

UCHRA Van Buren Head Start Menus September 2025					
SEPTEMBER WEEK 1					
Meal Pattern	Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5
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)	Applesauce with Cinnamon (C)	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative		Oatmeal (WGR)	Toasted English Muffin (WW)	French Toast Sticks (WW)	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes			Jelly	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
Meat/Alternate 1 1/2 oz eq		Chef Boyardee Beef Ravioli (CN)	Tony's Pizza Pepperoni and cheese(CN Label) *Hamburger Patty	Ground Beef (P) (CN)	@White Beans with Ham Chunks (I, P) *Tyson WG Chicken Patty (I)
Vegetable 1/4 c (2oz)		Green Beans (A,C,K), (Tomato sauce A,C)	Corn (A,C), Tomato Wedges (A,C) in Tossed salad :	Carrots (C), Tomato Sauce	Tomato Wedges (A,C)
Fruit 1/4 c (2oz)		Pears (C)	Shredded carrots & mixed greens	Pineapple Tidbits (C)	Tropical Fruit Cup (C, K)
Grain/Alternate 1/2 oz eq		Sister Schubert's Roll (WGR)	(Pizza Crust) *Bun WW	Spaghetti Noodles (WW)	Cornbread Muffin (WGR)
Other/Notes					
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 Juice (C)	
Grain/Alternate 1/2 oz eq		Honey Graham Crackers (WG)	Cinnamon Grahams (WGR)	MaxStix (Cheese & Bread) (WGR)	Rice Krispies Cereal
Meat/Alternate 1/2 oz		Yogurt (B12, C)			
Other/Notes		Water	Water	Water	Water
SEPTEMBER WEEK 2					
Meal Pattern	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
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 with Cinnamon (C)	Strawberries Slices (C)	Banana Slices (B6,C)	Orange Wedges (C)	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative 1/2 oz eq	French Toast Sticks (WW)	Oatmeal (WGR)	Cheerios Cereal (WGR)	Toasted English Muffin (WW)	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes	Syrup			Jelly	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	Tyson WG Chicken Patty (I)	Ground Beef	Tony's Pizza Pepperoni and cheese(CN Label) *Chicken Nugget	Pinto Beans(I)	Ground Beef
Vegetable 1/4 c	French Fries	@ Cabbage Stew, Diced Tomatoes, Carrots	Corn (A,C), Green Beans	Turnip Greens (A,C)	Tomato Wedges (A,C) in Tossed salad, Tomato Sauce
Fruit 1/4 c	Pineapple Tidbits (C)	Tropical Fruit (C, K)		Corn (E,K)	Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Cornbread Muffin (WGR)	(Pizza Crust) *Sister Shubert Roll WW	Cornbread Muffin (WGR)	Spaghetti Noodles (WW)
Other/Notes		*Serve as Ground Beef & Cabbage Stew *Stew- Russia	Ranch		Parmesan Cheese, *Serve as @Spaghetti
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			Pears (C)		Tomato Juice (C)
Grain/Alternate 1/2 oz eq	Cinnamon Grahams (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)		Blueberry Muffin (WGR)	MaxStix (Cheese & Bread) (WGR)
Meat/Alternate 1/2 oz	Yogurt (B12, C)		Shredded Sharp Cheese		
Other/Notes	Water	Water	Water	Water	Water
SEPTEMBER WEEK 3					
Meal Pattern	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
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)	Applesauce (C)	Tomato wedges (A,C)	Banana Slices (B6,C)	Applesauce with Cinnamon (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin WW	Pillsbury Mini Pancakes (WW)	Pillsbury Frozen Southern Style Biscuit	Cheerios Cereal (WGR)	French Toast Sticks (WW)
Other/Notes		Syrup	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	High Liner Breaded Fish Fries (CN)	Hamburger Patty	Tony's Pizza Pepperoni and cheese(CN Label) *Chicken Nugget	@White Beans with Ham Chunks (I, P) *Tyson WG Chicken Patty (I)	Hormel Oven Roasted Turkey & Cheese(CN)
Vegetable 1/4 c	Raw Broccoli (A,C)	Mashed Potatoes, Green Beans	Green Beans (A,C,K)	@Cole Slaw	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C
Fruit 1/4 c	Tropical Fruit (C)		Tropical Fruit (C)	Tomato Wedges (A,C)	Diced Pears (C)
Grain/Alternate 1/2 oz eq	Hushpuppie (WGR)	Sister Schubert's Roll (WGR)	(Pizza Crust) (WGR)	Cornbread Muffin (WGR)	Wheat Bread (WW)
Other/Notes	Ranch				*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		Tomato Sauce (C)	Pineapple Tidbits (C)		
Grain/Alternate 1/2 oz eq	Rice Krispies Cereal	Mozzarella Cheese Stick	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Cinnamon Grahams (WGR)	Honey Graham Crackers (WG)
Meat/Alternate 1/2 oz				Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	Water
SEPTEMBER WEEK 4					
Meal Pattern	Monday 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26
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	Cooked Apple Slices (C)	Banana Slices (B6,C)	Orange Wedges (C)	Diced Pears (C)	Tomato wedges (A,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen SS Biscuits (WGR)	Cheerios Cereal (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit
Other/Notes			Jelly	Jelly	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	Tyson WG Chicken Patty (I)	Ground Beef	Hamburger Patty	Pinto Beans(I)	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza
Vegetable 1/4 c	French Fries	@ Cabbage Stew, Diced Tomatoes, Carrots	Mashed Potatoes	Turnip Greens (A,C)	Green Beans (A,C,K)
Fruit 1/4 c	Pears (C)	Tropical Fruit (C, K)	Tropical Fruit (C, K)	Corn (E,K)	Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)	(Pizza Crust) (WGR)
Other/Notes		*Serve as Ground Beef & Cabbage Stew *Stew- Russia	Ketchup		Ranch
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)	Honey Graham Crackers (WG)		Tomato Sauce (C)	
Grain 1/2 oz eq	1/2 Pillsbury Bagel (WW)	Yogurt (B12, C)	Blueberry Muffin (WGR)	MaxStix (Cheese & Bread) (WGR)	Rice Krispies Cereal
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
SEPTEMBER WEEK 5					
Meal Pattern	Monday 9/29	Tuesday 9/30	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	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)			
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit			
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			
Meat/Alternate 1 1/2 oz eq	Ground Beef	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza			
Vegetable 1/4 c	Tomato Wedges (A,C) in Tossed salad, Tomato Sauce	Green Beans (A,C,K)			
Fruit 1/4 c	Pineapple Tidbits (C)	Pineapple Tidbits (C)			
Grain/Alternate 1/2 oz eq	Spaghetti Noodles (WW)	(Pizza Crust) (WGR)			
Other/Notes	Parmesan Cheese, *Serve as @Spaghetti	Ranch			
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					
Fruit/Vegetable 1/2 c		Pears (C)			
Grain 1/2 oz eq	Cinnamon Grahams (WGR)				
Meat/Alternate 1/2 oz	Yogurt (B12, C)	Shredded Sharp Cheese			
Other/Notes	Water	Water			
@= Recipe in recipe book WW=Whole Wheat or 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.					
*Indicates Food From Around the World No School *Allergy Substitute					