

Date: 11/3-11/7/2025
Menu for: Head Start Full Day

This institution is an equal opportunity provider. All milk served is 1% unflavored milk.

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

Date:

11/10-11/14/2025

Menu for:

Head Start Full Day

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	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Breakfast					
Entree Name	Closed: Planning Day	Closed: Holiday		WG Sunbutter Cereal Squares	
Fruit or Vegetable			Applesauce	Diced Frozen Strawberries	Canned Mandarin Oranges
Grain or Meat/Meat Alt			WG Waffle		WG General Mills Cheerios
Extra					
Milk			1% Milk	1% Milk	1% Milk
Lunch					
Entree Name			Chicken Patty on WW Bun	Chicken Meatball Bahn Mi on WW	Chicken Salad Pita
Fruit			Sliced Oranges	Hotdog Bun	Apples
Vegetable				Sliced Fresh Pears	
Grain			Spinach Salad	<u>Pickled Shredded Carrot & Turnips</u>	Cucumbers
Meat/Meat Alt			WW Bun	See Entree	See Entree
Extra			See Entree	See Entree	See Entree
Milk			1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			WG General Mills Corn Chex	Quesadilla on WG Tortilla	
Fruit			Trail Mix		Marionberries
Vegetable			Raisins	Celery	
			Carrots		
Grain			See Entree	See Entree	WG General Mills Kix Cereal
Meat/Meat Alt				See Entree	Yami Lowfat Vanilla Yogurt
Extra					

Date: 11/17-11/21/2025
Menu for: Head Start Full Day

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	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Breakfast					
Entree Name		WG Overnight Oats			Closed: Family Conferences
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers	Diced Frozen Strawberries	
Grain or Meat/Meat Alt	WW English Muffin	See Entree	Ritz Crackers	WG General Mills Rice Chex	
Extra	Cream Cheese	Yami Lowfat Vanilla Yogurt	Hard Boiled Eggs		
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Lunch					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy	Southwest WG Brown Rice	
Fruit	Kiwi	Sliced Apple	Pozole	Pears	
Vegetable	<u>Garlic Roasted Rutabaga</u>	Carrots	Diced Frozen Peaches	Avocado Half	
Grain	WW Roll	WG Breadstick	Shredded Cabbage	See Entree	
Meat/Meat Alt	See Entree	Chicken Meatballs	WG Tortilla Chips	Black Beans	
Extra			See Entree	Shredded Cheese	
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		Ants on a Log	Cottage Cheese Smoothie Bowl		
Fruit		Raisins	See Entree		
Vegetable	Broccoli	Celery		Carrots	
Grain	WG Wheat Thins		WG General Mills Kix Cereal	Pretzels	
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese	
Extra			Raspberries		

Date: 11/24-11/28/2025
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	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	Banana	Blueberries		
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	WG Pancake		
Extra		Egg Patty	Berry Sauce		
Milk	1% Milk	1% Milk	1% Milk		
Lunch					
Entree Name	Hamburger on WW Bun	Bean & Cheese Burrito on WW Tortilla	Cheese Pizza		
Fruit	Kiwi	Diced Frozen Mango	Sliced Pears, Fresh		
Vegetable	Baked Sweet Potato Fries	<u>Spicy Citrus Roasted Turnips</u>	Peas		
Grain	See Entree	See Entree	See Entree		
Meat/Meat Alt	See Entree	See Entree	See Entree		
Extra					
Milk	1% Milk	1% Milk	1% Milk		
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		WG General Mills Corn Chex Trail Mix			
Fruit		Raisins	Kiwi		
Vegetable	Celery	Cucumber	Ritz Crackers		
Grain	Pita	See Entree	Tuna		
Meat/Meat Alt	Sunbutter				
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*



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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