

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				Diced Peaches (C)	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative				Toast (WW)	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes				Scrambled Eggs Jelly	Gravy
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) WGR
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)	Diced Peaches (C)	Banana Slices (B6,C)	Mixed Fruit (C)	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	Toast (WW)	Cheerios Cereal (WGR)	Cream of Wheat	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes		Scrambled Eggs Jelly			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	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli (CN)	Natural Choice Turkey & Cheese(CN)	High Liner Breaded Fish Fillet (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)
Vegetable 1/4 c			Tomato Wedges (A,C)	@ Cole Slaw	
Vegetable 1/4 c	@Coleslaw	Green Beans (A,C,K)	Romaine Lettuce/Spinach mix,		Raw Broccoli (A,C)
Fruit 1/4 c	Tropical Fruit (C)	Pineapple Tidbits (C)	Diced Peaches (C)	Diced Apricots (C)	Pears (C)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Sister Schubert's Roll (WGR)	Wheat Bread (WW)	Hushpuppie (WGR)	(Pizza Crust) WGR
Other/Notes		(Tomato sauce A,C)	Ketchup, Mustard, Mayo	Ranch, Ketchup	Ranch Dressing
			*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)				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	Applesauce (C)	Banana Slices (B6,C)	Diced Apricots (C)	Tomato Wedges (A, C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	French Toast Sticks (WW)	Cheerios Cereal (WGR)	Cream of Wheat	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WG)
Other/Notes	Syrup			Gravy, Sausage Pattie	
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 (CN)	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	WGR Cornbread Muffiin	Rice	WGR Cornbread Muffiin	Sister Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo *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)				1% Milk (D)
Fruit/Vegetable 1/2 c		Tomato Sauce (C)	Pineapple Tidbits (A,C)	Diced Pears (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)	Banana Slices (B6,C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq		Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WG)	Cheerios Cereal (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 (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq		@White Beans with Ham Chunks (I,P)	@ Orange Chicken	Natural Choice Turkey & Cheese (CN)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c		@Cole Slaw	Mixed Green Peas & Carrots	Tomato Wedges (A,C)	Green Beans (A,C,K)
Fruit 1/4 c		Tropical Fruit	Pineapple Tidbits (c)	Romaine Lettuce/Spinach mix,	Mixed Fruit (C)
Grain/Alternate 1/2 oz eq		WGR Cornbread Muffiin	WG Rice	Diced Peaches (C)	Sister Schubert's Roll
Other/Notes			*Serve as Orange Chicken	Wheat Bread (WW)	(Tomato sauce A,C)
				Ketchup, Mustard, Mayo	
				*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			Applesauce (C)		
Grain 1/2 oz eq		Cheerios Cereal (WGR)	Goldfish Graham Crackers (WGR)	Blueberry Muffin (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	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WG)	French Toast Sticks (WW)	Kellogg Rice Krispies Cereal	Toast (WW)
Other/Notes	Gravy		Syrup		Green 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	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Pinto Beans(I)	Chef Boyardee Beef Ravioli (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) WGR	WGR Cornbread Muffiin	Sister Schubert's Roll (WGR)	Sister Schubert's Roll (WGR)	WGR Cornbread Muffiin
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	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