UCHRA Van Buren Head Start Menu
November 2026

Week 1 of 5	Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6
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	Banana Slices (B6,C)	NO SCHOOL-ELECTION DAY	Tomato Wedges (A,C)	Peaches (C)	Oranges (C)
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)		Pillsbury Frozen Southern Style Biscuit (WGR) Nature's Own Whole Wheat Toast (WW)	Oatmeal (WG)	English Muffin (WGR)
Other/Notes			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
Meat/Alternate 1 1/2 oz eq	Tyson WG Chicken Patty (I)	NO SCHOOL	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 1/4 c (2oz)	Peas (A,C)		(Corn (E,K) & Red Peppers)	Baked French Fries	Green Beans (A,C,K)
Fruit 1/4 c (2oz)	Apple Slices (C)		Peaches (C,A)	Mixed Fruit	*Tropical Fruit Cup
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	Bun (WW) * Nature's Own Whole Wheat Toast (WW)	(Pizza Crust) (WGR) *Nature's Own Whole Wheat Toast (WW)
Other/Notes	Ketchup		Serve as @ Pinto Bean Corn Soup	Ketchup, Mustard, Mayo	Ranch
			Native American Culture	*Serve as Sandwich-Let child assemble	
Snack (2 of 5 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/Both 1/2 c		NO SCHOOL			
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)		Rice Chex (WGR)	Graham Crackers (WGR)	1/2 Pillsbury Bagel/Cinnamon Cream Cheese CN (WGR) *Honey Graham Crackers (WGR)
Meat/Alternate 1/2 oz				Yogurt (B12, C), Dairy-Free Yogurt*	
Other/Notes	Water		Water	Water	Water

Week 2 of 5	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13
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	Oranges (C)	Hashbrowns (A,C)		Banana Slices (B6,C)	Strawberries (C)
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)*Dairy Free Homemade Pancakes@	Pillsbury Frozen Southern Style Biscuit (WGR) Nature's Own Whole Wheat Toast (WW)	No School-Veterans Day	Cheerios Cereal (WGR)	Oatmeal (WG)
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
Meat/Alternate 1 1/2 oz eq	Beef Patty (CN)	Pinto Beans(I)		High Liner Breaded Fish Fries (CN), Chicken Fillet (CN)	Ground Beef
Vegetable 1/4 c (2oz)	Baked French Fries	(Corn (E,K) & Red Peppers)		@ Coleslaw	Tomato Wedges (A,C)
	Romaine Lettuce/Spinach mix				Romaine Lettuce/Spinach mix
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Mixed Fruit (C)		Diced Peaches (C)	Pineapple Tidbits (C)
		Cornbread Poppers (WGR) * Nature's Own Whole Wheat Toast			
Grain/Alternate 1/2 oz eq	Bun (WW) * Nature's Own Whole Wheat Toast (WW)	Serve as @ Pinto Bean Corn Soup		Cornbread Poppers (WGR) * Nature's Own Whole Wheat Toast	Flour Tortilla
Other/Notes	Ketchup, Mustard, Mayo*Serve as Sandwich-Let child assemble	Native American Culture		Ketchup, Mustard, Mayo*Serve as Sandwich-Let child assemble	Ketchup, Salsa, Shredded Sharp CheeseServe as tacos
Snack (2 of 5 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/Both 1/2 c		Kiwi(C)	NO SCHOOL		
Grain 1/2 oz eq	Rice Chex (WGR)			Graham Crackers (WGR)	Mighty Blueberry Muffin (WGR)
Meat/Alternate 1/2 oz		Shredded Sharp Cheese *Dairy Free Cheese		Yogurt (B12, C), Dairy-Free Yogurt*	
Other/Notes	Water	Water		Water	Water

Week 3 of 5	Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20
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	Tomato wedges (A,C)	Peaches (C)	Mixed Fruit (C)	Orange Wedges (C)	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit (WGR) Nature's Own Whole Wheat Toast (WW)	Oatmeal (WGR)	French Toast Sticks (WW)*Dairy Free Homemade Pancakes@	Los Cabos Sausage, Egg, & Cheese Burrito (CN) * English Muffin	Rice Chex
Other/Notes	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	Pinto Beans(I)	Chef Boyardee Beef Ravioli (CN)	Tyson WG Chicken Patty (I)	Tony's Pizza Pepperoni and cheese(CN Label) *Fish Nuggets*Hamburger Patty	@ Vegetable Soup with ground beef
Vegetable 1/4 c (2oz)	(Corn (E,K) & Red Peppers)	Green Beans (A,C,K)	French Fries, Lettuce/Tomato	Corns (A & C)	Mixed Vegetables (A & C)
		(Tomato sauce A & C)			Tomato Sauce
Fruit 1/4 c (2oz)	Pineapple Tidbits (C)	Pears (C)	Pineapple Tidbits (C)	Pears(C)	Diced Peaches (C)
Grain/Alternate 1/2 oz eq	Cornbread Poppers (WGR) * Crackers	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)	Saltine Crackers
Other/Notes	Serve as @ Pinto Bean Corn Soup Native American Culture		Ketchup, Mustard, Mayo, *Serve as Sandwich-Let child assemble		
Snack (2 of 5 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/Both 1/2 c	Marinara Sauce, Mixed Fruit*			*Tropical Fruit Cup	
Grain 1/2 oz eq	Mozzarella Sticks, Graham Crackers (WGR)*	Mighty Blueberry Muffin (WGR)	Rice Chex (WGR)	1/2 Pillsbury Bagel/Cinnamon Cream Cheese CN (WGR) *Honey Graham Crackers (WGR)	Graham Crackers (WGR)
Meat/Alternate 1/2 oz					Yogurt (B12, C), Dairy-Free Yogurt*
Other/Notes	Water	Water	Water	Water	Water

Week 4 of 5	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable/Both 1/2 c	Oranges (C)				
Grain/Alternate/Meat Alternative	English Muffin (WGR)	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
Other/Notes	Jelly				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Meat/Alternate 1 1/2 oz eq	Turkey w/ Gravy				
	Green Beans,				
Vegetable 1/4 c (2oz)	Mashed Potatoes				
Fruit 1/4 c (2oz)	Cranberry Sauce				
	Sister's Schubert's Roll (WGR) * Nature's Own Whole Wheat Toast				
Grain/Alternate 1/2 oz eq	Dressing,				
Other/Notes	Banana Pudding				
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable/Both 1/2 c					
Grain 1/2 oz eq	Blueberry Muffin (WGR)				
Meat/Alternate 1/2 oz					
Other/Notes	Water				

Week 5 of 5	Monday 11/30	Tuesday	Wednesday	Thursday	Friday
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable/Both 1/2 c	Cooked Apples (C) with Cinnamon				
Grain/Alternate/Meat Alternative	Pillsbury Frozen Southern Style Biscuit (WGR) Nature's Own Whole Wheat Toast (WW)				
Other/Notes					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Meat/Alternate 1 1/2 oz eq	Beef Patty				
	Tomato Wedges (A,C)				
Vegetable 1/4 c (2oz)	Romaine Lettuce				
	Peaches (C)				
Fruit 1/4 c (2oz)	Bun (WW) * Nature's Own Whole Wheat Toast (WW)				
Grain/Alternate 1/2 oz eq	Ranch, Mustard, Mayo, *Serve as Sandwich-Let child assemble				
	Ranch				
Other/Notes					
Snack (2 of 5 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable/Both 1/2 c					
Grain 1/2 oz eq	Rice Chex (WGR)				
Meat/Alternate 1/2 oz	Water				
Other/Notes					

@= 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 Around World FOOD Native American | * Indicates Allergy replacement