

UCHRA Van Buren Head Start Menus 2025-2026
October 2025

Week 1 of 5	Monday	Tuesday	Wednesday 10/1	Thursday 10/2	Friday 10/3
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
Fruit/Vegetable/Both 1/2 c			Applesauce (C) with Cinnamon	Strawberries (C)	Tomato Wedges (A,C)
Grain/Alternate/Meat Alternative			French Toast Sticks (WW)	Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit
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
Meat/Alternate 1 1/2 oz eq			Beef Patty (CN)	Tyson WG Chicken Patty (I)	Diced Chicken (CN)
Vegetable 1/4 c (2oz)			Baked French Fries, Romaine Lettuce/Spinach mix	Green Beans (A,C,K)	Mixed Vegetables (A & C)
Fruit 1/4 c (2oz)			Tomato Wedges (A,C)	Strawberries/Pineapples (C)	Tropical Fruit (C)
Grain/Alternate 1/2 oz eq			Bun (WW)	Bun (WW)	Egg Noodles
Other/Notes			Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	Zesta Crackers
			*Serve as Sandwich-Let child assemble	*Serve as Sandwich-Let child assemble	@ Chicken Noodle 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				Tomato Sauce (C)	
Grain 1/2 oz eq			Blueberry Muffin	Mozzarella Cheese Stick	Graham Crackers (WGR)
Meat/Alternate 1/2 oz					
Other/Notes			Water	Water	Water
Week 2 of 5	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
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	Diced Peaches (C)	Applesauce (C) with Cinnamon	Cooked Apple Slices (C)	Orange Wedges (C)	Tomato Wedges (A,C)
Grain/Alternate/Meat Alternative	Rice Chex (WGR)	Pillsbury Mini Pancakes (WW)	Oatmeal	Los Cabos Sausage, Egg, & Cheese Burrito (CN) * English Muffin	Pillsbury Frozen Southern Style Biscuit
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	Chef Boyardee Beef Ravioli (CN) Green Beans (A,C,K), (Tomato sauce A & C)	Tyson WG Chicken Patty (I)	Pepperoni Pizza Turkey Sausage Pizza CN for 1	@White Beans with Ham Chunks (I, P)	Ground Beef
Vegetable 1/4 c (2oz)		French Fries, Lettuce/Tomato	Green Beans (A,C,K)	@ Coleslaw	Mixed Veggies from @ Sheppard's Pie: Mashed Potatoes, Carrots, Peas, Potatoes (A,C)
					Diced Peaches (C)
Fruit 1/4 c (2oz)	Fresh Apple Slices	Pears	Diced pineapples (C)	Diced Peaches (C)	Diced Peaches (C)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Bun (WW)	(Pizza Crust) (WGR)	Cornbread Poppers (WGR)	WW Roll
Other/Notes		Ketchup, Mustard, Mayo	Ranch		*Serve as Shepherd's Pie-
		*Serve as Sandwich-Let child assemble			English Culture
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 (A,C)	Tomato Sauce (C)		Milk (D) *Lactose Free Milk	Bananas (C)
Grain 1/2 oz eq	1/2 Strawberry Cream Cheese Bagels (WGR)	MaxStix (Cheese & Bread) (WGR)	Graham Crackers (WGR)	Blueberry Muffins(WGR)	Graham Crackers (WGR)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
Week 3 of 5	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
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 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
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	Diced Peaches (C)	Orange Wedges (C)	Diced Peaches (C)	Tomato (C)
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)	Oatmeal	Cheese Toast (WW)	Rice Chex(WGR)	Pillsbury Frozen Southern Style Biscuit
Other/Notes	Syrup				Gravy
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 Nuggets (CN Label)	Ground Beef	Turkey & Cheese	@White Beans with Ham Chunks (I, P)	Diced Chicken (CN)
Vegetable 1/4 c (2oz)		Mixed Veggies from @ Sheppard's Pie: Mashed Potatoes, Carrots, Peas, Potatoes (A,C)	Lettuce, Pickles	@ Coleslaw	Mixed Vegetables (A & C)
	Baked French Fries				
Fruit 1/4 c (2oz)	Diced Pears (C)	Diced Peaches (C)	Apple Slices, Tomatoes	Diced Peaches (C)	Tropical Fruit (C)
Grain/Alternate 1/2 oz eq	WW Roll	WW Roll	Wheat Bread (WW), Sun Chips	Cornbread Poppers (WGR)	Zesta Crackers, Egg Noodles
Other/Notes	Ketchup	*Serve as Shepherd's Pie- English Culture	*Serve as a sandwich Mayo, Mustard		@ Chicken Noodle 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		Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Graham Crackers (WGR)		Applesauce (C)
Grain 1/2 oz eq	Scooby Snacks Graham Crackers (WGR)			Blueberry Muffin (WGR)	Graham Crackers (WGR)
Meat/Alternate 1/2 oz			Yogurt (B12, C)		
Other/Notes	Water	Water	Water	Water	Water
Week 5 of 5	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
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	Diced Peaches	Diced Peaches	Mixed Fruit	Banana	Tomato Wedges (A,C)
Grain/Alternate/Meat Alternative	Rice Chex (WGR)	Pillsbury Mini Pancakes (WW)	French Toast Sticks (WW)	Oatmeal	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	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Beef Patty (CN)	Pinto Beans(I)	Ground Beef	High Liner Breaded Fish Nuggets (CN)	Tyson WG Chicken Patty (I)
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 (A,C)	Peas (A,C,K),	French Fries, Lettuce/Tomato
Fruit 1/4 c (2oz)	Diced Pears (C)		Diced Peas (C)	Carrots	Tropical Fruit Cups
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR)	Cornbread Poppers (WGR)	WW Roll	Hush Puppy (WGR)	Sandwich Thins (WW)
			*Serve as Shepherd's Pie-	Ketchup, Ranch	Ketchup, Mustard, Mayo
Other/Notes	Served as Hamburger Steak		English Culture		*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		Tomato Sauce		Yogurt	Applesauce
Grain 1/2 oz eq	Graham Crackers (WGR)	Max Stix		Blueberry Muffin (WGR)	Graham Crackers (WGR)
Meat/Alternate 1/2 oz			Cheerios		
Other/Notes	Water	Water	Water	Water	Water
@= Recipe in recipe book Substitutions will be made in accordance with individually identified needs.	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	NO SCHOOL	* Indicates CULTURE FOOD English	* Indicates Allergy replacement