

Van Buren Head Start January 2024 Menu					
January WEEK 1					
Meal Pattern	Monday 1/1/24	Tuesday 1/2/24	Wednesday 1/3/24	Thursday 1/4/24	Friday 1/5/24
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c			1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c			Tomato Wedges (A, C)	Strawberries Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative			Pillsbury Frozen SS Busicuts (WGR)	Rice Krispies Cereal	Oatmeal (WG)
Other/Notes			Gravy		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c			1% Milk (D)	1% Milk	1% Milk (D)
Meat/Alternate 1 1/2 oz eq			Tony's Smart Pizza Pepperoni and cheese (CN Label)	Pinto Beans(l)	Cooked Turkey (CN Label)
Vegetable 1/4 c (2oz)			Green Beans (A,C,K)	Corn	Diced Tomatoes (A, C); Lettuce
Fruit 1/4 c (2oz)				Turnip Greens (A,C)	Pears (C)
Grain/Alternate 1/2 oz eq			Tropical Fruit (C)		Corn Torilla (WG)
Other/Notes			(Pizza Crust) WGR	WW Cornbread Muffiin	Shredded Cheese/Salsa
					Serve as Burito
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				Pineapple Tidbits (A,C)	
Grain/Alternate 1/2 oz eq			Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Kellogg Rice Krispies Cereal
Meat/Alternate 1/2 oz					
Other/Notes			Water	Water	Water
January WEEK 2					
Meal Pattern	Monday 1/8/24	Tuesday 1/9/24	Wednesday 1/10/24	Thursday 1/11/24	Friday 1/12/24
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)	Applesauce (C)	Cooked Apple Slices (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cream of Wheat	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	French Toast Sticks (WW)	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes			Gravy	Syrup	Gravy
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	@Ground Beef Chili with Beans (P) (l)	Chef Boyardee Beef Ravioli (CN)	Chicken Tenders (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)	@Tuna Salad
Vegetable 1/4 c	(Tomatoes (A,C)	Green Beans (A,C,K)	Peas (A,C)	Green Beans (A,C,K)	Tomato Wedges (A,C)
	Beans in Chili (l)				Romaine Lettuce/Spinach mix
Fruit 1/4 c	Diced Apricots (C)	Mixed Fruit (C)	Pineapple Tidbits (C)	Tropical Fruit (C)	Tropical Fruit (C)
Grain/Alternate 1/2 oz eq	Zesta Crackers	Sister Schubert's Roll (WGR)	Cornbread Muffin (WGR)	(Pizza Crust) WGR	Wheat Bread (WW)
	Shredded Sharp Cheese				
Other/Notes	* Serve as Chili	(Tomato sauce A,C)			*Serve as a sandwich
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)		Applesauce (C)		Pineapple Tidbits (A,C)
Grain/Alternate 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)	Cheerios Cereal (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
January WEEK 3					
Meal Pattern	Monday 1/15/24	Tuesday 1/16/24	Wednesday 1/17/24	Thursday 1/18/24	Friday 1/19/24
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		Applesauce (C)	Diced Peaches (C)	Cooked Apple Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq		French Toast Sticks (WW)	Oatmeal (WG)	Pillsbury Frozen SS Biscuits (WGR)	Eggs
Other/Notes		Syrup		Gravy	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c		1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq		@White Beans with Ham Chunks (l, P)	Tony's Smart Pizza Pepperoni and cheese(CN Label)	@Tuna Salad	Tyson WG Chicken Patty (CN)
Vegetable 1/4 c		@Cole Slaw	Green Beans (A,C,K)	Tomato Wedges (A,C)	Lima Beans (A,K)
				Romaine Lettuce/Spinach mix	
Fruit 1/4 c		Tomato Wedges (A,C)	Pears (C)	Tropical Fruit (C)	Carrots (C)
Grain/Alternate 1/2 oz eq		Cornbread Muffin (WGR)	(Pizza Crust) WGR	Wheat Bread (WW)	Sister Schubert Roll (WGR)
Other/Notes				*Serve as a sandwich	
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		Animal Crackers			
Grain/Alternate 1/2 oz eq		Yogurt (B12, C)	Kellogg Rice Krispies Cereal	Tomato Sauce (C)	Goldfish Graham Crackers (WGR)
Meat/Alternate 1/2 oz				MaxStix (Cheese & Bread) (WGR)	
Other/Notes		Water	Water	Water	Water
January WEEK 4					
Meal Pattern	Monday 1/22/24	Tuesday 1/23/24	Wednesday 1/24/24	Thursday 1/25/24	Friday 1/26/24
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	Diced Peaches (C)	Tomato wedges (A,C)	Banana Slices (B6,C)	Cooked Apple Slices (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Cream of Wheat	Pillsbury Frozen SS Biscuits (WGR)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	French Toast Sticks (WW)
Other/Notes		Gravy			Syrup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk	1% Milk	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Hamburger patty	High Liner Breaded Fish Fillet (CN)	Cooked Diced Chicken	Pinto Beans(l)	@Ground Turkey Sauce (CN Label)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix	Raw Broccoli (A,C)	Corn	Corn	Green Beans
	French Fries		Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Turnip Greens (A,C)	Diced Apricots (C)
Fruit 1/4 c	Pears (C)	@ Cole Slaw	Pineapple Tidbits (A, C,)		Spaghetti Noodles (WW)
Grain/Alternate 1/2 oz eq	(WW) Buns	Hushpuppie (WGR)	Brown Rice	WW Cornbread Muffiin	Parmesean Cheese
Other/Notes	Ketchup, *Serve as a sandwich	Ranch, Ketchup	Serve as @ Chicken Gumbo		*Serve as @Spaghetti
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		Pineapple Tidbits (A,C)	Applesauce (C)		Diced Pears (C)
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Goldfish Graham Crackers (WGR)	Cheerios Cereal (WGR)	
Meat/Alternate 1/2 oz					Shredded Sharp Cheese
Other/Notes	Water	Water	Water	Water	Water
January WEEK 5					
Meal Pattern	Monday 1/29/24	Tuesday 1/30/24	Wednesday 1/31/24	Thursday 2/1/24	Friday 2/2/24
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	Orange Wedges (C)	Tomato wedges (A,C)	Banana Slices (B6,C)	Cooked Apple Slices (C)	Diced Peaches (C)
Grain/Alternate 1/2 oz eq	Toasted English Muffin (WW)	Pillsbury Frozen SS Biscuits (WGR)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	Toast (WW)
Meat/Alternate 1/2 oz eq					Scrambled Eggs
Other/Notes	Jelly	Gravy			Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Scrambled Eggs	Cooked Diced Chicken	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Chef Boyardee Beef Ravioli (CN)	Hamburger Steak (CN)
Vegetable 1/4 c	Baked Hashbrown	Corn, Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Green Beans (A,C,K)	Green Beans (A,C,K)	Green Peas (A & C)
Fruit 1/4 c	Tomato wedges (A,C)	Pineapple Tidbits (A, C,)	Tropical Fruit (C,C)	Mixed Fruit (C)	Mashed Potatoes
Grain/Alternate 1/2 oz eq	Pillsbury Frozen SS Biscuits (WGR)	Brown Rice			Sister Schubert's Roll (WGR)
Other/Notes	Gravy		(Pizza Crust) WGR	Sister Schubert's Roll (WGR)	
		Serve as @ Chicken Gumbo		(Tomato sauce A,C)	
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		Diced Pears (C)	Applesauce (C)	Pineapple Tidbits (A,C)	
Grain 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)		Goldfish Graham Crackers (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Cheerios Cereal (WGR)
Meat/Alternate 1/2 oz		Shredded Sharp Cheese			
Other/Notes	Water	Water	Water	Water	Water
@= Recipe in recipe book	WW=Whole Wheat or Whole Grain	(l)=High Source of Iron, (A)=High Source of Vitamin A, (C)=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.			NO SCHOOL	* Indicates CULTURE FOOD	* Indicates Allergy replacement