

UCHRA Van Buren Head Start Menu November 2025					
Week 1 of 5	Monday 11/3	Tuesday 11/4	Wednesday 11/5	Thursday 11/6	Friday 11/7
Meal Pattern	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 Apples (C) with Cinnamon	Bananas (C)	Hashbrowns (A,C)	Strawberries (C)	Orange (C)
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	Pillsbury Mini Pancakes (WW)	Pillsbury Frozen Southern Style Biscuit	Oatmeal (WG)	Cheerios Cereal (WGR)
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	Tony's Pizza Pepperoni and cheese(CN Label) Turkey Sausage Pizza	Ground Beef	Pinto Beans(I)	Beef Patty (CN)	Chicken Tenders (CN)
Vegetable 1/4 c (2oz)	Corn (A,C) Green Beans (A,C,K)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	(Corn (E,K) & Red Peppers)	Baked French Fries Romaine Lettuce/Spinach mix	Peas (A,C)
Fruit 1/4 c (2oz)		Pineapple Tidbits (C)	Mixed Fruit (C)	Tomato Wedges (A,C)	Apple Slices (C)
Grain/Alternate 1/2 oz eq	(Pizza Crust)	(Burrito wrap)	Cornbread Poppers (WGR)	Ultra Bun (WW)	Sister Schubert's Roll (WGR)
Other/Notes	Ranch	Ketchup, Salsa, Shredded Sharp Cheese	Serve as @ Pinto Bean Corn Soup Native American Culture	Ketchup, Mustard, Mayo *Serve as Sandwich-Let child assemble	Ketchup
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/Vegetable/Both 1/2 c		Tomato Sauce (C)(A)(B)		Diced Pears (C)	
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)		Rice Chex (WGR)		Graham crackers (WGR)
Meat/Alternate 1/2 oz		Mozzarella Cheese Stick		Shredded Sharp Cheese	Yogurt
Other/Notes	Water	Water	Water	Water	Water
Week 2 of 5	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Meal Pattern	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			Hashbrowns (A,C)	Banana Slices (B6,C)	Tomato wedges (A,C)
Grain/Alternate/Meat Alternative	No School Snow Day	No School Veterans Day	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin/Jelly	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	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq			High Liner Breaded Fish Fillet (CN)	Pinto Beans(I)	@White Beans with Ham Chunks (LP)
Vegetable 1/4 c (2oz)			Raw Broccoli (A,C)	(Corn (E,K) & Red Peppers)	@ Coleslaw
Fruit 1/4 c (2oz)			Pears (C)	Apple Slices (C)	Diced Peaches (C)
Grain/Alternate 1/2 oz eq			Hushpuppies (WGR)	Cornbread Poppers (WGR)	Cornbread Poppers (WGR)
Other/Notes			Ranch, Ketchup	Serve as @ Pinto Bean Corn Soup Native American Culture	
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/Vegetable/Both 1/2 c				Diced Peaches (C)	
Grain 1/2 oz eq			Blueberry Muffin (WGR)	Graham crackers (WGR)	Teddy Grahams (WGR)
Meat/Alternate 1/2 oz					
Other/Notes			Water	Water	Water
Week 3 of 5	Monday 11/17	Tuesday 11/18	Wednesday 11/29	Thursday 11/20	Friday 11/21
Meal Pattern	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)	Peaches (C)	Applesauce (C)	Orange Wedges (C)	Cooked Apples (C) with Cinnamon
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	Oatmeal (WGR)	French Toast Sticks (WW)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) * English Muffin	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	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(I)	Chef Boyardee Beef Ravioli (CN)	Turkey w/ Gravy	Ground beef	Beef Patty (CN)
Vegetable 1/4 c (2oz)	(Corn (E,K) & Red Peppers)	Green Beans (A,C,K) (Tomato sauce A & C)	Green Beans, Mashed Potatoes	Mixed Vegetables (A & C)	Tomato Wedges (A,C)
Fruit 1/4 c (2oz)	Peaches (C)	Pears (C)	Cranberry Sauce	Tomato Sauce, Diced Tomatoes	Romaine Lettuce
Grain/Alternate 1/2 oz eq		Sister Schubert's Roll (WGR)	Sister Schubert's Roll (WGR)	Whole Wheat Toast/Cheese	Peaches (C)
Other/Notes	Cornbread Poppers (WGR) Serve as @ Pinto Bean Corn Soup Native American Culture		Dressing, Apple Crisp/Vanilla Ice Cream	@ Vegetable Beef Soup	Ultra Bun (WW) Ranch, Mustard, Mayo
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	*Serve as Sandwich-Let child assemble
Milk/Fluid 1/2 c		1% Milk (D) *Lactose Free Milk			Snack
Fruit/Vegetable/Both 1/2 c	Applesauce (C)		Tomato Sauce (C)(A)(B)	Pineapple Tidbits (A,C)	1% Milk (D) *Lactose Free Milk
Grain 1/2 oz eq	Graham Crackers (WGR)	Blueberry Muffin (WGR)		1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Rice Chex (WGR)
Meat/Alternate 1/2 oz			Mozzarella Cheese Stick		
Other/Notes	Water	Water	Water	Water	Water
Week 4 of 5	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable/Both 1/2 c	Tomato wedges (A,C)				
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
Other/Notes	Gravy, Jelly				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Meat/Alternate 1 1/2 oz eq	Chef Boyardee Beef Ravioli (CN)				
	Green Beans (A,C,K)				
Vegetable 1/4 c (2oz)	(Tomato sauce A & C)				
Fruit 1/4 c (2oz)	Pears (C)				
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)				
Other/Notes					
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable/Both 1/2 c					
Grain 1/2 oz eq	Blueberry Muffin (WGR)				
Meat/Alternate 1/2 oz					
Other/Notes	Water				
Week 5 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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 (2 of 5 components)	Snack (2 of 5 components)	Snack (2 of 5 components)	Snack (2 of 5 components)	Snack (2 of 5 components)
Milk/Fluid 1/2 c					
Fruit/Vegetable/Both 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 Native American	* Indicates Allergy replacement