

Van Buren Head Start February 2026 Menu					
February WEEK 1	Monday 2/2/26	Tuesday 2/3/26	Wednesday 2/4/26	Thursday 2/5/26	Friday 2/6/26
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	Applesauce (C)	Strawberries Slices (C)	Banana Slices (B6,C)	Tomato Wedges (A, C)	Oranges (C)
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)	Oatmeal	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin
Other/Notes	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	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Hamburger Patty (CN)	@ Orange Chicken	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza	Pinto Beans(l)	Ground Beef
Vegetable 1/4 c (2oz)	French Fries, Romaine Lettuce/Spinach mix	Mixed Green Peas & Carrots	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Corn (C)	Green Beans (A,C,K)
Fruit 1/4 c (2oz)	Pears (C)	Tropical Fruit (C)	Pineapple Tidbits (C)	Turnip Greens (A,C)	Pears (C)
Grain/Alternate 1/2 oz eq	(WW) Buns	WG Rice	(Pizza Crust) WGR	WGR Cornbread Muffiin	Spaghetti Noodles (WW)
Other/Notes	Ketchup, Mustard, Mayo *Serve as a sandwich	*Serve as Orange Chicken Asian Culture	Ranch Dressing		Tomato Sauce, Parmesean 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)			
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WGR)		MaxStix (Bread) (WGR) (CN)	Animal Crackers (WGR)	Rice Krispies
Meat/Alternate 1/2 oz		Shredded Sharp Cheese	(Cheese)	Yogurt (B12, C)	
Other/Notes	Water	Water	Water, Marinara Cup	Water	Water
February WEEK 2	Monday 2/10/25	Tuesday 2/11/25	Wednesday 2/12/25	Thursday 2/13/25	Friday 2/14/25
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	Pineapple Tidbits (C)	Applesauce (C)	Banana Half (B6,C)	Cooked Apples	Oranges
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Mini Pancakes (WW)	French Toast Sticks (WW)	Rice Chex Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	English Muffin
Other/Notes	Syrup	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	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli (CN)	@ Orange Chicken	High Liner Fish Pollock Strip (CN)	Tony's Pizza Pepperoni and cheese(CN Label) Turkey Sausage Pizza
Vegetable 1/4 c	@Coleslaw	Green Beans (A,C,K)	Mixed Green Peas & Carrots	Peas (C)	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)
Fruit 1/4 c	Tropical Fruit (C)	Pineapple Tidbits (C)	Tropical Fruit (C)	Tropical Fruit (C)	Pears (C)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Sister Schubert's Roll (WGR)	WG Rice	Hushpuppie (WGR)	(Pizza Crust) WGR
Other/Notes		(Tomato sauce A,C)	*Serve as Orange Chicken Asian Culture	Ranch, Ketchup	Ranch Dressing
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/Alternate 1/2 oz eq	Blueberry Muffin (WG)	Animal Crackers (WGR)	Lance Crackers (WG)	Cheerios	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)
Meat/Alternate 1/2 oz		Yogurt (B12, C)	String Cheese		
Other/Notes	Water	Water	Water	Water	Water
February WEEK 3	Monday 2/17/25	Tuesday 2/18/25	Wednesday 2/19/25	Thursday 2/20/25	Friday 2/21/25
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		Applesauce (C)		Banana Slices (B6,C)	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative 1/2 oz eq		French Toast Sticks (WW)		Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes		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
Meat/Alternate 1 1/2 oz eq	No School Presidents' Day	@ Orange Chicken	No School Professional Development Day	Natural Choice Turkey & Cheese	Tony's Pizza Pepperoni and cheese(CN Label) Turkey Sausage Pizza
Vegetable 1/4 c		Mixed Green Peas & Carrots		Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)
Fruit 1/4 c		Tropical Fruit (C)		Pineapple Tidbits (A,C)	Orange Wedges (C)
Grain/Alternate 1/2 oz eq		WG Rice		WW Bun	(Pizza Crust) WGR
Other/Notes		*Serve as Orange Chicken Asian Culture		Ketchup, Mayo, Mustard *Serve as Hoagie	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					
Grain/Alternate 1/2 oz eq		Blueberry Muffin (WGR)		Graham Crackers (WGR)	
Meat/Alternate 1/2 oz				Yogurt (B12, C)	Rice Krispies
Other/Notes		Water		Water	Water
February WEEK 4	Monday 2/24/25	Tuesday 2/25/25	Wednesday 2/26/25	Thursday 2/27/25	Friday 2/28/25
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)	Oranges (C)	Banana Slices (B6,C)	Strawberries Slices (C)	Orange Wedges (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen SS Biscuits (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin	Cheerios Cereal (WGR)	Oatmeal (WGR)	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	Tyson WG Chicken Patty (CN)	@White Beans with Ham Chunks (I,P)	Hamburger Patty (CN)	@ Orange Chicken	Fish Nuggets (CN)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix, French Fries	@Coleslaw	Romaine Lettuce/Spinach mix, French Fries	Mixed Green Peas & Carrots	Peas (C)
Fruit 1/4 c	Pineapple Tidbits (C)	Tropical Fruit Cups (C)	Pears (C)	Diced Peaches	Diced Peaches (C)
Grain/Alternate 1/2 oz eq	WW Bun	Sister Schubert's Roll (WGR)	(WW) Buns	WG Rice	Hushpuppie (WGR)
Other/Notes	Ketchup, Mustard, Mayo		Ketchup, Mustard, Mayo *Serve as a sandwich	*Serve as Orange Chicken Asian Culture	Ranch, Ketchup
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		Tropical Fruit Cups	Tomato Sauce (C)		
Grain 1/2 oz eq	Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)		Rice Chex	Animal Crackers (WGR)
Meat/Alternate 1/2 oz			String Cheese		Yogurt (B12, C)
Other/Notes	Water	Water	Water	Water	Water
@= Recipe in recipe book, Substitutions will be made in accordance with individually identified needs.	(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 WW=Whole Wheat or Whole Grain			* Indicates Food From Around the World: Asian	* Indicates Allergy replacement