

Date: 1/5-1/9/2026
Menu for: Head Start Full 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 1/5	Tuesday 1/6	Wednesday 1/7	Thursday 1/8	Friday 1/9
Breakfast					
Entree Name	Closed: Planning Day	Diced Frozen Strawberries	Banana	Diced Peaches	Closed: Planning Day
Fruit or Vegetable		Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal	
Grain or Meat/Meat Alt					
Extra					
Milk		1% Milk	1% Milk	1% Milk	
Lunch					
Entree Name		Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon	Harvest for Healthy Kids This month we are learning about: Potatoes (Golden, Red, Blue, Fingerling)
Fruit		Kiwi	Sliced Oranges	Sliced Apple	
Vegetable		Shredded Cabbage	<u>Mashed Potatoes</u>	Broccoli	
Grain		See Entree	See Entree	WG Brown Rice	
Meat/Meat Alt		See Entree	See Entree	See Entree	
Extra		Shredded Cheese			
Milk		1% Milk	1% Milk	1% Milk	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		Apple Slices		Sunbutter Smoothie	
Fruit				See Entree	
Vegetable			Cucumbers	Carrots	
Grain		WG Wheat Thins	WG Tortilla Chips		
Meat/Meat Alt		Tuna	Refried Beans	See Entree	
Extra					

Date: 1/12-1/16/2026
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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			Breakfast Taco with WW Tortilla	Sunbutter Smoothie	
Fruit or Vegetable	Canned Mandarin Oranges	Cooked Apples	Fresh Mandarin Oranges	Carrots	Diced Peaches
Grain or Meat/Meat Alt	WG General Mills Corn Chex	WG Oatmeal	See Entree	See Entree	WG Biscuit
Extra			Sliced Cheese		
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch					
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Baked Diced Chicken	Vegetarian Taco Soup	Chickpea Curry
Fruit	Sliced Apples	Kiwi	Diced Pineapple	Sliced Oranges	Diced Frozen Mango
Vegetable	Carrots	Spinach Salad	Peas	Baked Red Potato	Broccoli
Grain	See Entree	WG Breadstick	WW Roll	WG Tortilla Chips	WG Brown Rice
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots		Shredded Cheddar Cheese	
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
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	Fruit Pizza	
Fruit		Marionberries		Frozen Blueberries	Apples
Vegetable	Snap Peas		Avocado		
Grain	WG Tortilla Chips		See Entree	WW English Muffin	WG Wheat Thins
Meat/Meat Alt	Refried Beans	Yami Lowfat Vanilla Yogurt			Sliced Cheese
Extra		WG General Mills Cheerios		Cream Cheese	

Date: 1/19-1/23/2026
Menu for: Head Start Full Day

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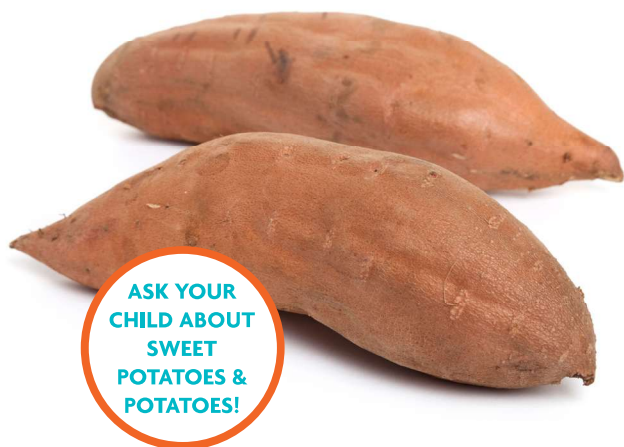
	Monday 1/19	Tuesday 1/20	Wednesday 1/21	Thursday 1/22	Friday 1/23
Breakfast					
Entree Name	Closed: Holiday			WG Sunbutter Cereal Squares	
Fruit or Vegetable		Banana	Applesauce	Diced Frozen Strawberries	Canned Mandarin
Grain or Meat/Meat Alt		WW Mini Bagel	WG Waffle		Oranges
Extra		Cream Cheese			WG General Mills
Milk		1% Milk	1% Milk	1% Milk	1% Milk
Lunch					
Entree Name		Chicken Patty on WW Bun	<u>Vegetarian Borscht (with Blue</u>	Chicken Meatball Bahn Mi on	Chicken Salad Pita
Fruit		Sliced Oranges	<u>Potatoes)</u>	WW Hotdog Bun	Apples
Vegetable		<u>Tater Tots</u>	Kiwi	Diced Frozen Peaches	Cucumbers
Grain		See Entree	See Entree	Pickled Shredded Carrot	See Entree
Meat/Meat Alt		See Entree	Cornbread	See Entree	See Entree
Extra			See Entree	See Entree	
Milk		1% Milk	1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			Green Smoothie	Quesadilla on WG Tortilla	
Fruit			See Entree		Marionberries
Vegetable		Cucumbers	See Entree	Celery	
Grain		WG Wheat Thins	Graham Crackers	See Entree	
Meat/Meat Alt		Sliced Cheese	See Entree	See Entree	Yami Lowfat Vanilla
Extra					Yogurt
					WG General Mills Kix
					Cereal

Date: 1/26-1/30/2026
Menu for: Head Start Full Day

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	Monday 1/26	Tuesday 1/27	Wednesday 1/28	Thursday 1/29	Friday 1/30
Breakfast					
Entree Name		WG Overnight Oats			
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers	Diced Frozen Strawberries	Cooked Apples
Grain or Meat/Meat Alt	WW English Muffin	See Entree	Ritz Crackers	WG General Mills Rice Chex	WG Waffle
Extra	Cream Cheese	Yami Lowfat Vanilla Yogurt	Hard Boiled Eggs		
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice	WG Chicken & Veggie Lo Mein
Fruit	Kiwi	Sliced Apple	Diced Frozen Peaches	Diced Cantaloupe	Sliced Oranges
Vegetable	<u>Roasted Fingerling Potatoes</u>	Carrots	Shredded Cabbage	Avocado Half	See Entree
Grain	WW Roll	WG Breadstick	WG Tortilla Chips	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs	See Entree	Black Beans	See Entree
Extra					Chow Mein Noodles
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			Cottage Cheese Smoothie		Quesadilla on WG Tortilla
Fruit		Raisins	Bowl		
Vegetable	Broccoli		See Entree	Carrots	Sliced Bell Pepper
Grain	WG Wheat Thins	<u>Potato Bread</u>	WG General Mills Kix Cereal	Pretzels	See Entree
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese	See Entree
Extra			Raspberries		



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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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
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