2 of 5	Monday 12/9	Tuesday 12/10	Wednesday 12/11	Thursday 12/12	Friday 12/13
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	Orange Wedges (C)	Tomato Wedges (A,C)	Banana Slices (B6,C)	Cooked Apple Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit	Pillsbury Mini Pancakes (WW)
Other/Notes	Jelly	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	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Beef Patty (CN)	Hormel Oven Roasted Turkey & Cheese(CN)	Chicken (CN)	Beef Patty (CN)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c (2oz)	Baked French Fries	Romaine Lettuce/Spinach mix,	Mashed Potatoes	Mashed Potatoes	Green Beans (A,C,K)
	Romaine Lettuce/Spinach mix		@ Coleslaw	Peas (A,C)	(Tomato sauce A & C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tomato Wedges (A,C)			Pears (C)
		Diced Peaches (C)			
			Pillsbury Frozen Southern Style Biscuit		
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	Wheat Bread (WW)		Sister's Schubert's Roll (WGR)	Sister's Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo			
	*Serve as Sandwich-Let child assemble	*Serve as a sandwich	Japanese 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	Tomato Sauce (C)		Animal Crackers (WGR)	Pineapple Tidbits (A,C)	
				1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	
Grain 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Goldfish Graham crackers	Yogurt (B12, C)		Blueberry Muffin (WGR)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
Week 3 of 5	Monday 12/16	Tuesday 12/17	Wednesday 12/18	Thursday 12/19	Friday 12/20
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	Diced Peaches (C)	Orange Wedges (C)	Cooked Apple Slices (C)	Applesauce (C) with Cinnamon	
Grain/Alternate/Meat Alternative	Mighty Blueberry Muffin (WGR)	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	French Toast Sticks (WW)	
Other/Notes		Jelly		Sausage/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)	Tony's Pizza Pepperoni and cheese (CN Label)	Chicken (CN)	Beef Patty (CN)	
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)	Green Beans (A,C,K)		Baked French Fries	
Fruit 1/4 c (2oz)	Pears (C)	Corn (A,C)	Mashed Potatoes @ Coleslaw	Romaine Lettuce/Spinach mix	
				Tomato Wedges (A,C)	
Grain/Alternate 1/2 oz eq	Spaghetti Noodles (WW)	(Pizza Crust)		Ultra Bun (WW)	
Other/Notes	Tomato Sauce		Pillsbury Frozen Southern Style Biscuit	Ketchup, Mustard, Mayo	
	Parmesean Cheese			*Serve as Sandwich-Let child assemble	
Snack (2 of 4 components)	*Serve as @Spaghetti	Ranch	Japanese Culture		
Milk/Fluid 1/2 c	Snack	Snack	Snack	Snack	Snack
Fruit/Vegetable 1/2 c	1% Milk (D) *Lactose Free Milk		1% Milk (D) *Lactose Free Milk		
		Pineapple Tidbits (A,C)			
Grain 1/2 oz eq	Goldfish Graham crackers		Rice Krispies	Animal Crackers (WGR)	
Meat/Alternate 1/2 oz		1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)		Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	
Week 4 of 5	Monday 12/18	Tuesday 12/19	Wednesday 12/20	Thursday 12/21	Friday 12/22
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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 5 of 5	Monday 12/25	Tuesday 12/26	Wednesday 12/27	Thursday 12/28	Friday 12/29
Meal Pattern					
Breakfast	Breakfast		Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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					
@= 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.		*Soy Milk Sub for Allergy/Intolerance	NO SCHOOL	* Indicates CULTURE FOOD Swedish	* Indicates Allergy replacement