VanBuren Head Start August 2026

Week 1 of 5	Monday 8/3	Tuesday 8/4	Wednesday 8/5	Thursday 8/6	Friday 8/7
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	Orange Wedges (C)	Banana Slices (B6,C)	Peaches	Cooked Apples (A,C)	Applesauce
Grain/Alternate/Meat Alternative	Toasted English Muffin (WW)	Cheerios Cereal (WGR)	Oatmeal (WGR)	Pillsbury Frozen Southern Style Biscuit (WGR) *Eggs & Nature's Own Whole Wheat Toast (WW)	Pillsbury Mini Pancakes (WW) *Milk Free Homemade Pancakes@
Other/Notes	Jelly			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	Ground Beef (CN Label)	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza *Chicken Patty	High Liner Breaded Fish Fries (CN)	Beef Patty (CN)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c (2oz)	Peas (A,C,K)	Corn (E,K)	Mixed Vegetables (A,C,K)	Baked French Fries	Carrots (A,C,K)
Fruit 1/4 c (2oz)	Pears (C)	Peaches (C)	Pineapples (C)	Strawberries (C)	Tropical Fruit Cups (C), (Tomato sauce A & C)
Grain/Alternate 1/2 oz eq				Tomatoes	
Other/Notes	Spaghetti Noodles (WW)	(Pizza Crust) (WW) *Nature's Own Whole Wheat Bread (WW)	Hushpuppie (WGR) * Nature's Own Whole Wheat (WW)	Hamburger Bun (WW) * Nature's Own Whole Wheat (WW)	Sister's Schubert's Roll (WGR) *Nature's Own Whole Wheat Bread (WW)
	Parmesan Cheese		Ranch	Ketchup, Mustard, Mayo	
	*Serve as @Spaghetti			*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			Marinara Sauce (C)	Pears (C)	
Grain 1/2 oz eq	Honey Graham Crackers (WG)	Mighty Blueberry Muffin (WGR)	Max Cheese Sticks (WGR) *Zesta Saltine Crackers		Rice Chex Cereal (WG)
Meat/Alternate 1/2 oz	Yogurt (B12, C) *Peaches			Shredded Sharp Cheese * Dairy Free Cheese	
Other/Notes	Water	Water	Water	Water	Water

Week 2 of 5	Monday 8/10	Tuesday 8/11	Wednesday 8/12	Thursday 8/13	Friday 8/14
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	Cooked Apples (A,C)	Banana (B6, C)	Orange Wedges (C)	Blueberries	Fresh Cantaloupe (C, A)
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit (WGR) *Eggs & Nature's Own Whole Wheat Toast (WW)	Rice Chex	Toasted English Muffin (WW) * Nature's Own Whole Wheat Toast (WW)	Oatmeal (WGR)	French Toast Sticks (WW)*Dairy Free Homemade Pancakes@
Other/Notes	Gravy, Jelly		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	Chicken Fillet (I, Z) (CN)	Pinto Beans(I)	Beef Patty (CN)	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza (CN Label)*Dairy Free Cheese/Hamburger Pizza@	@ Vegetable Soup with ground beef
Vegetable 1/4 c (2oz)	Raw Broccoli (A,C)	Turnip Greens (A,C)	Baked French Fries	Corn (E,K)	Mixed Vegetables (A & C)
		Corn (E,K)			
Fruit 1/4 c (2oz)	Pears, Tomato Slices(C, A)		Fresh Cantaloupe (C, A), Tomato	Kiwi (C)	Watermelon (C, A)
Grain/Alternate 1/2 oz eq	Hamburger Bun (WW) *Nature's Own Whole Wheat Bread (WW)	Cornbread Poppers (WGR) *Zesta Saltine Crackers	Hamburger Bun (WW) *Nature's Own Whole Wheat Bread (WW)	(Pizza Crust) (WW) * Nature's Own Whole Wheat Toast	Zesta Saltines
Other/Notes	Ranch, Mustard, Mayo		Ketchup, Mustard, Mayo	Ranch, Italian	
	*Serve as Sandwich-Let child assemble		*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		Blueberries (E)(C)(K)		Marinara Sauce (C), Cantaloupe	Applesauce
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)		Rice Chex Cereal (WG)	Max Cheese Sticks (WGR) *Zesta Saltine Crackers	Honey Graham Crackers (WG)
Meat/Alternate 1/2 oz		Honey Graham Crackers			
Other/Notes	Water	Water	Water	Water	Water

Week 3 of 5	Monday 8/17	Tuesday 8/18	Wednesday 8/19	Thursday 8/20	Friday 8/21
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	Banana Slices (B6,C)	Orange Wedges (C)	Tomato wedges (A,C)	Strawberries	Diced Peaches
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit (WGR) *Eggs & Nature's Own Whole Wheat Toast (WW)	Oatmeal	Los Cabos Sausage, Egg, & Cheese Burrito (CN) *Toasted English Muffin (WW) * Nature's Own Whole Wheat Toast
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	Beef Patty (CN)	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza (CN Label)*Dairy Free Cheese/Hamburger Pizza@	@White Beans with Ham Chunks (I,P) *White Beans Only	@ Chicken Noodle Soup	High Liner Breaded Fish Fries (CN) *Chicken Fillet (I, Z) (CN)
Vegetable 1/4 c (2oz)	Baked French Fries (A,C)	Corn (E,K)	Raw Broccoli (A,C)	Mixed Vegetables (A & C)	@ Coleslaw
Fruit 1/4 c (2oz)	Watermelon(C, A), Tomato	Cantaloupe (C)	Pineapple Tidbits (C)	Watermelon(C, A)	Tropical Fruit Cups(C)
Grain/Alternate 1/2 oz eq	Hamburger Bun (WW) * Nature's Own Whole Wheat Toast (WW)	(Pizza Crust) (WW) * Nature's Own Whole Wheat Toast	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Noodles, Zesta Saltines	Hushpuppie (WGR) * Nature's Own Whole Wheat Toast
Other/Notes	Ranch, Mustard, Mayo, Ketchup, *Serve as Sandwich-Let child assemble	Ranch, Italian			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	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable 1/2 c	Applesauce (C)		Pears (C)		
Grain 1/2 oz eq	Honey Graham Crackers	Blueberry Muffin (WGR)		Rice Chex Cereal	Animal Crackers
Meat/Alternate 1/2 oz			Shredded Sharp Cheese *Honey Graham Crackers		
Other/Notes	Water	Water	Water		Water

Week 4 of 5	Monday 8/24	Tuesday 8/25	Wednesday 8/26	Thursday 8/27	Friday 8/28
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 (B6,C)	Orange Wedges (C)	Applesauce	Strawberry Slices	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)	Toasted English Muffin (WW)	Pillsbury Mini Pancakes (WW) *@Dairy Free Homemade Pancakes	Oatmeal	Cheerios Cereal (WGR)
Other/Notes		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	Ground Beef (P) (CN)	Pinto Beans(I)	@ Vegetable Soup with ground beef	Beef Patty (CN)	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza (CN Label) *Dairy Free Cheese/Hamburger Pizza@
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)	Turnip Greens (A,C)	Mixed Vegetables (A & C)	Baked French Fries (A,C)	Corn (E,K)
		Corn (E,K)			
Fruit 1/4 c (2oz)	Fresh Cantaloupe (C, A)		Pineapple Tidbits (C)	Fresh Cantaloupe (C, A), Tomato	Pears (C)
Grain/Alternate 1/2 oz eq	Spaghetti Noodles/Tomato Sauce (WW	Cornbread Muffin (WGR) * Nature's Own Whole Wheat Toast	Zesta Saltine Crackers	Hamburger Bun (WW) * Nature's Own Whole Wheat Toast (WW)	(Pizza Crust) (WW) * Nature's Own Whole Wheat Toast
Other/Notes	Ranch, Parmesean Cheese, *Serve as @Spaghetti			Ranch, Mustard, Mayo, Ketchup, *Serve as Sandwich-Let child assemble	Ranch, Italian
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)		Pears (C)	Marinara Sauce (C), *Cantaloupe
Grain 1/2 oz eq	Blueberry Muffin (WGR)	Honey Graham Crackers	Blueberry Rice Chex (WGR)		Max Cheese Sticks (WGR), *Zesta Saltine Crackers
Meat/Alternate 1/2 oz				Shredded Sharp Cheese * Honey Graham Crackers	
Other/Notes	Water	Water	Water	Water	Water

Week 5 of 5	Monday 8/31
Meal Pattern	
Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Tomato wedges (A,C)
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit (WGR) *Eggs & Nature's Own Whole Wheat Toast (WW)
Other/Notes	Gravy
Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk

Meat/Alternate 1 1/2 oz eq	Chef Boyardee Beef Ravioli (CN)				
Vegetable 1/4 c (2oz)	Peas (A,C)				
Fruit 1/4 c (2oz)	Tropical Fruit Cups (C)				
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast				
Other/Notes	Ranch, Mustard, Mayo, *Serve as Sandwich-Let child assemble				
Snack (2 of 4 components)	Snack				
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable 1/2 c					
Grain 1/2 oz eq	Blueberry Muffin (WGR)				
Meat/Alternate 1/2 oz					
Other/Notes	Water				
@= Recipe in recipe book	WW=Whole Wheat, WG=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. / *Soy Milk Sub for Allergy/Intolerance			NO SCHOOL	* Indicates Food From Around the World	* Indicates Allergy replacement