UCHRA Van Buren Head Start Menus September 2026

SEPTEMBER WEEK 1 Meal Pattern	Monday 8/31	Tuesday 9/1	Wednesday 9/2	Thursday 9/3	Friday 9/4
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	Tomato wedges (A,C)	Fresh Strawberries (C, A)	Orange Wedges (C)	Banana Slices (B6,C)	NO SCHOOL
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit (WGR) *Eggs & Nature's Own Whole Wheat Toast (WW)	French Toast Sticks (WW)*Dairy Free Homemade Pancakes@	Toasted English Muffin (WW)	Cheerios Cereal (WGR)	
Other/Notes	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	
Meat/Alternate 1 1/2 oz eq	Chef Boyardee Beef Ravioli (CN)	@White Beans with Ham Chunks (I,P) *White Beans Only	Chicken Patty (CN)	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza (CN Label)*Dairy Free Cheese/Hamburger Pizza@	NO SCHOOL
Vegetable 1/4 c (2oz)	Peas (A,C)	@ Coleslaw	Baked French Fries	Green Bean (E,K)	
Fruit 1/4 c (2oz)	Tropical Fruit Cup (C)		Apple Slices (C)	Cantaloupe (C,A)	
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Cantaloupe (C,A)	Hamburger Bun (WW) *Nature's Own Whole Wheat Bread (WW)	(Pizza Crust) (WW) * Nature's Own Whole Wheat Toast	
Other/Notes	Ranch, Mustard, Mayo, *Serve as Sandwich-Let child assemble	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Ketchup, Mustard, Mayo *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					
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WGR)	Marinara Sauce (C), Watermelon	Rice Chex Cereal (WG)	Applesauce (C)	
Meat/Alternate 1/2 oz		Max Cheese Sticks (WGR) *Zesta Saltine Crackers		Honey Graham Crackers (WG)	
Other/Notes	Water	Water	Water	Water	

SEPTEMBER WEEK 2 Meal Pattern	Monday 9/7	Tuesday 9/8	Wednesday 9/9	Thursday 9/10	Friday 9/11
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	NO SCHOOL	Blueberries (C)	Applesauce (C)	Banana Slices (B6,C)	Cooked Apples (A,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Labor Day	Oatmeal (WGR)	Pillsbury Mini Pancakes (WW) *Milk Free Homemade Pancakes@	Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit (WGR) Nature's Own Whole Wheat Toast (WW)
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
Meat/Alternate 1 1/2 oz eq	NO SCHOOL	Ground Beef	Pinto Beans(I)	Chicken Nuggets (CN)	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza (CN Label)*Dairy Free Cheese/Hamburger Pizza@
Vegetable 1/4 c		@ Cabbage Stew, Diced Tomatoes, Carrots	Turnip Greens (A,C)	Triangle Potatoes	Corn (E,K)
Fruit 1/4 c		Watermelon (C, A)	Corn (E,K)	Watermelon (C, A)	Tropical Fruit Cups(C)
Grain/Alternate 1/2 oz eq		Cornbread Muffin (WGR) * Nature's Own Whole Wheat Toast	Cornbread Muffin (WGR) * Nature's Own Whole Wheat Toast	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	(Pizza Crust) (WW) * Nature's Own Whole Wheat Toast
Other/Notes		*Serve as Ground Beef & Cabbage Stew *Stew- Russia			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	NO SCHOOL				Pears (C)
Grain/Alternate 1/2 oz eq		Rice Chex (WGR)	Honey Graham Crackers (WG)	Blueberry Muffin (WGR)	
Meat/Alternate 1/2 oz			Yogurt (B12, C) *Dairy Free Yogurt		Shredded Sharp Cheese, *Dairy Free Cheese
Other/Notes		Water	Water	Water	Water

SEPTEMBER WEEK 3 Meal Pattern	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
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 (A,C)	Diced Peaches (C)	Applesauce (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit (WGR) *Eggs & Nature's Own Whole Wheat Toast (WW)	Oatmeal	French Toast Sticks (WW)*Dairy Free Homemade Pancakes@
Other/Notes		Jelly	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	Chicken Fillet (I, Z) (CN)	@ Vegetable Soup with ground beef	@White Beans with Ham Chunks (I,P) *White Beans Only	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza (CN Label)*Dairy Free Cheese/Hamburger Pizza@	Ground Beef
Vegetable 1/4 c	Baked French Fries (A,C)	Mixed Vegetables (A & C)	Raw Broccoli (A,C)	Corn (E,K)	@ Cabbage Stew, Diced Tomatoes, Carrots
Fruit 1/4 c	Peaches, Tomato Wedges	Fresh Cantaloupe (C, A)	Pineapple Tidbits (C)	Pears	Tropical Fruit Cups (C, K)
Grain/Alternate 1/2 oz eq	Hamburger Bun (WW) * Nature's Own Whole Wheat Toast (WW)	Cheese Toast (WW) *Dairy Free Cheese Toast (WW)	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	(Pizza Crust) (WW) * Nature's Own Whole Wheat Toast	Cornbread Muffin (WGR) * Nature's Own Whole Wheat Toast
Other/Notes	Ranch, Mustard, Mayo, Ketchup, *Serve as Sandwich-Let child assemble				*Serve as Ground Beef & Cabbage Stew *Stew- Russia
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	Apple Slices (C)		Pears (C)		Marinara Sauce (C), Fresh Cantaloupe (C, A)
Grain/Alternate 1/2 oz eq	Honey Graham Crackers	Blueberry Muffin (WGR)	Honey Graham Crackers*	1/2 Pillsbury Bagel Cinnamon Cream Cheese (WGR) *Honey Graham Crackers	Max Cheese Sticks (WGR) *Zesta Saltine Crackers
Meat/Alternate 1/2 oz			Shredded Sharp Cheese		
Other/Notes	Water	Water	Water	Water	Water

SEPTEMBER WEEK 4 Meal Pattern	Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25
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	Apples (C)	Orange Wedges (C)	Fresh Strawberry Slices	Applesauce	NO SCHOOL
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	Toasted English Muffin (WW) * Nature's Own Whole Wheat Toast	Oatmeal	Pillsbury Mini Pancakes (WW) *Milk Free Homemade Pancakes@	
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	
Meat/Alternate 1 1/2 oz eq	Chicken Fillet (I, Z) (CN)	Ground Beef	Hamburger Patty	Chef Boyardee Beef Ravioli (CN)	NO SCHOOL
Vegetable 1/4 c	Baked French Fries (A,C)	@ Cabbage Stew, Diced Tomatoes, Carrots	Mashed Potatoes, Peppers/Onions	Peas (A,C,K)	
Fruit 1/4 c	Diced Peaches (C)	Watermelon (C)	Diced Peaches (C), (Tomato sauce A & C)	Watermelon (C), Tomato	
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Cornbread Muffin (WGR) * Nature's Own Whole Wheat Toast	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Hamburger Bun (WW) *Nature's Own Whole Wheat Bread (WW)	
Other/Notes	Ketchup	*Serve as Ground Beef & Cabbage Stew *Stew- Russia		Ranch, Mustard, Mayo, *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				Pears (C)	NO SCHOOL
Grain 1/2 oz eq	Blueberry Muffin (WGR)	Pineapple Tidbits (C)	Rice Chex (WGR)	Honey Graham Crackers*	
Meat/Alternate 1/2 oz		1/2 Pillsbury Bagel/Apple Cream Cheese (WGR) *Honey Graham Crackers		Shredded Sharp Cheese	
Other/Notes	Water	Water	Water	Water	

SEPTEMBER WEEK 5					
Meal Pattern	**Monday 9/28**	**Tuesday 9/29**	**Wednesday 9/30**	**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**		
Fruit/Vegetable/Both 1/2 c	**Banana Slices (B6,C)**	**Tomato wedges (A,C)**	**Diced Peaches**		
Grain/Alternate/Meat Alternative 1/2 oz eq	**Cheerios Cereal (WGR)**	**Pillsbury Frozen Southern Style Biscuit (WGR) *Eggs & Nature's Own Whole Wheat Toast (WW)**	**Los Cabos Sausage, Egg, & Cheese Burrito (CN) *Toasted English Muffin (WW) * Nature's Own Whole Wheat Toast**		
Other/Notes		**Gravy, Jelly**	**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**		
Meat/Alternate 1 1/2 oz eq	**Ground Beef (CN Label)**	**Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza *Chicken Patty**	**Beef Patty (CN)**		
Vegetable 1/4 c	**Peas (A,C,K)**	**Corn (E,K)**	**Baked French Fries**		
Fruit 1/4 c	**Pears (C)**	**Peaches (C)**	**Strawberries (C), Tomatoes**		
Grain/Alternate 1/2 oz eq	**Spaghetti Noodles (WW)**	**(Pizza Crust) (WW) *Nature's Own Whole Wheat Bread (WW)**	**Hamburger Bun (WW) * Nature's Own Whole Wheat (WW)**		
Other/Notes	***Serve as @Spaghetti**		**Ketchup, Mustard, Mayo, *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		**Applesauce (C)**			
Grain 1/2 oz eq	**Blueberry Muffin (WGR)**	**Honey Graham Crackers**	**Rice Chex Cereal (WG)**		
Meat/Alternate 1/2 oz					
Other/Notes	**Water**	**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. *** Indicates Food From Around the World** **No School** ***Allergy Substitute**