

Date:

12/1-12/5/2025

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, 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 WG General Mills Kix Cereal- EHS	Closed: Planning Day
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-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	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name	WG Spiced Orange & Carrot Muffin Square			Un-Beet-able Smoothie- EHS	
Fruit		Applesauce- EHS		See Entree	
Vegetable	Thin Sliced Bell Peppers- EHS		Diced Cucumbers- EHS	See Entree	
Grain		WG Wheat Thins-EHS	Ritz Crackers- EHS	Graham Crackers- EHS	
Meat/Meat Alt		Tuna-EHS	Refried Beans- EHS	See Entree	
Extra					

Date: 12/8-12/12/2025
Menu for: Early Head Start Extended Day

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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	Diced Peaches- EHS
Grain or Meat/Meat Alt	WG General Mills Corn Chex- EHS	WG Oatmeal- EHS	See Entree	See Entree	WG Biscuit- EHS
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	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
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- EHS	Fruit Pizza	
Fruit		Marionberries- EHS		Frozen Blueberries- EHS	Applesauce- EHS
Vegetable	Snap Peas- EHS		Avocado-EHS		
Grain	Ritz Crackers- EHS	WG General Mills Cheerio - EHS	See Entree	WW English Muffin- EHS	WG Wheat Thins- EHS
Meat/Meat Alt	Refried Beans -EHS	Yami Lowfat Vanilla Yogurt- EHS			Sliced Cheese- EHS
Extra				Cream Cheese- EHS	

Date:

12/15-12/19/2025

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

	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19
Breakfast					
Entree Name					Closed: Planning Day
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 Milk	1% or Whole Milk - EHS	Cream Cheese- 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	
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- EHS	
Fruit	Trail Mix- EHS Raisins- EHS		Green Smoothie- EHS See Entree	Crosswise Sliced Celery	
Vegetable	Diced and/or Steamed Carrots	Diced Cucumbers- EHS	See Entree		
Grain	See Entree	WG Wheat Thins- EHS	Graham Crackers- EHS	See Entree	
Meat/Meat Alt		Sliced Cheese- EHS	See Entree	See Entree	
Extra					

Date: 12/29/2025-1/2/2026
Menu for: Early Head Start Extended Day

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	Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2
Breakfast or Snack					
Entree Name			WG Overnight Oats- EHS	Closed: Holiday	Closed: Planning Day
Fruit or Vegetable	Diced Peaches- EHS WG General Mills Cheerios- EHS	Diced Banana- EHS	Diced Canned Pears-EHS		
Grain or Meat/Meat Alt		WW English Muffin- EHS	See Entree Yami Lowfat Vanilla Yogurt- EHS		
Extra Milk	1% or Whole Milk - EHS	Egg Patty-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 Milk	1% or Whole Milk- EHS	Shredded Carrots- EHS 1% or Whole Milk- EHS	1% or Whole Milk- EHS		
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- EHS		
Fruit		Trail Mix- EHS Raisins- EHS			
Vegetable	Crosswise Sliced Celery - EHS	Cucumber -EHS	Thin Sliced Bell Pepper- EHS		
Grain	Pita-EHS	See Entree	See Entree		
Meat/Meat Alt	Cream Cheese- EHS		See Entree		
Extra					



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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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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