

Van Buren Head Start January 2025					
January WEEK 1					
Meal Pattern	Monday	Tuesday	Wednesday 1/1/25	Thursday 1/2/25	Friday 13/25
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					
January WEEK 2					
Meal Pattern	Monday 1/6/25	Tuesday 1/7/25	Wednesday 1/8/25	Thursday 1/9/25	Friday 1/10/25
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	Tomato Wedges (A, C)	Diced Peaches (C)	Orange Wedges (C)	Diced Peaches (C)	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen SS Busicuts (WGR)	Cream of Wheat	Toasted English Muffin (WW)	Oatmeal (WGR)	Cheerios Cereal (WGR)
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	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Tony's Pizza Pepperoni and cheese(CN Label)	Pinto Beans(l)	Ground Beef (P) (CN)	Cooked Diced Chicken	Ground Beef (P) (CN)
Vegetable 1/4 c	Green Beans (A,C,K)	Corn, Turnip Greens (A,C)	Diced Tomatoes (A, C); Lettuce	Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Carrots (C), Tomato Sauce
Fruit 1/4 c	Tropical Fruit (C)		Pineapple Tidbits (A, C,)	Pears (C)	Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	WW Cornbread Muffin	Corn Tortilla (WG)	Brown Rice	
Other/Notes	Ranch		Shredded Cheese/Salsa	Serve as @ Chicken Gumbo	Spaghetti Noodles (WW)
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	Applesauce (C)	Tomato Juice (C)			Diced Peaches (C)
Grain/Alternate 1/2 oz eq		MaxStix (Cheese & Bread) (WGR)	Goldfish Graham Crackers (WGR)	Rice Krispies Cereal	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)
Meat/Alternate 1/2 oz	Animal Crackers (WGR)				
Other/Notes	Water	Water	Water	Water	Water
January WEEK 3					
Meal Pattern	Monday 1/13/25	Tuesday 1/14/25	Wednesday 1/15/25	Thursday 1/16/25	Friday 1/17/25
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	Strawberries Slices (C)	Diced Peaches (C)	Tomato wedges (A,C)	Banana Slices (B6,C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WGR)	Pillsbury Mini Pancakes (WW)	Pillsbury Frozen Southern Style Biscuit	Cheerios Cereal (WGR)	Cream of Wheat
Other/Notes		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	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Beef Patty (CN)	@White Beans with Ham Chunks (l, P)	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Tyson WG Chicken Patty (l)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c	Baked French Fries Romaine Lettuce/Spinach mix	@Cole Slaw	Green Beans (A,C,K)	Baked French Fries, Lettuce	Green Beans (A,C,K), (Tomato sauce A,C)
Fruit 1/4 c	Tomato Wedges (A,C)	Tropical Fruit (C)	Diced Pears (C)	Tomato Wedges (A,C)	Mixed Fruit (C)
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	Cornbread Muffin (WGR)	(Pizza Crust) (WGR)	Wheat Bread (WW)	Sister Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich-Let child assemble			*Serve as a sandwich Mayo, Mustard	
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)	Tomato Sauce (C)		
Grain/Alternate 1/2 oz eq	Mighty Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Mozzarella Cheese Stick	Animal Crackers (WGR)	Goldfish Graham Crackers (WGR)
Meat/Alternate 1/2 oz				Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	Water
January WEEK 4					
Meal Pattern	Monday 1/20/25	Tuesday 1/23/24	Wednesday 1/24/24	Thursday 1/25/24	Friday 1/26/24
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)	Banana Slices (B6,C)	Strawberries Slices (C)	Applesauce (C)
Grain/Alternate/Meat Alternative 1/2 oz eq		Pillsbury Frozen Southern Style Biscuit (WGR)	Cheerios Cereal (WGR)	Oatmeal (WGR)	French Toast Sticks (WW)
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		Tyson WG Chicken Patty (l)	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Cooked Diced Chicken	Pinto Beans(l)
Vegetable 1/4 c		Shoestring French Fries	Green Beans (A,C,K)	Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Corn
Fruit 1/4 c		Pineapple Tidbits (C)	Diced Pears (C)	Tropical Fruit (C)	Cornbread Muffin (WGR)
Grain/Alternate 1/2 oz eq		Sister Schubert's Roll (WGR)	(Pizza Crust) (WGR)	Brown Rice	
Other/Notes				African American Culture @Chicken Gumbo	
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			Applesauce (C)		Diced Pears (C)
Grain 1/2 oz eq		Mighty Blueberry Muffin (WGR)	Animal Crackers (WGR)	Rice Krispies Cereal	
Meat/Alternate 1/2 oz					Shredded Sharp Cheese
Other/Notes		Water	Water	Water	Water
January WEEK 5					
Meal Pattern	Monday 1/29/24	Tuesday 1/30/24	Wednesday 1/31/24	Thursday 2/1/24	Friday 2/2/24
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)	Orange Wedges (C)	Banana Slices (B6,C)	Tomato Wedges (A, C)	Strawberries Slices (C)
Grain/Alternate 1/2 oz eq	French Toast Sticks (WW)	Toasted English Muffin (WW)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WGR)
Meat/Alternate 1/2 oz eq	Syrup			Gravy, Jelly	Jelly
Other/Notes		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	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Hamburger Steak (CN)	Cooked Diced Chicken	@White Beans with Ham Chunks (l, P)	Chef Boyardee Beef Ravioli (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)
Vegetable 1/4 c	Green Beans (A,C,K)	Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	@Cole Slaw	Green Beans (A,C,K)	Raw Broccoli (A,C)
Fruit 1/4 c	Corn	Pineapple Tidbits (A, C,)		Mixed Fruit (C)	Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Brown Rice	Tomato Wedges (A,C)		(Pizza Crust)
Other/Notes		Serve as @ Chicken Gumbo	Cornbread Muffin (WGR)	Sister Schubert's Roll (WGR)	
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)		Diced Pears (C)		
Grain 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Goldfish Graham Crackers (WGR)		Rice Krispies Cereal	Animal Crackers (WGR)
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	(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.			NO SCHOOL	* Indicates CULTURE FOOD African American	* Indicates Allergy replacement