

**Date:** 11/3-11/7/2025  
**Menu for:** Early Head Start Extended Day

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
<b>Breakfast</b>					
Entree Name	Canned Mandarin Oranges- EHS	Cooked Apples-EHS	Breakfast Taco with WW Tortilla-EHS	Sunbutter Smoothie- EHS	<b>Closed: Planning Day</b>
Fruit or Vegetable	WG General Mills Corn Chex- EHS		Fresh Mandarin Oranges- EHS	Diced and/or Steamed Carrots- EHS	
Grain or Meat/Meat Alt		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	
<b>Lunch</b>					
Entree Name	Fish Patty on WW Bun- EHS	WG Veggie Baked Penne - EHS	Baked Diced Chicken- EHS	Vegetarian Taco Soup-EHS	<b>Harvest for Healthy Kids</b> This month we are learning about:  Winter Root Vegetables (Rutabaga, Parsnips, Turnips)
Fruit	Applesauce- EHS	Diced Kiwi-EHS	Diced Frozen Mango-EHS	Diced Pears, Fresh-EHS	
Vegetable	Diced and/or Steamed Carrots	Spinach Salad-EHS	<b>Maple Roasted Parsnips- EHS</b>	Diced and/or Steamed	
Grain	See Entree	WG Breadstick- EHS	WW Roll- EHS	Cauliflower- EHS	
Meat/Meat Alt	See Entree	See Entree	See Entree	WG Wheat Thins- EHS	
Extra		Shredded Carrots- EHS		See Entree	
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name			Sesame Salmon Rice Bowl- EHS	Fruit Pizza	
Fruit		Marionberries- EHS		Frozen Blueberries- EHS	
Vegetable	Crosswise Sliced Celery -EHS		Avocado-EHS		
Grain	Ritz Crackers	WG General Mills Cheerio - EHS	See Entree	WW English Muffin- EHS	
Meat/Meat Alt	Refried Beans -EHS	Yami Lowfat Vanilla Yogurt- EHS			
Extra	<b>Sliced Pickled Turnips- EHS</b>			Cream Cheese- EHS	

**Date:** 11/10-11/14/2025  
**Menu for:** Early Head Start Extended Day

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	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
<b>Breakfast</b>					
Entree Name	<b>Closed: Planning Day</b>	<b>Closed: Holiday</b>		WG Sunbutter Cereal Squares- EHS	Canned Mandarin Oranges- EHS WG General Mills Cheerios- EHS 1% or Whole Milk - EHS
Fruit or Vegetable			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	
<b>Lunch</b>					
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	<b><u>Pickled Shredded Carrot &amp; Turnips- EHS</u></b>	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
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name			WG General Mills Corn Chex Trail Mix- EHS	Quesadilla on WG Tortilla- EHS	Marionberries- EHS
Fruit			Raisins- EHS		
Vegetable			Diced and/or Steamed Carrots	Crosswise Sliced Celery- EHS	WG General Mills Kix Cereal- EHS Yami Lowfat Vanilla Yogurt- EHS
Grain			See Entree	See Entree	
Meat/Meat Alt Extra				See Entree	

**Date:** 11/17-11/21/2025  
**Menu for:** Early Head Start Extended Day

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	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
<b>Breakfast</b>					
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	<b>Closed: Family Conferences</b>
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 Milk	Cream Cheese- EHS 1% or Whole Milk - EHS	Yami Lowfat Vanilla Yogurt- EHS 1% or Whole Milk - EHS	Hard Boiled Eggs- EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	
<b>Lunch</b>					
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><b>Garlic Roasted Rutabaga- EHS</b></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	
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name		Ants on a Log- EHS	Cottage Cheese Smoothie Bowl- EHS		
Fruit		Raisins- EHS	See Entree		
Vegetable	Diced and/or Steamed Broccoli	Crosswise Sliced Celery- EHS		Diced and/or Steamed Carrots- EHS	
Grain	WG Wheat Thins- EHS		WG General Mills Kix Cereal- EHS	Pretzels - EHS	
Meat/Meat Alt	Diced Turkey- EHS		See Entree	Sliced Cheese- EHS	
Extra		Cream Cheese- EHS	Raspberries- EHS		

**Date:**

11/24-11/28/2025

**Menu for:**

Early Head Start Extended Day

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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
<b>Breakfast</b>					
Entree Name					
Fruit or Vegetable	Diced Peaches- EHS	Diced Banana- EHS	Blueberries-EHS	<b>Closed: Holiday</b>	<b>Closed: Holiday</b>
Grain or Meat/Meat Alt	WG General Mills Cheerios- EHS	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		
<b>Lunch</b>					
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	<b><u>Spicy Citrus Roasted Turnips- EHS</u></b>	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		
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name		WG General Mills Corn Chex Trail Mix- EHS			
Fruit		Raisins- EHS	Diced Kiwi- EHS		
Vegetable	Crosswise Sliced Celery -EHS	Cucumber -EHS			
Grain	Pita-EHS	See Entree	Ritz Crackers- EHS		
Meat/Meat Alt	Sunbutter- EHS		Tuna- EHS		
Extra					

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.

### 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](http://www.foodnetwork.com)



### 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.

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1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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