

Van Buren Head Start May 2026 Menu

May WEEK 1					
Meal Pattern			Wednesday	Thursday	Friday
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)
Grain/Alternate/Meat Alternative					French Toast Sticks (WW)
Other/Notes					Syrup
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)
Vegetable 1/4 c (2oz)					Diced Tomatoes (A, C); Lettuce, Green Peas (A & C)
Fruit 1/4 c (2oz)					Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq					Corn Tortilla (WG)
Other/Notes					Shredded Cheese/Salsa
Snack (2 of 4 components)				Snack	Snack
Milk/Fluid 1/2 c					1% Milk (D) *Lactose Free Milk
Fruit/Vegetable 1/2 c					
Grain/Alternate 1/2 oz eq					Blueberry Muffin (WG)
Meat/Alternate 1/2 oz					
Other/Notes					Water
May WEEK 2					
Meal Pattern	Monday 5/4/26	Tuesday 5/5/26	Wednesday 5/6/26	Thursday 5/7/26	Friday 5/8/26
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	Peaches (C)	Banana Slices (B6,C)	Strawberries Slices (C)	Cooked Apples (C)	Oranges (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Mini Pancakes (WGR)	Cheerios Cereal (WGR)	Oatmeal/Toast (WGR)	French Toast Sticks (WW)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) * English Muffin
Other/Notes				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			Fish Nugget (CN)	Tony's Smart Pizza Pepperoni and cheese( CN Label ) *Turkey Sausage Pizza	Chicken Patty (CN)
Vegetable 1/4 c	Mixed Vegetables (A,C,K)	Diced Tomatoes (A, C); Lettuce, Corn (A & C)	Hashbrowns	Carrots (C)	Mashed Potatoes
Fruit 1/4 c	Pineapple Tidbits (C)	Peaches (C)	Pears (C)	Pineapple Tidbits (C)	Pears (C)
Grain/Alternate 1/2 oz eq	Toast (WGR)	Tortilla (WG)	Sister Schubert's Roll (WGR)	(Pizza Crust) WGR	Sister Schubert's Roll (WGR)
Other/Notes		Shredded Cheese/Salsa	Ketchup	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	Pears (C)		Applesauce (C)		Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq	Shredded Cheese	Blueberry Muffin (WGR)	Graham Crackers (WGR)	Rice Chex (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water			Water
May WEEK 3					
Meal Pattern	Monday 5/11/26	Tuesday 5/12/26	Wednesday 5/13/26	Thursday 5/14/26	Friday 5/15/26
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk			
Fruit/Vegetable/Both 1/2 c	Cooked Apple Slices (C)	Pineapple Tidbits (C)			
Grain/Alternate/Meat Alternative 1/2 oz eq	English Muffins (WGR)	Oatmeal (WG)			
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			
Meat/Alternate 1 1/2 oz eq	Chicken Cubes (CN)	Tony's Smart Pizza Pepperoni and cheese( CN Label ) *Turkey Sausage Pizza			
Vegetable 1/4 c	Mixed Vegetables(A,C,K)	Baked Beans			
Fruit 1/4 c	Pineapple Tidbits (C)	Peaches (C)			
Grain/Alternate 1/2 oz eq	Rice (WGR)	(Pizza Crust)/Sunchips WGR			
Other/Notes	(Tomato sauce A,C)	Ranch			
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	Max Cheesestix (WGR)	Graham Crackers (WGR)			
Meat/Alternate 1/2 oz		Yogurt (B12, C)			
Other/Notes	Water, Marinara Sauce				
May WEEK 4					
Meal Pattern	Monday 5/18/26	Tuesday 5/19/26	Wednesday 5/20/26	Thursday 5/21/26	Friday 5/22/26
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c					
Grain/Alternate/Meat Alternative 1/2 oz eq		Summer Break			
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					
May WEEK 5					
Meal Pattern	Monday 5/25/26	Tuesday 5/26/26	Wednesday 5/27/26	Thursday 5/28/26	Friday 5/29/26
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 Hispanic	* Indicates Allergy replacement