UCHRA Van Buren Head Start
October 2026

Week 1 of 5	Monday	Tuesday	Wednesday	Thursday 10/1	Friday 10/2
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
Fruit/Vegetable/Both 1/2 c				Fresh Strawberries (C, A)	Blueberries (C)
Grain/Alternate/Meat Alternative				French Toast Sticks (WW)*Dairy Free Homemade Pancakes@	Oatmeal (WGR)
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
Meat/Alternate 1 1/2 oz eq				@White Beans with Ham Chunks (I,P) *White Beans Only	Chicken Fillet (I, Z) (CN)
Vegetable 1/4 c (2oz)				@ Coleslaw	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)				Tropical Fruit Cups (C,A)	Diced Peaches, Tomato
Grain/Alternate 1/2 oz eq				Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Hamburger Bun (WW) *Nature's Own Whole Wheat Bread (WW)
Other/Notes					Ranch, Mustard, Mayo, *Serve as Sandwich-Let child assemble
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				Marinara Sauce (C), Watermelon	Pineapple Tidbits (C)
Meat/Alternate 1/2 oz				Max Cheese Sticks (WGR) *Zesta Saltine Crackers	1/2 Pillsbury Bagel/Apple Cream Cheese (WGR) *Honey Graham Crackers
Other/Notes				Water	Water

Week 2 of 5	Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
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)	Blueberries (C)	Applesauce	Orange Wedges (C)	Tomato Wedges (A,C)
Grain/Alternate/Meat Alternative	Cheerios (WGR)	Oatmeal (WGR)	Pillsbury Mini Pancakes (WW) *Milk Free Homemade Pancakes@	Los Cabos Sausage, Egg, & Cheese Burrito (CN) * English Muffin w/ Jelly	Pillsbury Frozen Southern Style Biscuit (WGR) Nature's Own Whole Wheat Toast (WW)
Other/Notes			Syrup		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	Hamburger Patty	Tyson WG Chicken Patty (I) w/cheese	Tony's Pizza Pepperoni and cheese(CN Label) *Turkey Sausage Pizza (CN Label)*Dairy Free Cheese/Hamburger Pizza@	High Liner Breaded Fish Fries (CN), Chicken Fillet (CN)	@ Vegetable Soup with ground beef
Vegetable 1/4 c (2oz)	Mashed Potatoes, Peas	French Fries, Lettuce/Tomato	Green Beans (A,C,K)	@ Coleslaw	Mixed Vegetables (A & C)
Fruit 1/4 c (2oz)		Watermelon	Cantaloupe (C)	Diced Peaches (C)	Kiwi (C, A)
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Bun (WW) * Nature's Own Whole Wheat Toast (WW)	(Pizza Crust) (WGR) *Nature's Own Whole Wheat Toast (WW)	Cornbread Poppers (WGR) * Nature's Own Whole Wheat Toast	Saltine Crackers
Other/Notes	Ketchup	Ketchup, Mustard, Mayo	Ranch	Baked Sweet Potatoes	
		*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	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable 1/2 c		Applesauce (C)			
Grain 1/2 oz eq	Rice Chex (WGR)	Honey Graham Crackers (WG)	Marinara Sauce (C), Blueberries	Blueberry Muffins(WGR)	
Meat/Alternate 1/2 oz			String Cheese Sticks (WGR) *Zesta Saltine Crackers		Honey Graham Crackers
Other/Notes	Water	Water	Water	Water	Water

Week 3 of 5	Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK
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 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					

Week 4 of 5	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23
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)	Applesauce (C) with Cinnamon	Orange Wedges (C)	Tropical Fruit (C)	Tomato (C)
Grain/Alternate/Meat Alternative	Oatmeal (WGR)	French Toast Sticks (WW)*Dairy Free Homemade Pancakes@	Toasted English Muffin (WW)	Rice Chex(WGR)	Pillsbury Frozen Southern Style Biscuit, Toasted Bread*
Other/Notes		Syrup			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	Lunch	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Chicken Nuggets (CN Label)	Pinto Beans(I)	1% Milk (D) *Lactose Free Milk	Turkey & Cheese	Ground Beef
Vegetable 1/4 c (2oz)	Baked French Fries	Turnip Greens (A,C), Corn (E,K)	Diced Chicken (CN)	Lettuce, Pickles	Mixed Veggies from @ Sheppard's
Fruit 1/4 c (2oz)	Watermelon		Mixed Vegetables (A & C)	Apple Slices, Tomatoes	Pie: Mashed Potatoes, Carrots, Peas, Potatoes (A,C)
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	Cantaloupe	Nature's Own Whole Wheat (WGR)	Diced Peaches (C)
Other/Notes	Ketchup		Egg Noodles	*Serve as a sandwich Mayo, Mustard	WW Roll
			@ Chicken Noodle Soup, Zesta Crackers	Sun Chips	*Serve as Shepherd's Pie- English Culture
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 1/2 oz eq	Rice Chex Cereal (WG)		Marinara Sauce (C), Watermelon	Graham Crackers (WGR)	Blueberry Muffins(WGR)
Meat/Alternate 1/2 oz		Shredded Sharp Cheese	Max Cheese Sticks (WGR) *Zesta Saltine Crackers	Yogurt (B12, C), Dairy-Free Yogurt*	
Other/Notes	Water	Water	Water	Water	Water

Week 5 of 5	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30
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)	Orange Wedges (C)	Strawberry & Blueberries	Diced Peaches
Grain/Alternate/Meat Alternative 1/2 oz eq	Rice Chex (WGR)	Toasted English Muffin (WW)	Los Cabos Sausage, Egg, & Cheese Burrito (CN) * Cheerios	Oatmeal	French Toast Sticks (WW)*Dairy Free Homemade Pancakes@
Other/Notes		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)	Pinto Beans(I)	Chef Boyardee Beef Ravioli (CN)	Tyson WG Chicken Patty (I)	Ground Beef (CN Label)
Vegetable 1/4 c (2oz)	Baked French Fries	Corn (A,C), Turnip Greens (A,C)	Green Bean (E,K)	French Fries, Lettuce/Tomato	Peas (A,C,K)
Fruit 1/4 c (2oz)	Watermelon (C)		Apple Slices	Tropical Fruit Cups(C)	Pears (C)
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Cornbread Poppers (WGR) * Nature's Own Whole Wheat Toast	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast	Nature's Own Whole Wheat (WGR)	Spaghetti Noodles (WW)
Other/Notes	Served as Hamburger Steak			*Serve as Sandwich-Let child assemble Ketchup, Mustard, Mayo	*Serve as @Spaghetti
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	Pears		Apple Slices
Grain 1/2 oz eq	Graham Crackers (WGR)	Mozzarella Sticks, Crackers*		Blueberry Muffins(WGR)	1/2 Pillsbury Bagel/Cinnamon Cream Cheese (WGR) *Honey Graham Crackers
Meat/Alternate 1/2 oz			Cheese, Dairy Free Cheese*		
Other/Notes	Water	Water	Water	Water	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 CULTURE FOOD English | * Indicates Allergy replacement