

Van Buren Head Start April 2026 Menu

April WEEK 1	Monday	Tuesday	Wednesday 4/1/26	Thursday 4/2/26	Friday 4/3/26
Meal Pattern					
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					
April WEEK 2	Monday 4/6/26	Tuesday 4/7/26	Wednesday 4/8/26	Thursday 4/9/26	Friday 4/10/26
Meal Pattern					
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	Diced Peaches (C )	Banana Slices (B6,C)	Applesauce (C )	Cooked Apple Slices (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	French Toast Sticks (WW)	Oatmeal (WG)	Cheerios Cereal (WGR)	Mini Pancakes (WW)	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes	Syrup			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	@White Beans with Ham Chunks (LP)	Chicken Tenders (CN)	Tony's Smart Pizza Pepperoni and cheese( CN Label ) *Turkey Sausage Pizza	Hormel Ham & Cheese(CN)	High Liner Breaded Fish Fillet (CN)
Vegetable 1/4 c	@ Cole Slaw	Corn (C)	Green Beans (A,C,K)	Romaine Lettuce, Tomato Wedges, Pickles (A,C)	Green Beans
Fruit 1/4 c	Peaches	Pineapple Tidbits (C)	Pears (C )	Apple Slices	Peaches
Grain/Alternate/Meat Alternative 1/2 oz eq	WGR Cornbread Muffin	Sister Schubert's Roll (WGR)	(Pizza Crust) WGR	Sun Chips (WG), Wheat Bread (WW)	Hush Puppy (WGR)
Other/Notes		Ketchup		Mayo, Mustard	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			Pineapple Tidbits (A,C)		
Grain/Alternate 1/2 oz eq	Goldfish Graham Crackers (WGR)	MaxStix (Cheese & Bread) (WGR) CN Label	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)	Blueberry Muffin (WG)	Animal Crackers (WGR)
Meat/Alternate 1/2 oz					Yogurt (B12, C)
Other/Notes	Water	Water, Marinara Sauce	Water	Water	Water
April WEEK 3	Monday 4/13/26	Tuesday 4/14/26	Wednesday 4/15/26	Thursday 4/16/26	Friday 4/17/26
Meal Pattern					
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 )	Tomato Wedges (A, C)	Strawberries	Banana Slices (B6,C)	Oranges (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Mini Pancakes (WW)	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal	Cheerios Cereal (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *English Muffin
Other/Notes		Gravy/Hash Browns		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)	Tony's Smart Pizza Pepperoni and cheese( CN Label ) *Turkey Sausage Pizza	Hamburger Patty (CN)	High Liner Breaded Fish Fillet (CN)
Vegetable 1/4 c	Green Beans (A,C,K)	Corn (C), Turnip Greens (A,C)	Green Peas	Romaine Lettuce/Spinach mix, French Fries	@ Cole Slaw
Fruit 1/4 c	Mixed Fruit (C )		Pineapple Tidbits (C)	Pears, Tomatoes(C)	Peaches
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	WGR Cornbread Muffin	(Pizza Crust) WGR	(WW) Buns	Hush Puppy (WGR)
Other/Notes	(Tomato sauce A,C)	Serve for Southern Food Around the World	Ranch	Ketchup, Mustard, Mayo *Serve as a sandwich	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			Applesauce (C)		Applesauce
Grain/Alternate 1/2 oz eq	Goldfish Graham Crackers (WGR)	Animal Crackers (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)	Blueberry Muffin (WG)	Goldfish Graham Crackers (WGR)
Meat/Alternate 1/2 oz		Yogurt (B12, C)			
Other/Notes	Water	Water	Water	Water	Water
April WEEK 4	Monday 4/20/26	Tuesday 4/21/26	Wednesday 4/22/26	Thursday 4/23/26	Friday 4/24/26
Meal Pattern					
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	Oranges (C)	Diced Peaches (C )	Cooked Apple Slices (C)	Banana Slices (B6,C)	Hash Browns
Grain/Alternate/Meat Alternative 1/2 oz eq	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	French Toast Sticks (WW)	Oatmeal (WG)	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	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 )	Pinto Beans(I)	Tyson WG Chicken Patty (CN)	Tyson WG Chicken Patty (CN)	Ground Beef(I)
Vegetable 1/4 c	Carrots (C)	Corn (C), Turnip Greens (A,C)	Carrots (C)	Tomato Wedges (A,C), Romaine Lettuce/Spinach mix, Green Beans (A,C,K)	Mixed Vegetables (C)
Fruit 1/4 c	Peaches		Oranges (C)	Applesauce (C)	Diced Tomatoes (A,C)
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	WGR Cornbread Muffin	Sister Schubert's Roll (WGR)	Bun (WW)	Lance Crackers (WGR)
Other/Notes	Ranch	Serve for Southern Food Around the World		*Serve as a sandwich	@ 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	Applesauce (C)	Pineapple Tidbits (A,C)	Applesauce (C)		
Grain 1/2 oz eq	Animal Crackers (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)	Lance Crackers (WGR)
Meat/Alternate 1/2 oz					String Cheese
Other/Notes	Water	Water	Water	Water	Water
April WEEK 5	Monday 4/27/26	Tuesday 4/28/26	Wednesday 4/29/26	Thursday 4/30/26	Friday
Meal Pattern					
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	Peaches (C )	Tomato wedges (A,C)	Oranges (C)	Tomato Wedges (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	Pillsbury Frozen SS Biscuits (WGR)	
Other/Notes		Gravy/Hash Browns		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	
Meat/Alternate 1 1/2 oz eq	Tyson WG Chicken Patty (CN)	Hamburger Steak (CN)	Tony's Smart Pizza Pepperoni and cheese( CN Label ) *Turkey Sausage Pizza	Pinto Beans(I)	
Vegetable 1/4 c	Tomato Wedges (A,C), Romaine Lettuce/Spinach mix, Green Beans (A,C,K)	Mashed Potatoes (A & C)	Green Beans	Corn (C)	
Fruit 1/4 c	Applesauce (C)	Green Peas (A & C)	Peaches	Turnip Greens (A,C)	
Grain/Alternate 1/2 oz eq	Bun (WW)	Hushpuppy (WGR)	(Pizza Crust) WGR	WGR Cornbread Muffin	
Other/Notes	*Serve as a sandwich		Ranch, Mozarella Stick	Serve for Southern Food Around the World	
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 1/2 oz eq	Blueberry Muffin	MaxStix (Cheese & Bread) (WGR) CN Label	Goldfish Graham Crackers (WGR)	Lance Crackers (WGR)	
Meat/Alternate 1/2 oz				String Cheese	
Other/Notes	Water	Water Marinara Sauce	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	*Indicates FOOD AROUND THE WORLD So	*Indicates Allergy replacement