

UCHRA Van Buren Head Start Menu Dec 2025					
Week 1 of 5	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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	Pineapple Tidbits (C)	Banana	Orange Wedges (C)	Tomato Wedges (A,C)	Orange Wedges (C)
Grain/Alternate/Meat	Pillsbury Mini Pancakes (WW)	Cheerios	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	Los Cabos Sausage, Egg, & Cheese Burrito (CN)
Alternative 1/2 oz.	Syrup		Jelly	Gravy, Jelly	
Other/Notes					
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	Beef Patty (CN)	Chef Boyardee Beef Ravioli (CN)	@White Beans with Ham Chunks (I,P)	Turkey (CN)
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)	Baked French Fries, Lettuce	Green Beans (A,C,K), (Tomato sauce)	@ Coleslaw	Lettuce
Fruit 1/4 c (2oz)	Pears (C)	Tomato Wedges (A,C)	(Tomato sauce A & C), Pears (C)	Diced Peaches (C)	Pineapple Tidbits (C), Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	(Pizza Crust)	Ultra Bun (WW)		Cornbread Poppers (WGR)	Wheat Bread (WW), Sun Chips
Other/Notes		Ketchup, Mustard, Mayo	Sister's Schubert's Roll (WGR)		Ketchup, Mustard, Mayo
		*Serve as Sandwich-Let child assemble			*Serve as sandwich
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		Diced Peaches (C)	Pineapple Tidbits (A,C)	Applesauce (C)	
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)	Graham Crackers (WGR)		Graham Crackers (WGR)	Rice Chex
Meat/Alternate 1/2 oz			1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)		
Other/Notes	Water	Water	Water		Water
Week 2 of 5	Monday 12/8	Tuesday 12/9	Wednesday 12/10	Thursday 12/11	Friday 12/12
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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)	Applesauce (C)	Diced Peaches (C)	Pears (C)
Grain/Alternate/Meat	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	French Toast Sticks (WGR)	Oatmeal (WGR)	Pillsbury Mini Pancakes (WW)
Alternative	Jelly	Gravy, Jelly	Syrup/Sausage		Syrup
Other/Notes					
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)	Tony's Pizza Pepperoni and cheese(CN Label) Turkey Sausage Pizza	Chicken (CN)	Fish Nuggets (CN)	Turkey (CN)
Vegetable 1/4 c (2oz)	Baked French Fries, Lettuce	Green Beans (A,C,K)	Mashed Potatoes, @ Coleslaw	Crinkle Fries, Peas (A,C)	Lettuce
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Corn (A,C)			Apple Slices (C), Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	(Pizza Crust)	Pillsbury Frozen Southern Style Biscuit	Sister's Schubert's Roll (WGR)	Wheat Bread (WW)
Other/Notes	Ketchup, Mustard, Mayo	Ranch			Ketchup, Mustard, Mayo, Potato Chips
	*Serve as Sandwich-Let child assemble		Japanese		*Serve as sandwich
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 (A,C)	
Grain 1/2 oz eq	Graham Crackers (WGR)	Rice Chex	MaxStix (Cheese & Bread) (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Blueberry Muffin (WGR)
Meat/Alternate 1/2 oz	Yogurt (B12, C)				
Other/Notes	Water	Water	Water	Water	Water
Week 3 of 5	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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	Cooked Apple Slices (C)	Orange Wedges (C)	Tomato Wedges (A,C)	NO SCHOOL	NO SCHOOL
Grain/Alternate/Meat	Pillsbury Frozen Southern Style Biscuit (WGR)	(WW) Toast w/Cheese	Pillsbury Frozen Southern Style Biscuit (WGR)		
Alternative			Gravy, Jelly		
Other/Notes					
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	Ground Beef (CN Label)	Tony's Pizza Pepperoni and cheese(CN Label) Turkey Sausage Pizza	Chicken (CN)		
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)	Green Beans (A,C,K)			
Fruit 1/4 c (2oz)	Pears (C)	Lettuce	Mashed Potatoes		
Grain/Alternate 1/2 oz eq	Spaghetti Noodles (WW)	(Pizza Crust)	@ Coleslaw		
Other/Notes	Tomato Sauce, Parmesean Chees	Ranch Dressing, Shredded Cheese	Pillsbury Frozen Southern Style Biscuit		
	*Serve as @Spaghetti		Japanese		
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)			
Grain 1/2 oz eq	Graham crackers		Rice Chex		
Meat/Alternate 1/2 oz		1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)			
Other/Notes	Water	Water	Water		
Week 4 of 5	Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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 (2 of 4 components)	Snack (2 of 4 components)	Snack (2 of 4 components)	Snack (2 of 4 components)	Snack (2 of 4 components)
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 12/29	Tuesday 12/30	Wednesday 12/31		
Meal Pattern	Breakfast	Breakfast	Breakfast		
Breakfast	Breakfast	Breakfast	Breakfast		
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c	NO SCHOOL	NO SCHOOL	NO SCHOOL		
Grain/Alternate/Meat					
Alternative					
Other/Notes					
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 (2 of 4 components)	Snack (2 of 4 components)	Snack (2 of 4 components)		
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 need	*Soy Milk Sub for Allergy/Intolerance	NO SCHOOL	* Indicates Food from around the world	* Indicates Allergy replacement	