

UCHRA Van Buren Head Start Menus 2023-2024
December 2023

Week 1 of 5					
Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday 12/1
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					1% Milk (D) *Soy Milk
Fruit/Vegetable/Both 1/2 c					Diced Peaches (C)
Grain/Alternate/Meat Alternative					Pillsbury Mini Pancakes (WW)
Other/Notes					Syrup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c					1% Milk (D) *Soy Milk
Meat/Alternate 1 1/2 oz eq					Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c (2oz)					
					Green Beans (A,C,K)
Fruit 1/4 c (2oz)					(Tomato sauce A & C)
					Pears (C)
Grain/Alternate 1/2 oz eq					
					Sister's Schubert's Roll (WGR)
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					Animal Crackers (WGR)
Meat/Alternate 1/2 oz					Yogurt (B12, C)
Other/Notes					Water
Week 2 of 5					
Meal Pattern	Monday 12/4	Tuesday 12/5	Wednesday 12/6	Thursday 12/7	Friday 12/8
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Fruit/Vegetable/Both 1/2 c	Orange Wedges (C)	Diced Peaches (C)	Banana Slices (B&C)	Cooked Apple Slices (C)	Tomato Wedges (A,C)
Grain/Alternate/Meat Alternative	Toasted English Muffin (WW)	Pillsbury Mini Pancakes (WW)	Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit	Pillsbury Frozen Southern Style Biscuit
Other/Notes	Jelly	Syrup			Gravy, Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Meat/Alternate 1 1/2 oz eq	Beef Patty (CN)	Natural Choice Turkey & Cheese (CN)	High Liner Breaded Fish Fillet (CN)	Hormel Turkey (CN)	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c (2oz)	Baked French Fries	Romaine Lettuce/Spinach mix,		Mashed Potatoes	Green Beans (A,C,K)
	Romaine Lettuce/Spinach mix		Raw Broccoli (A,C)	Peas (A,C)	(Tomato sauce A & C)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Pears (C)		Pears (C)
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	Diced Peaches (C)	Hushpuppies (WGR)	Wheat Bread (WW)	Sister's Schubert's Roll (WGR)
		Wheat Bread (WW)			
Other/Notes	Ketchup, Mustard, Mayo	Ketchup, Mustard, Mayo		Turkey Gravy	
	*Serve as Sandwich-Let child assemble	*Serve as a sandwich	Ranch, Ketchup	*Serve as Open Face Sandwich-Let child assemble	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk		
Fruit/Vegetable 1/2 c	Tomato Sauce (C)			Pineapple Tidbits (A,C)	Animal Crackers (WGR)
Grain 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Goldfish Graham crackers	Blueberry Muffin (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Yogurt (B12, C)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
Week 3 of 5					
Meal Pattern	Monday 12/11	Tuesday 12/12	Wednesday 12/13	Thursday 12/14	Friday 12/15
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Fruit/Vegetable/Both 1/2 c	Diced Peaches (C)	Orange Wedges (C)	Cooked Apple Slices (C)	Applesauce (C) with Cinnamon	Banana Slices (B&C)
Grain/Alternate/Meat Alternative	Mighty Blueberry Muffin (WGR)	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	French Toast Sticks (WW)	Cheerios Cereal (WGR)
Other/Notes		Jelly		Sausage/Syrup	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Meat/Alternate 1 1/2 oz eq	Ground Beef (CN Label)	Wild Mike's Pizza Pepperoni and cheese(CN Label)	Ground Beef Meatballs (CN)	Beef Patty (CN)	Hormel Ham (CN)
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)		Green Peas	Baked French Fries	Cheese Slice
Fruit 1/4 c (2oz)	Pears (C)	Corn (A,C)	Diced Pears	Romaine Lettuce/Spinach mix	Tomato Wedges (A,C)
Grain/Alternate 1/2 oz eq	Spaghetti Noodles (WW)	Green Beans (A,C,K)	WW Egg Noodles	Tomato Wedges (A,C)	Romaine Lettuce/Spinach mix
Other/Notes	Tomato Sauce		Serve as @Swedish Meatballs	Ketchup, Mustard, Mayo	Pineapple Tidbits (C)
	Parmesean Cheese		Swedish Culture	*Serve as Sandwich-Let child assemble	Wheat Bread (WW)
	*Serve as @Spaghetti	(Pizza Crust)			Ketchup, Mustard, Mayo
		Ranch			*Serve as sandwich
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D) *Soy Milk		1% Milk (D) *Soy Milk
Fruit/Vegetable 1/2 c	Diced Pears (C)	Pineapple Tidbits (A,C)			
Grain 1/2 oz eq				Animal Crackers (WGR)	
Meat/Alternate 1/2 oz	Shredded Sharp Cheese	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Cheerios Cereal (WGR)	Yogurt (B12, C)	Mighty Blueberry Muffin (WGR)
Other/Notes	Water	Water	Water	Water	Water
Week 4 of 5					
Meal Pattern	Monday 12/18	Tuesday 12/19	Wednesday 12/20	Thursday 12/21	Friday 12/22
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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 5 of 5					
Meal Pattern	Monday 12/25	Tuesday 12/26	Wednesday 12/27	Thursday 12/28	Friday 12/29
Breakfast	Breakfast		Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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					
@= 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	* Indicates Allergy replacement