

Date:

11/3-11/7/2025

Menu for:

Early Head Start Combo & No Friday Playgroup

This institution is an equal opportunity provider. All milk served is 1% unflavored milk for children over 24 months and unflavored whole 12-24 months

Condiments delivered weekly and served based on menu item: ketchup, mustard, mayo, ranch, pickles, soy sauce, lemon/lime wedges

	Monday 11/3	Tuesday 11/4	Wednesday 11/5	Thursday 11/6	Friday 11/7
Breakfast					
Entree Name			Breakfast Taco with WW Tortilla-EHS	Sunbutter Smoothie- EHS	
Fruit or Vegetable	Canned Mandarin Oranges-EHS	Cooked Apples-EHS	Fresh Mandarin Oranges-EHS	Diced and/or Steamed Carrots-EHS	
Grain or Meat/Meat Alt	WG General Mills Corn Chex-EHS	WG Oatmeal- EHS	See Entree	See Entree	
Extra		Brown Sugar EHS	Sliced Cheese- EHS		
Milk	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name	Fish Patty on WW Bun- EHS	WG Veggie Baked Penne - EHS	Baked Diced Chicken-EHS	Vegetarian Taco Soup-EHS	Harvest for Healthy Kids
Fruit	Applesauce- EHS	Diced Kiwi-EHS	Diced Frozen Mango-EHS	Diced Pears, Fresh-EHS	This month we are learning about:
Vegetable	Diced and/or Steamed Carrots	Spinach Salad-EHS	Maple Roasted Parsnips- <u>EHS</u>	Diced and/or Steamed Cauliflower- EHS	Winter Root Vegetables (Rutabaga, Parsnips, Turnips)
Grain	See Entree	WG Breadstick- EHS	WW Roll- EHS	WG Wheat Thins- EHS	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Shredded Carrots- EHS			
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	

Date:

11/10-11/14/2025

Menu for:

Early Head Start Combo & Friday Playgroup

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	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Breakfast					
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	Closed: Planning Day	Closed: Holiday	Applesauce - EHS	Diced Frozen Strawberries- EHS	
Grain or Meat/Meat Alt			WG Waffle- EHS	See Entree	
Extra					
Milk			1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name			Chicken Patty on WW Bun- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	Chicken Salad Pita- EHS
Fruit			Canned Mandarin Oranges- EHS	Diced Fresh Pears- EHS	Applesauce - EHS
Vegetable			Chopped Spinach Salad- EHS	<u>Pickled Shredded Carrot & Turnips- EHS</u>	Diced Cucumbers- EHS
Grain			See Entree	See Entree	See Entree
Meat/Meat Alt			See Entree	See Entree	See Entree
Extra					
Milk			1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS

Date: 11/17-11/21/2025
Menu for: Early Head Start Combo & No Friday Playgroup

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Condiments delivered weekly and served based on menu item: ketchup, mustard, mayo, ranch, pickles, soy sauce, lemon/lime wedges, seasonings

	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Breakfast					
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	Closed: Family Conferences
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Diced Cucumbers- EHS	WG General Mills Rice Chex- EHS	
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	Ritz Crackers- EHS		
Extra	Cream Cheese- EHS	Yami Lowfat Vanilla Yogurt- EHS	Hard Boiled Eggs- EHS		
Milk	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS	
Fruit	Diced Kiwi -EHS	Applesauce- EHS	Diced Frozen Peaches- EHS	Diced Pears- EHS	
Vegetable	<u>Garlic Roasted Rutabaga- EHS</u>	Diced and/or Steamed Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	
Grain	WW Roll-EHS	WG Breadstick-EHS	WG Wheat Thins-EHS	See Entree	
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	
Extra					
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	

Date: 11/24-11/28/2025

Menu for: Early Head Start Combo & No Friday Playgroup

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Condiments delivered weekly and served based on menu item: ketchup, mustard, mayo, ranch, pickles, soy sauce, lemon/lime wedges, seasonings

	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Breakfast					
Entree Name				Closed: Holiday	Closed: Holiday
Fruit or Vegetable	Diced Peaches- EHS WG General Mills Cheerios- EHS	Diced Banana- EHS	Blueberries-EHS		
Grain or Meat/Meat Alt		WW English Muffin- EHS	WG Pancake- EHS		
Extra		Egg Patty-EHS	Berry Sauce-EHS		
Milk	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS		
Lunch					
Entree Name	Hamburger on WW Bun- EHS	Bean & Cheese Burrito on WW Tortilla -EHS	Cheese Pizza-EHS		
Fruit	Diced Kiwi -EHS	Diced Frozen Mango- EHS	Diced Pears, Fresh-EHS		
Vegetable	Baked Sweet Potato Fries- EHS	<u>Spicy Citrus Roasted Turnips- EHS</u>	Peas-EHS		
Grain	See Entree	See Entree	See Entree		
Meat/Meat Alt	See Entree	See Entree	See Entree		
Extra					
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS		

ASK YOUR
CHILD ABOUT
ROOT
VEGETABLES



ROOT VEGETABLES!

This month, we are learning all about root vegetables. Parsnips, rutabagas, and turnips are root vegetables. Celery root, beets, and radishes are root vegetables, too. Root vegetables are delicious wintertime treats! Try them roasted with salt and pepper, in stews, or mashed. Grate or thinly slice celery root, beets, and radishes for salads.

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose root vegetables that are free of cracks or bruises.
- Store root vegetables in a cool, dry place.
- Remove any rot before storing.
- Spring turnips are small and white. Mature winter turnips may have purple areas. Peel mature turnips before using.
- To use celery root, slice off the tough outer surface. Enjoy celery root raw or cooked.



KIDS CAN COOK: ROOT VEGETABLES

Kids can help prepare root vegetables by:

- Grating root vegetables with the help of an adult.
- Whisking eggs and spices for root vegetable pancakes.
- Forming root vegetable pancakes.
- Tossing chopped root vegetables with olive oil and salt for roasting.
- Mashing cooked root vegetables.

ROOT VEGETABLE PANCAKES*

SERVES 4-6

½ lb. parsnips, or a mix of root vegetables (like rutabaga, turnip, or beets)
2 scallions or green onions, green parts chopped
2 eggs
¼ cup of flour
½ tsp. salt
¼ tsp. pepper, or to taste
2-4 Tbs. vegetable oil

Optional, to serve:

1Tbs. soy sauce and 1 tsp. rice vinegar (dipping sauce)

OR

plain yogurt

DIRECTIONS

1. Grate root vegetables. Chop scallions/green onions.
2. Whisk eggs in a medium bowl with the salt and pepper.
3. Whisk in flour.
4. Stir in shredded root vegetables.
5. Heat oil in a medium pan or skillet.
6. Form the mixture into patties roughly three inches in size. You should be able to make about 6 patties. Place patties on pan, 2 inches apart. Not all patties will fit in one batch.
7. Cook for 2-3 minutes on the first side, then flip and cook for another 2-3 minutes until browned on both sides.
8. Continue cooking pancakes in batches. Add oil as needed.
9. Serve hot, plain or with dipping sauce or yogurt

** Adapted from Melissa D'Arabian, www.foodnetwork.com*

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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

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