

VanBuren Head Start August 2025						
Phase-In Week						
Week 1 of 5	Monday 7/28	Tuesday 7/29	Wednesday 7/30	Thursday 7/31	Friday 8/1	
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	Banana Slices (B6,C)	Banana Slices (B6,C)	Banana Slices (B6,C)	Banana Slices (B6,C)	Banana Slices (B6,C)	
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)	Cheerios Cereal (WGR)	
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	Hormel Oven Roasted Turkey & Cheese(CN)	Hormel Oven Roasted Turkey & Cheese(CN)	Hormel Oven Roasted Turkey & Cheese(CN)	Hormel Oven Roasted Turkey & Cheese(CN)	Hormel Oven Roasted Turkey & Cheese(CN)	
Vegetable 1/4 c (2oz)	Iceburg Lettuce	Iceburg Lettuce	Iceburg Lettuce	Iceburg Lettuce	Iceburg Lettuce	
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	
	Diced Peaches (C)	Diced Peaches (C)	Diced Peaches (C)	Diced Peaches (C)	Diced Peaches (C)	
Grain/Alternate 1/2 oz eq	Wheat Bread (WW)	Wheat Bread (WW)	Wheat Bread (WW)	Wheat Bread (WW)	Wheat Bread (WW)	
Other/Notes	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo	
	*Serve as a sandwich	*Serve as a sandwich	*Serve as a sandwich	*Serve as a sandwich	*Serve as a 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	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	
Fruit/Vegetable 1/2 c						
Grain 1/2 oz eq	Honey Graham Crackers (WG)	Honey Graham Crackers (WG)	Honey Graham Crackers (WG)	Honey Graham Crackers (WG)	Honey Graham Crackers (WG)	
Meat/Alternate 1/2 oz						
Other/Notes						
Week 2 of 5	Monday 8/4	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8	
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)	Diced Peaches (C)	Diced Peaches (C)	Banana Slices (B6,C)	Strawberries Slices (C)	
Grain/Alternate/Meat Alternative	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	Pillsbury Mini Pancakes (WW)	Cheerios Cereal (WGR)	Oatmeal (WGR)	
Other/Notes	Jelly	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	Ground Beef (CN Label)	Pinto Beans(I)	High Liner Breaded Fish Fries (CN)	Beef Patty (CN)	Chef Boyardee Beef Ravioli (CN)	
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C)	Turnip Greens (A,C), Corn (E,K)	Raw Broccoli (A,C)	Baked French Fries	Green Beans (A,C,K)	
Fruit 1/4 c (2oz)	Iceburg Lettuce		Tropical Fruit (C)	Tomato Wedges (A,C)	Pears (C) , (Tomato sauce A & C)	
	Pears (C)			Iceburg Lettuce		
Grain/Alternate 1/2 oz eq	Spaghetti Noodles (WW)	Cornbread Muffin (WGR)	Hushpuppie (WGR)	Ultra Bun (WW)	Sister's Schubert's Roll (WGR)	
Other/Notes	Parmesan Cheese	Ketchup, Mustard, Mayo	Ranch	Ketchup, Mustard, Mayo		
	*Serve as @Spaghetti			*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		Pineapple Tidbits (A,C)		Pears (C)		
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Honey Graham Crackers (WG)		Animal Crackers (WGR)	
Meat/Alternate 1/2 oz				Shredded Sharp Cheese	Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	Water	
Week 3 of 5	Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15	
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	Applesauce (C)	Banana	Orange Wedges (C)	Blueberries (F)(C)(K)	Tomato wedges (A,C)	
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)	Kellogg Rice Krispies Cereal	Toasted English Muffin (WW)	Oatmeal (WGR)	Pillsbury Frozen Southern Style Biscuit	
Other/Notes	Syrup		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	Chicken Fillet (I, Z) (CN)	Pinto Beans(I)	Tony's Pizza Pepperoni and cheese(CN Label)	Beef Patty (CN)	@ Vegetable Soup with ground beef	
Vegetable 1/4 c (2oz)	Raw Broccoli (A,C)	Turnip Greens (A,C) Baked Squash	Corn (E,K)	Iceburg Lettuce	Mixed Vegetables (A & C)	
	Iceburg Lettuce	Corn (E,K)	Green Beans (A,C,K)	Pickles		
Fruit 1/4 c (2oz)	Tomato Slices (A,C)		Pears (C)	Diced Peaches (C),Tomato Slices (A,C)	Pineapple Tidbits (C)	
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	Cornbread Muffin (WGR)	(Pizza Crust) (WW)	Ultra Bun (WW)	Lance Saltines (WW)	
Other/Notes	Ranch, Mustard, Mayo		Ranch	Ranch, Mustard, Mayo		
	*Serve as Sandwich-Let child assemble		Italian	*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		Pineapple Tidbits (C)	Applesauce (C)	Pears (C)		
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Honey Graham Crackers (WG)		Rice Krispies Cereal	
Meat/Alternate 1/2 oz				Shredded Sharp Cheese		
Other/Notes	Water	Water	Water	Water	Water	
Week 4 of 5	Monday 8/18	Tuesday 8/19	Wednesday 8/20	Thursday 8/21	Friday 8/22	
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	Diced Peaches(C)	Banana Slices (B6,C)	Tomato wedges (A,C)	Diced Peaches(C)	Apple Slices (C)	
Grain/Alternate/Meat Alternative	Cream of Wheat(C)	Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit	Cheerios (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *Toasted English Muffin (WW)	
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	Chicken Patty (CN)	@ Vegetable Soup with ground beef	@White Beans with Ham Chunks (I,P)	Tony's Pizza Pepperoni and cheese(CN Label)	High Liner Breaded Fish Fries (CN)	
Vegetable 1/4 c (2oz)	Baked French Fries, Romaine Lettuce/Tomato Wedges (A,C)	Mixed Vegetables (A & C)	@ Coleslaw	Corn (E,K), Green Beans (A,C,K)	Raw Broccoli (A,C), @ Coleslaw	
Fruit 1/4 c (2oz)	Diced Pears (C)	Apple Slices				
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	Lance Saltines (WW)	Sister's Schubert's Roll (WGR)	(Pizza Crust) (WW)	Hushpuppie (WGR)	
Other/Notes	Ranch, Mustard, Mayo, Ketchup			Ranch	Ranch	
	*Serve as Sandwich-Let child assemble			Italian		
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	Apple Slices (C)		Cherry Smooth & Good	Cherry Smooth & Good	Tomato Juice (C)	
Grain 1/2 oz eq	Honey Graham Crackers (WG)	Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)		Mozzerella Sticks (WGR)	
Meat/Alternate 1/2 oz				Emjoi Crackers		
Other/Notes	Water	Water	Water	Water	Water	
Week 5 of 5	Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	
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	Banana Slices (B6,C)	Orange Wedges (C)	Applesauce (C) with Cinnamon	Fruit Salad (C)		
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)	Toasted English Muffin (WW)	Pillsbury Mini Pancakes (WW)	Cream of Wheat(C)	No School	
Other/Notes		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	Ground Beef (P) (CN)	Pinto Beans(I)	Chef Boyardee Beef Ravioli (CN)	Chicken Patty (CN)		
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C) in Tossed salad, Tomato Sauce	@ Coleslaw	Green Beans (A,C,K)	Baked French Fries		
	Ice Berg Lettuce	Corn (E,K)	(Tomato sauce A & C)	Romaine Lettuce/Tomato Wedges (A,C)		
Fruit 1/4 c (2oz)	Pineapple Tidbits (C)		Pears (C)	Apples (C)		
Grain/Alternate 1/2 oz eq	Spaghetti Noodles (WW)	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)	Ultra Bun (WW)		
Other/Notes	Parmesean Cheese, *Serve as @Spaghetti					
	Ranch			Ranch, Mustard, Mayo		
				*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		Pineapple Tidbits (C)				
Grain 1/2 oz eq	Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Rice Chex (WGR)	Honey Graham Crackers (WG)	No School	
Meat/Alternate 1/2 oz				Yogurt (B12, C)		
Other/Notes	Water	Water	Water	Water		
@= 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 Food From Around the World	
					* Indicates Allergy replacement	