

Van Buren Head Start March 2026 Menu

March WEEK 1					
Meal Pattern	Monday 3/2/26	Tuesday 3/3/26	Wednesday 3/4/26	Thursday 3/5/26	Friday 3/6/26
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)	Diced Peaches (C)	Orange Wedges (C)	Cooked Apples	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit	French Toast Sticks (WW)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin	Pillsbury Frozen Southern Style Biscuit	Cheerios Cereal (WGR)
Other/Notes	Green Scrambled Eggs, Gravy, Jelly	Syrup		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) *Turkey Sausage Pizza	Chef Boyardee Beef Ravioli (CN)	Chicken Patty (CN)	Hamburger Steak (CN)	@Ground Beef Chili with Beans (P) (I)
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)	Green Beans (A,C,K), (Tomato sauce A,C)	Baked French Fries	Champ IRISH Mashed Potatoes	(Tomatoes (A,C), Beans in Chili (I))
Fruit 1/4 c (2oz)	Pears (C)	Pineapple Tidbits (C)	Tomato Wedges (A,C), Romaine Lettuce/Spinach mix	Peas (A,C)	Pineapple Tidbits (A,C)
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	Sister Schubert's Roll (WGR)	Ultra Bun (WW)	Sister Schubert's Roll (WGR)	Zesta Crackers
Other/Notes	Ranch Dressing		Ketchup, Mustard, Mayo		Shredded Sharp Cheese
			*Serve as Sandwich-Let child assemble	Culture: Irish	* 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		Diced Pears (C)			
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WGR)		Animal Crackers (WGR)	Kellogg Chex Cereal	MaxStix (Bread) (WGR) CN (Cheese)
Meat/Alternate 1/2 oz		Shredded Sharp Cheese	Yogurt (B12, C)		
Other/Notes	Water	Water	Water	Water	Water, Marinara Cup
March WEEK 2					
Meal Pattern	Monday 3/9/26	Tuesday 3/10/26	Wednesday 3/11/26	Thursday 3/12/26	Friday 3/13/26
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	Strawberries Slices (C)	Tomato Wedges (A,C)	Oranges (C)	Banana Slices (B6,C)	Pineapple Tidbits (A,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	Pillsbury Frozen SS Biscuits (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin	Cheerios Cereal (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)
Other/Notes		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)	Pinto Beans(I)	@Tuna Salad	Hamburger Steak (CN)	Chicken Nuggets (CN)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix	Corn (C)	Tomato Wedges (A,C)	Champ IRISH Mashed Potatoes	Corn (C)
Fruit 1/4 c	Pears (C)	Turnip Greens (A,C)	Romaine Lettuce/Spinach mix	Peas (A,C)	Diced Peaches (C)
Grain/Alternate 1/2 oz eq	(WW) Buns	Cornbread Poppers (WGR)	Wheat Bread (WW)	Sister's Schubert's Roll (WGR)	Cornbread Poppers (WGR)
Other/Notes	Ketchup, Mustard, Mayo *Serve as a sandwich		*Serve as a sandwich	Culture: Irish	
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)		Applesauce (C)
Grain/Alternate 1/2 oz eq	MaxStix (Bread) (WGR)	Kellogg Rice Chex Cereal	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Blueberry Muffin (WGR)	Animal Crackers (WGR)
Meat/Alternate 1/2 oz	(Cheese)				
Other/Notes	Water, Marinara Cup	Water	Water	Water	Water
March WEEK 3					
Meal Pattern	Monday 3/16/26	Tuesday 3/17/26	Wednesday 3/18/26	Thursday 3/19/26	Friday 3/20/26
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)	Strawberries Slices (C)	Applesauce (C)	Cooked Apples	Oranges
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Mini Pancakes (WW)	Oatmeal (WG)	French Toast Sticks (WW)	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	Chef Boyardee Beef Ravioli (CN)	Pinto Beans(I)	Hamburger Steak (CN)	High Liner Fish Pollock Strip (CN)	Ground Beef
Vegetable 1/4 c	Green Beans (A,C,K)	Corn (C)	Champ IRISH Mashed Potatoes, Peas (A,C)	Peas (C)	Green Beans (A,C,K)
Fruit 1/4 c	Pineapple Tidbits (C)	Turnip Greens (A,C)		Pears(C)	Pears (C)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR) (Tomato sauce A,C)	WGR Cornbread Muffin	Sister's Schubert's Roll (WGR)	Hushpuppie (WGR)	Spaghetti Noodles (WW)
Other/Notes	Snack	Snack	Snack	Snack	Snack
Snack (2 of 4 components)	1% Milk (D) *Lactose Free Milk			1% Milk (D) *Lactose Free Milk	
Milk/Fluid 1/2 c			Tomato Sauce (C)		Pineapple Tidbits (A,C)
Fruit/Vegetable 1/2 c	Blueberry Muffin (WG)	Animal Crackers (WGR)		Cheerios	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)
Grain/Alternate 1/2 oz eq		Yogurt (B12, C)	String Cheese		
Meat/Alternate 1/2 oz	Water	Water	Water	Water	Water
Other/Notes					
March WEEK 4					
Meal Pattern	Monday 3/23/26	Tuesday 3/24/26	Wednesday 3/25/26	Thursday 3/26/26	Friday 3/27/26
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	Cooked Apple Slices (C)	Peaches (C)	Applesauce (C)	Banana Slices (B6,C)	Strawberries Slices (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen Southern Style Biscuit	Mighty Blueberry Muffin (WGR)	French Toast Sticks (WW)	Cheerios Cereal (WGR)	Oatmeal (WG)
Other/Notes	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	Beef Patty (CN)	Tony's Pizza Pepperoni and cheese! (CN Label) *Turkey Sausage Pizza	Hamburger Steak (CN)	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c	Baked French Fries	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Champ IRISH Mashed Potatoes, Peas (A,C)	@Cole Slaw	Green Beans (A,C,K)
Fruit 1/4 c	Tomato Wedges (A,C), Romaine Lettuce/Spinach mix	Pears (C)		Tomato Wedges (A,C)	Mixed Fruit (C)
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	(Pizza Crust) WGR	Sister's Schubert's Roll (WGR)	Cornbread Poppers (WGR)	Sister Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo	Ranch Dressing	Irish Culture		(Tomato sauce A,C)
	*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		Diced Pears (C)	Pineapple Tidbits (A,C)		
Grain 1/2 oz eq	Graham crackers		1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Animal Crackers (WGR)	Mighty Blueberry Muffin (WGR)
Meat/Alternate 1/2 oz		Shredded Sharp Cheese		Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	Water
March WEEK 5					
Meal Pattern	Monday 3/30/26	Tuesday 3/31/26			
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c					
Grain/Alternate 1/2 oz eq					
Meat/Alternate 1/2 oz eq					
Other/Notes	Lunch	Lunch	Lunch	Lunch	Lunch
Lunch					
Milk, Fluid 3/4 c					
Meat/Alternate 1 1/2 oz eq					
Vegetable 1/4 c					
Fruit 1/4 c					
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 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					
@= 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	* Indicates CULTURE FOOD Irish	ada

