

Date: 1/5-1/9/2026
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 1/5	Tuesday 1/6	Wednesday 1/7	Thursday 1/8	Friday 1/9
Breakfast					
Entree Name	Closed: Planning Day				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:
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 Milk		Shredded Cheese 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				Sunbutter Smoothie-EHS	
Fruit		Applesauce- EHS		See Entree	
Vegetable				Diced and/or Steamed Carrots- EHS	
Grain		WG Wheat Thins-EHS	Diced Cucumbers- EHS		
Meat/Meat Alt		Tuna-EHS	Ritz Crackers- EHS	See Entree	
Extra			Refried Beans- EHS		

Date: 1/12-1/16/2026
Menu for: Early Head Start Extended Day

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	Monday 1/12	Tuesday 1/13	Wednesday 1/14	Thursday 1/15	Friday 1/16
Breakfast	Delivery Activity Potatoes				
Entree Name	Canned Mandarin Oranges- EHS	Cooked Apples-EHS	Breakfast Taco with WW Tortilla-EHS	Sunbutter Smoothie- EHS	Diced Peaches- EHS
Fruit or Vegetable	WG General Mills Corn Chex- EHS		Fresh Mandarin Oranges- EHS	Diced and/or Steamed Carrots- EHS	
Grain or Meat/Meat Alt		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	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
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: 1/19-1/23/2026
Menu for: Early Head Start Extended Day

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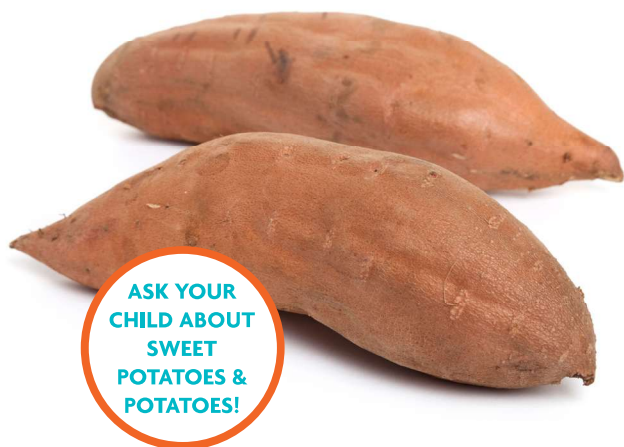
	Monday 1/19	Tuesday 1/20	Wednesday 1/21	Thursday 1/22	Friday 1/23
Breakfast					
Entree Name	Closed: Holiday			WG Sunbutter Cereal Squares- EHS	Canned Mandarin Oranges-EHS WG General Mills Cheerios- EHS
Fruit or Vegetable		Diced Banana- EHS	Applesauce - EHS	Diced Frozen Strawberries- EHS	
Grain or Meat/Meat 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	Chicken Salad Pita- EHS
Fruit		Canned Mandarin Oranges- EHS	Diced Kiwi-EHS	Diced Frozen Peaches- EHS	Applesauce - EHS
Vegetable		<u>Tater Tots- EHS</u>	Beets- EHS	Pickled Shredded Carrot- EHS	Diced Cucumbers- EHS
Grain		See Entree	See Entree	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			Green Smoothie- EHS	Quesadilla on WG Tortilla- EHS	Marionberries- EHS
Fruit			See Entree		
Vegetable			See Entree	Crosswise Sliced Celery	
Grain			Graham Crackers- EHS	See Entree	
Meat/Meat Alt			See Entree	See Entree	
Extra					Yami Lowfat Vanilla Yogurt- EHS WG General Mills Kix Cereal-EHS

Date: 1/26-1/30/2026
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, 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	Cooked Diced Apples- 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		WG Waffle- 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	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
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		Potato Bread- EHS	Cottage Cheese Smoothie Bowl- EHS		Quesadilla on WG Tortilla- EHS
Fruit		Raisins- EHS	See Entree		
Vegetable	Diced and/or Steamed Broccoli			Diced and/or Steamed Carrots- EHS	Thin Sliced Bell Pepper- EHS
Grain	WG Wheat Thins- EHS		WG General Mills Kix Cereal- EHS	Pretzels - EHS	See Entree
Meat/Meat Alt	Diced Turkey- EHS		See Entree	Sliced Cheese- EHS	See Entree
Extra		Cream Cheese- EHS	Raspberries- 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.*

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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

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