

Van Buren Head Start February 2024 Menu					
February WEEK 1	Monday	Tuesday	Wednesday	Thursday 2/1/24	Friday 2/2/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c				1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c				Tomato Wedges (A, C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative				Pillsbury Frozen SS Biscuits (WGR)	Toast (WW)
Other/Notes				Gravy	Scrambled Eggs Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c				1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq				Chef Boyardee Beef Ravioli (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)
Vegetable 1/4 c (2oz)				Green Beans (A,C,K)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)				Mixed Fruit (C)	Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq				Sister Schubert's Roll (WGR)	(Pizza Crust)
Other/Notes				(Tomato sauce A,C)	Ranch
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					1% Milk (D)
Fruit/Vegetable 1/2 c					
Grain/Alternate 1/2 oz eq				Animal Crackers (WGR)	Cheerios Cereal (WGR)
Meat/Alternate 1/2 oz				Yogurt (B12, C)	
Other/Notes				Water	Water
February WEEK 2	Monday 2/5/24	Tuesday 2/6/24	Wednesday 2/7/24	Thursday 2/8/24	Friday 2/9/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Strawberries Slices (C)	Banana Slices (B6,C)	Tomato Wedges (A, C)	Diced Peaches (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	Cream of Wheat	Toast (WW)
Other/Notes			Gravy		Scrambled Eggs Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Tyson WG Chicken Patty (CN)	High Liner Breaded Fish Fillet (CN)
Vegetable 1/4 c	@Coleslaw	Green Beans (A,C,K)	Raw Broccoli (A,C)	Lima Beans (A,K)	Raw Broccoli (A,C)
Fruit 1/4 c	Tropical Fruit (C)	Pineapple Tidbits (C)	Mixed Fruit (C)	Carrots (C)	@ Cole Slaw
Grain/Alternate 1/2 oz eq	Cornbread Muffin (WGR)	Sister Schubert's Roll (WGR)	(Pizza Crust)	Sister Schubert's Roll (WGR)	Hushpuppie (WGR)
Other/Notes		(Tomato sauce A,C)	Ranch Dressing		Ranch, Ketchup
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D)	1% Milk (D)	
Fruit/Vegetable 1/2 c	Tomato Sauce (C)				Pineapple Tidbits (A,C)
Grain/Alternate 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Animal Crackers (WGR)	Blueberry Muffin (WG)		1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)
Meat/Alternate 1/2 oz		Yogurt (B12, C)		Cheerios Cereal (WGR)	
Other/Notes	Water	Water	Water	Water	Water
February WEEK 3	Monday 2/12/24	Tuesday 2/13/24	Wednesday 2/14/24	Thursday 2/15/24	Friday 2/16/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Banana Slices (B6,C)	Mixed Fruit (C)	Diced Apricots (C)	Tomato Wedges (A, C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	French Toast Sticks (WW)	Cream of Wheat	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WG)
Other/Notes		Syrup		Gravy	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk	1% Milk	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Hamburger patty	Pinto Beans(I)	@ Orange Chicken	@White Beans with Ham Chunks (I,P)	Tyson WG Chicken Patty (CN)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix	Corn	Mixed Green Peas & Carrots	@Cole Slaw	Lima Beans (A,K)
Fruit 1/4 c	Pears (C) French Fries	Turnip Greens (A,C)	Pineapple Tidbits (C)	Tomato Wedges (A,C)	Carrots (C)
Grain/Alternate 1/2 oz eq	(WW) Buns	Cornbread Muffin (WGR)	Rice	Cornbread Muffin (WGR)	Sister Schubert's Roll (WGR)
Other/Notes	Ketchup, *Serve as a sandwich		*Serve as Orange Chicken		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D)				
Fruit/Vegetable 1/2 c		Tomato Sauce (C)	Pineapple Tidbits (A,C)	Diced Pears (C)	Applesauce (C)
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WGR)	MaxStix (Cheese & Bread) (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)		Goldfish Graham Crackers (WGR)
Meat/Alternate 1/2 oz				Shredded Sharp Cheese	
Other/Notes	Water	Water	Water	Water	Water
February WEEK 4	Monday 2/19/24	Tuesday 2/20/24	Wednesday 2/21/24	Thursday 2/22/24	Friday 2/23/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c		1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c		Tomato wedges (A,C)	Strawberries Slices (C)	Cooked Apple Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq		Biscuits	Oatmeal (WG)	Pillsbury Frozen SS Biscuits (WGR)	Cream of Wheat
Other/Notes		Gravy			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c		1% Milk (D)	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz eq		@White Beans with Ham Chunks (I,P)	@ Orange Chicken	Pinto Beans(I)	Pinto Beans(I)
Vegetable 1/4 c		@Cole Slaw	Mixed Green Peas & Carrots	Corn	Corn
Fruit 1/4 c		Tropical Fruit	Pineapple Tidbits (c)	Turnip Greens (A,C)	Turnip Greens (A,C)
Grain/Alternate 1/2 oz eq		Cornbread Muffin (WGR)	WG Rice	WW Cornbread Muffiin	WW Cornbread Muffiin
Other/Notes			*Serve as Orange Chicken		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D)		1% Milk (D)	
Fruit/Vegetable 1/2 c			Applesauce (C)		
Grain 1/2 oz eq		Mighty Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)	Cheerios Cereal (WGR)	Animal Crackers (WGR)
Meat/Alternate 1/2 oz					Yogurt (B12, C)
Other/Notes		Water	Water	Water	Water
January WEEK 5	Monday 2/26/24	Tuesday 2/27/24	Wednesday 2/28/24	Thursday 2/29/24	Friday 3/1/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Tomato wedges (A,C)	Strawberries Slices (C)	Applesauce (C)	Banana Slices (B6,C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Biscuits	Oatmeal (WG)	French Toast Sticks (WW)	Kellogg Rice Krispies Cereal	Cream of Wheat
Other/Notes	Gravy		Syrup		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Pinto Beans(I)	Chef Boyardee Beef Ravioli (CN)	Hamburger Steak (CN)	@White Beans with Ham Chunks (I,P)
Vegetable 1/4 c	Green Beans (A,C,K)	Corn	Green Beans (A,C,K)	Mashed Potatoes	@Cole Slaw
Fruit 1/4 c	Pineapple Tidbits (C)	Turnip Greens (A,C)	Mixed Fruit (C)	Green Peas (A & C)	Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	(Pizza Crust)	WW Cornbread Muffiin	Sister Schubert's Roll	Sister Schubert's Roll	Cornbread Muffin (WGR)
Other/Notes			(Tomato sauce A,C)	Cooked Sweet Peppers & Onions	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D)		1% Milk (D)
Fruit/Vegetable 1/2 c	Applesauce (C)	Diced Pears (C)			
Grain 1/2 oz eq	Goldfish Graham Crackers (WGR)		Blueberry Muffin (WGR)	Animal Crackers (WGR)	Cheerios Cereal (WGR)
Meat/Alternate 1/2 oz		Shredded Sharp Cheese		Yogurt (B12, C)	
Other/Notes	Water	Water		Water	Water
@= Recipe in recipe book. Substitutions will be made in accordance with individually identified needs.			(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 WW=Whole Wheat or Whole Grain		
			NO SCHOOL		* Indicates CULTURE FOOD
					* Indicates Allergy replacement