

Date: 1/5-1/9/2026

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 1/5	Tuesday 1/6	Wednesday 1/7	Thursday 1/8	Friday 1/9
Breakfast					
Entree Name	Closed: Planning Day				
Fruit or Vegetable		Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	
Grain or Meat/Meat Alt		Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	
Extra					
Milk		1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name		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: Potatoes (Golden, Red, Blue, Fingerling)
Fruit		Diced Kiwi- EHS	Mandarin Oranges- EHS	Applesauce- EHS	
Vegetable		Shredded Cabbage-EHS	<u>Mashed Potatoes- EHS</u>	Diced and/or Steamed Broccoli	
Grain		See Entree	See Entree	WG Brown Rice- EHS	
Meat/Meat Alt		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	

Date:

1/12-1/16/2026

Menu for:

Early Head Start Combo & 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 1/12	Tuesday 1/13	Wednesday 1/14	Thursday 1/15	Friday 1/16
Breakfast	Delivery Activity Potatoes				
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	Pineapple Tidbits- EHS	Mandarin Oranges- EHS	Diced Frozen Mango- EHS
Vegetable	Diced and/or Steamed Carrots- EHS	Spinach Salad-EHS	Peas-EHS	Baked Red Potato- 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: 1/19-1/23/2026

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

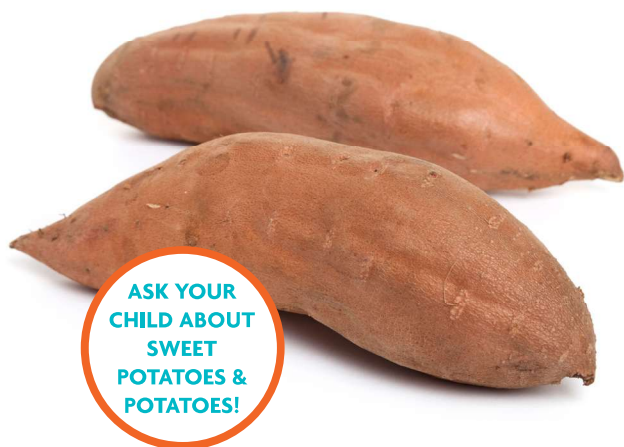
	Monday 1/19	Tuesday 1/20	Wednesday 1/21	Thursday 1/22
Breakfast				
Entree Name	Closed: Holiday			WG Sunbutter Cereal Squares- EHS
Fruit or Vegetable		Diced Banana- EHS	Applesauce - EHS	Diced Frozen Strawberries- EHS
Grain or Meat/Meat Alt		WW Mini Bagel- EHS	WG Waffle- EHS	
Extra Milk		Cream Cheese- 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	<u>Vegetarian Borscht (with Blue Potatoes)- EHS</u>	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS
Fruit		Canned Mandarin Oranges- EHS	Diced Kiwi-EHS	Diced Frozen Peaches- EHS
Vegetable		<u>Tater Tots- EHS</u>	Beets- EHS	Pickled Shredded Carrot- EHS
Grain		See Entree	See Entree	See Entree
Meat/Meat Alt		See Entree	See Entree	See Entree
Extra Milk		1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS

Date: 1/26-1/30/2026
Menu for: Early Head Start Combo & 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 1/26	Tuesday 1/27	Wednesday 1/28	Thursday 1/29	Friday 1/30
Breakfast					
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Diced Cucumbers- EHS	WG General Mills Rice Chex- EHS	
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	Ritz Crackers- EHS		
Extra	Cream Cheese- EHS	Yami Lowfat Vanilla Yogurt- EHS	Hard Boiled Eggs- 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	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS	WG Chicken & Veggie Lo Mein- EHS
Fruit	Diced Kiwi -EHS	Applesauce- EHS	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	Canned Mandarin Oranges- EHS
Vegetable	Roasted Fingerling Potatoes - EHS	Diced and/or Steamed Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	See Entree
Grain	WW Roll-EHS	WG Breadstick-EHS	WG Wheat Thins-EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	See Entree
Extra					Chow Mein Noodles- 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



ASK YOUR
CHILD ABOUT
SWEET
POTATOES &
POTATOES!

SWEET POTATOES & POTATOES

This month, we are learning all about sweet potatoes and potatoes. Sweet potatoes are tropical vegetables. Oregon farmers grow them, too! Potatoes are tubers. They come in many different shapes and colors. You can find them both at farmer's markets and supermarkets. Try baking sweet potatoes or potatoes whole. Or, chop, toss in a little oil, and roast until tender. Sweet potatoes are also delicious mashed, cooked in soups, and stir-fried.



PRODUCE TIPS

- Choose firm, dry, smooth sweet potatoes and potatoes. Avoid sweet potatoes and potatoes with wrinkles, sprouts, bruises, or decay.
- Store sweet potatoes and potatoes in a dry, cool room. A pantry or garage works well. DO NOT store sweet potatoes or potatoes in the refrigerator.
- Wait to wash sweet potatoes until you are ready to cook them.



KIDS CAN COOK: SWEET POTATOES & POTATOES

Kids can help prepare sweet potatoes and potatoes by:

- Mashing cooked sweet potatoes and potatoes.
- Tossing chopped sweet potato in olive oil and salt for roasting. This can also be done by putting a little oil, salt and spices in a zip-lock bag with the squash and tossing it around.
- Topping baked sweet potatoes or potatoes with yogurt, green onions, spices, and other tasty toppings.

CLASS RECIPE - TRY IT AT HOME!

SWEET POTATO MASH

SERVES 6

2 lbs. sweet potatoes (4-6 medium)
3/4 tsp. salt
black pepper (to taste)
2 Tbs. butter or milk (optional)

Put a medium pot of water on to boil. Scrub sweet potatoes and peel.* Cut sweet potatoes in quarters. When water boils, add sweet potatoes to pot. Lower heat, and simmer sweet potatoes until tender (about 20 minutes).

Mash sweet potatoes with a fork. Using a metal whisk with an up-and-down motion also works well. Add the butter or milk, if desired. Season with salt and pepper. Enjoy!

**Note: When sweet potatoes are exposed to air, they begin to brown. To keep raw sweet potatoes from browning, soak them in water with a little lemon juice or vinegar.*

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider