

**Date:** 11/3-11/7/2025  
**Menu for:** Head Start Part 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
<b>Breakfast</b>				
Entree Name			Breakfast Taco with WW Tortilla	Sunbutter Smoothie
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
<b>Lunch</b>				
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Baked Diced Chicken	Vegetarian Taco Soup
Fruit	Sliced Apples	Kiwi	Diced Frozen Mango	Sliced Pears, Fresh
Vegetable	Carrots	Spinach Salad	<b>Maple Roasted Parsnips</b>	Cauliflower
Grain	See Entree	WG Breadstick	WW Roll	WG Tortilla Chips
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots		Shredded Cheddar Cheese
Milk	1% Milk	1% Milk	1% Milk	1% Milk

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

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

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

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	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20
<b>Breakfast</b>				
Entree Name		WG Overnight Oats		<b>Closed: Family Conferences</b>
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers	
Grain or Meat/Meat Alt	WW English Muffin	See Entree	Ritz Crackers	
Extra	Cream Cheese	Yami Lowfat Vanilla Yogurt	Hard Boiled Eggs	
Milk	1% Milk	1% Milk	1% Milk	
<b>Lunch</b>				
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy	
Fruit	Kiwi	Sliced Apple	Pozole	
Vegetable	<b><u>Garlic Roasted Rutabaga</u></b>	Carrots	Diced Frozen Peaches	
Grain	WW Roll	WG Breadstick	Shredded Cabbage	
Meat/Meat Alt	See Entree	Chicken Meatballs	WG Tortilla Chips	
Extra			See Entree	
Milk	1% Milk	1% Milk	1% Milk	

**Date:** 11/24-11/28/2025  
**Menu for:** Head Start Part Day

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	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27
<b>Breakfast</b>				
Entree Name				<b>Closed: Holiday</b>
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	
<b>Lunch</b>				
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	<b>Spicy Citrus Roasted Turnips</b>	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	

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

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1. **mail:**  
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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](mailto:Program.Intake@usda.gov)

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