

**Date:** 12/1-12/5/2025  
**Menu for:** Head Start Extended 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, seasonings

	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5
<b>Breakfast</b>					
Entree Name					
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches	
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal	
Extra	Cream Cheese				
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
<b>Lunch</b>					
Entree Name	Macaroni & Cheese	Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon	<b>Harvest for Healthy Kids</b> This month we are learning about:  Beets (Golden, Red, Chioggia)
Fruit	Diced Frozen Mango	Kiwi	Sliced Pears	Sliced Apple	
Vegetable	Green Beans	Shredded Cabbage	<u>Honey Roasted Golden Beets</u>	Broccoli	
Grain	WW Roll	See Entree	See Entree	WG Brown Rice	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Shredded Cheese			
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
<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 Spiced Orange & Carrot Muffin Square			<u>Un-Beet-able Smoothie</u>	
Fruit		Apple Slices		See Entree	
Vegetable	Sliced Bell Peppers		Cucumbers	See Entree	
Grain		WG Wheat Thins	WG Tortilla Chips	Graham Crackers	
Meat/Meat Alt		Tuna	Refried Beans	See Entree	
Extra					

**Date:** 12/8-12/12/2025  
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	Monday 12/8	Tuesday 12/9	Wednesday 12/10	Thursday 12/11
<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>Rainbow Beet Salad</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
Milk	1% Milk	1% Milk	1% Milk	Cheese
				1% Milk
<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>
Entree Name			Sesame Salmon Rice Bowl	Fruit Pizza
Fruit		Marionberries		Frozen Blueberries
Vegetable	Snap Peas		Avocado	
Grain	WG Tortilla Chips		See Entree	WW English Muffin
Meat/Meat Alt	Refried Beans	Yami Lowfat Vanilla Yogurt		
Extra		WG General Mills Cheerios		Cream Cheese

**Date:** 12/15-12/19/2025  
**Menu for:** 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
<b>Breakfast</b>				
Entree Name				
Fruit or Vegetable	Frozen Blueberries	Banana	Applesauce	Diced Frozen Strawberries
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WW Mini Bagel	WG Waffle	WG General Mills Rice
Extra		Cream Cheese		Chex
Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Lunch</b>				
Entree Name	Chicken Patty on WW Bun	Taco Seasoned Baked Fish	<u><b>Vegetarian Borscht (with</b></u>	Chicken Meatball Bahn Mi
Fruit	Sliced Oranges	Sliced Frozen Peaches	<u><b>Beets)</b></u>	on WW Hotdog Bun
Vegetable	Romaine Salad	Shredded Cabbage	See Entree	Sliced Fresh Pears
Grain	See Entree	WG Tortilla Chips	Cornbread	Pickled Shredded Carrot
Meat/Meat Alt	See Entree		See Entree	See Entree
Extra		Lime		
Milk	1% Milk	1% Milk	1% Milk	1% Milk
<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>
Entree Name	WG General Mills Corn		Green Smoothie	Quesadilla on WG Tortilla
Fruit	Chex Trail Mix		See Entree	Celery
Vegetable	Raisins	Cucumbers	See Entree	
Grain	Carrots	WG Wheat Thins	Graham Crackers	See Entree
Meat/Meat Alt	See Entree	Sliced Cheese	See Entree	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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