

Van Buren Head Start January 2026					
January WEEK 1					
Meal Pattern	Monday	Tuesday	Wednesday 1/1/25	Thursday 1/1/26	Friday 1/2/26
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 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					
Fruit/Vegetable 1/2 c					
Grain/Alternate 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					
January WEEK 2					
Meal Pattern	Monday 1/5/26	Tuesday 1/6/26	Wednesday 1/7/26	Thursday 1/8/26	Friday1/9/26
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	Pineapple Tidbits (C)	Tomato Wedges (A,C)	Orange Wedges (C)	Diced Peaches	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Mini Pancakes (WW)	Pillsbury Frozen Southern Style Biscuit	Toasted English Muffin (WW)	Oatmeal	Cheerios Cereal (WGR)
Other/Notes	Syrup	Gravy, Jelly	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	Cooked Diced Chicken	Beef Patty (CN)	Pinto Beans(I)	Fish Nuggets (CN)
Vegetable 1/4 c	Green Beans (A,C,K)	Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Baked French Fries, Lettuce	Corn (A,C), Turnip Greens (A,C)	Crinkle Fries, Peas (A,C)
Fruit 1/4 c	Pears (C)	Pears (C)	Tomato Wedges (A,C)		
Grain/Alternate 1/2 oz eq	(Pizza Crust)	Brown Rice	Ultra Bun (WW)	Cornbread Poppers (WGR)	Sister's Schubert's Roll (WGR)
Other/Notes		Serve as @ Chicken Gumbo	Ketchup, Mustard, Mayo		
		African American	*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)	Tomato Sauce (C)	Pears (C)	
Grain/Alternate 1/2 oz eq		1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Mozzerella Sticks (WGR)		Graham crackers
Meat/Alternate 1/2 oz	Mighty Blueberry Muffin (WGR)			Shredded Sharp Cheese	
Other/Notes	Water	Water	Water	Water	Water
January WEEK 3					
Meal Pattern	Monday 1/12/26	Tuesday 1/13/26	Wednesday 1/14/26	Thursday 1/15/26	Friday 1/16/26
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	Pineapple Tidbits (C)	Banana	Orange Wedges (C)	Tomato Wedges (A,C)	Orange Wedges (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Mini Pancakes (WW)	Cheerios	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin
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	@Ground Beef (P) (I), Sliced Cheese for cheese toast	Cooked Diced Chicken	Tony's Pizza Pepperoni and cheese(CN Label) Turkey Sausage Pizza	@Ground Beef Chili with Beans (P) (I)	@White Beans with Ham Chunks (I,P)
Vegetable 1/4 c	Mixed Vegetables	Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Green Beans (A,C,K)	Beans in Chili (I)	Mashed Potatoes
Fruit 1/4 c	Pineapple Tidbits (C), Tomato Wedges (A,C)	Pears (C)	Diced Peaches	Mixed Fruit Cup, Tomatoes (A,C)	@Cole Slaw
Grain/Alternate 1/2 oz eq	Wheat Bread (WW), Zesta Crackers	Brown Rice	(Pizza Crust)	Zesta Crackers	Cornbread Popper (WGR)
Other/Notes	*Serve as Vegetable Beef Soup	Serve as @ Chicken Gumbo		Shredded Sharp Cheese	
		African American		* Serve as Chili	
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	Applesauce (C)			Tomato Sauce (C)	
Grain/Alternate 1/2 oz eq	Graham Crackers (WGR)	Mighty Blueberry Muffin (WGR)	Animal Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)	Rice Chex
Meat/Alternate 1/2 oz			Yogurt (B12, C)		
Other/Notes	Water	Water	Water	Water	Water
January WEEK 4					
Meal Pattern	Monday 1/19/26	Tuesday 1/20/26	Wednesday 1/21/26	Thursday 1/22/26	Friday 1/23/26
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
Fruit/Vegetable/Both 1/2 c		Orange Wedges (C)	Strawberries Slices (C)	Banana	Tomato wedges (A,C)
Grain/Alternate/Meat Alternative 1/2 oz eq		Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin	Oatmeal (WGR)	Cheerios	Pillsbury Frozen Southern Style Biscuit (WGR)
Other/Notes					Gravy, Sausage 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
Meat/Alternate 1 1/2 oz eq		Cooked Diced Chicken	Beef Patty (CN)	Ground Beef (CN Label)	@Ground Beef (P) (I), Sliced Cheese for cheese toast
Vegetable 1/4 c		Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Baked French Fries	Green Beans (A,C,K)	Mixed Vegetables
Fruit 1/4 c		Pears (C)	Romaine Lettuce/Tomato Wedges	Pears (C)	Pineapple Tidbits (C), Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq		Brown Rice	Ultra Bun (WW)	Spaghetti Noodles (WW)	Wheat Bread (WW), Zesta Crackers
Other/Notes		Serve as @ Chicken Gumbo, African American	Ketchup, Mustard, Mayo, *Serve as Sandwich-Let child assemble	Tomato Sauce, Parmesean Cheese *Serve as @Spaghetti	*Serve as Vegetable Beef 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		Rice Chex	MaxStix (Cheese & Bread) (WGR)	Mighty Blueberry Muffin (WGR)	Animal Crackers (WGR)
Meat/Alternate 1/2 oz					Yogurt (B12, C)
Other/Notes		Water	Water	Water	Water
January WEEK 5					
Meal Pattern	Monday 1/26/26	Tuesday 1/27/26	Wednesday 1/28/26	Thursday 1/29/26	Friday 1/30/26
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	Applesauce (C)	Orange Wedges (C)	Banana Slices (B6,C)	Tomato Wedges (A, C)	Strawberries Slices (C)
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WGR)
Other/Notes		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	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Cooked Diced Chicken	Chef Boyardee Beef Ravioli (CN)	Pinto Beans(I)	@Ground Beef Chili with Beans (P) (I)
Vegetable 1/4 c		Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Green Beans (A,C,K)	Corn (A,C), Turnip Greens (A,C)	(Tomatoes (A,C), Beans in Chili (I)
Fruit 1/4 c	Diced Pears (C)	Pineapple Tidbits (A, C,)	Mixed Fruit (C)		Pears (C)
Grain/Alternate 1/2 oz eq	(Pizza Crust) (WGR)	Brown Rice		Cornbread Poppers (WGR)	Zesta Crackers
Other/Notes		Serve as @ Chicken Gumbo	Sister Schubert's Roll (WGR)		Shredded Sharp Cheese
		African American	(Tomato sauce A,C)		* Serve as Chili
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)				Applesauce (C)
Grain 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Mighty Blueberry Muffin (WGR)	Animal Crackers (WGR)	Rice Chex Cereal	Graham Crackers (WGR)
Meat/Alternate 1/2 oz			Yogurt (B12, C)		
Other/Notes	Water	Water	Water	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.			NO SCHOOL	*Food From Around the World	* Indicates Allergy replacement