

Date: 12/1-12/5/2025

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, seasonings

	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5
Breakfast					
Entree Name					
Fruit or Vegetable	Pineapple Tidbits- EHS	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	
Extra	Cream 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	Macaroni & Cheese- EHS	Chicken Wrap on WW Tortilla - EHS	Turkey Sandwich on WW Bread- EHS	Teriyaki Salmon -EHS	Harvest for Healthy Kids This month we are learning about: Beets (Golden, Red, Chioggia)
Fruit	Diced Frozen Mango- EHS	Diced Kiwi- EHS	Diced Pears- EHS	Applesauce- EHS	
Vegetable	Green Beans- EHS	Shredded Cabbage-EHS	Honey Roasted Golden Beets - EHS	Diced and/or Steamed Broccoli	
Grain	WW Roll -EHS	See Entree	See Entree	WG Brown Rice- EHS	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Shredded Cheese			
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	

Date: 12/8-12/12/2025
Menu for: Early Head Start Combo & Friday Playgroup

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	Monday 12/8	Tuesday 12/9	Wednesday 12/10	Thursday 12/11	Friday 12/12
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	Chickpea Curry - EHS
Fruit	Applesauce- EHS	Diced Kiwi-EHS	Diced Frozen Mango-EHS	Diced Pears, Fresh-EHS	Diced Frozen Mango- EHS
Vegetable	Diced and/or Steamed Carrots-EHS	Spinach Salad-EHS	<u>Rainbow Beet Salad-EHS</u>	Diced and/or Steamed Cauliflower- EHS	Diced and/or Steamed Broccoli - EHS
Grain	See Entree	WG Breadstick- EHS	WW Roll- EHS	WG Wheat Thins- EHS	WG Brown Rice- EHS
Meat/Meat Alt	See Entree	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	1% or Whole Milk- EHS

Date: 12/15-12/19/2025

Menu for: Early Head Start Combo & No Friday Playgroup

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	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18
Breakfast				
Entree Name				
Fruit or Vegetable	Frozen Blueberries- EHS	Diced Banana- EHS	Applesauce - EHS	Diced Frozen Strawberries- EHS
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt- EHS	WW Mini Bagel- EHS	WG Waffle- EHS	WG General Mills Rice Chex- EHS
Extra		Cream 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	Chicken Patty on WW Bun- EHS	Taco Seasoned Baked Fish- EHS	<u>Vegetarian Borscht (with Beets)- EHS</u>	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS
Fruit	Canned Mandarin Oranges- EHS	Sliced Frozen Peaches- EHS	Diced Kiwi-EHS	Diced Fresh Pears- EHS
Vegetable	Chopped Romaine Salad- EHS	Shredded Cabbage- EHS	Butternut- EHS	Pickled Shredded Carrot- EHS
Grain	See Entree	Ritz Crackers- EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra				
Milk	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS

Date: 12/29/2025-1/2/2026
Menu for: Early Head Start Combo No Friday Playgroup

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	Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1
Breakfast or Snack				
Entree Name			WG Overnight Oats- EHS	Closed: Holiday
Fruit or Vegetable	Diced Peaches- EHS	Diced Banana- EHS	Diced Canned Pears-EHS	
Grain or Meat/Meat Alt	WG General Mills Cheerios- EHS	WW English Muffin- EHS	See Entree	
Extra		Egg Patty-EHS	Yami Lowfat Vanilla Yogurt- 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	Chicken Veggie Noodle Soup- EHS	
Fruit	Diced Kiwi -EHS	Diced Frozen Mango- EHS	Applesauce - EHS	
Vegetable	Sweet Potato Fries- EHS	Spinach Salad-EHS	See Entree	
Grain	See Entree	See Entree	WW Roll- EHS	
Meat/Meat Alt	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	



ASK YOUR
CHILD ABOUT
BEETS!

BEETS!

This month we are learning all about beets. Beets are a root vegetable that can be eaten raw, cooked, or pickled. You can eat the greens, too! Try beets raw in a salad, as in the recipe below. Or, roast beets with skins on in the oven at 375° for about 40 minutes. Beets are available year-round. You can find them at farmer's markets from May through December.

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Look for smooth, hard beets, without cuts and bruises.
- When possible, choose fresh beets with green tops still attached. Greens should look healthy and green, not wilted or brown.
- Store beets in a plastic bag.
- Beets will stay fresh in the refrigerator for up to two weeks. Beet greens should be used within a few days.
- Choose low-sodium or no salt added canned beets.

RAINBOW CRUNCH SALAD*

(Beet and Carrot Salad with Citrus Dressing)

SERVES 4-6

INGREDIENTS

Dressing:

- 1/2 tsp. fresh ginger, grated
- 2 Tbsp. honey or brown sugar
- Juice of 1 large lemon (2-3 Tbs.)
- Juice of 1/2 large orange (2-3 Tbs.)
- 1/4 tsp. salt or to taste

Vegetables:

- 3/4 pound carrots (mix of colors, if possible), grated
- 3/4 pound raw beets, grated

DIRECTIONS

MAKE DRESSING: Measure lemon and orange juices into a medium bowl. Add grated ginger and honey/brown sugar and whisk to combine. Add 1/4 tsp. salt, or to taste.

MAKE SALAD: Add grated carrots to the bowl and stir to combine. Add beets and mix lightly. Refrigerate until ready to serve.

** Adapted from Alison Forrest, Food Service Director, Huntington, VT*



KIDS CAN COOK: BEETS

Kids can help prepare beets by:

- Grating –Instruct your child to stop grating when they get close to the holes, and help them by using an adult hand over a child hand while they are learning.
- Mixing a dressing
- Chopping cooked beets with a plastic or ceramic knife
- Combining carrots and beets in the rainbow crunch salad

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