

Date:	2/2-2/6/2026
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 2/2	Tuesday 2/3	Wednesday 2/4	Thursday 2/5	Friday 2/6
Breakfast					
Entree Name			<u>Coco-Sweet Potato</u>		
Fruit or Vegetable	Diced Peaches- EHS	Diced Pears-EHS	<u>Smoothie Bowl</u>		
Grain or Meat/Meat Alt	WG General Mills Cheerios- EHS	WW English Muffin- EHS	Diced Bananas- EHS	Blueberries-EHS	Closed: Planning Day
Extra		Egg Patty-EHS	See Entree	WG Pancake- EHS	
Milk	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	Berry Sauce-EHS	
1% or Whole Milk - 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	Cheese Pizza-EHS	Harvest for Healthy Kids
Fruit	Diced Kiwi -EHS	Diced Frozen Mango- EHS	Applesauce - EHS	Diced Pears, Fresh-EHS	This month we are learning about:
Vegetable	Sweet Potato Fries- EHS	Spinach Salad-EHS	See Entree	Peas-EHS	Sweet Potatoes (Orange, White, Japanese)
Grain	See Entree	See Entree	WW Roll- EHS	See Entree	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Shredded Carrots- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	
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		Diced Kiwi- EHS	
Vegetable	Crosswise Sliced Celery - EHS	Raisins- EHS			
Grain	Pita-EHS	Cucumber -EHS	Thin Sliced Bell Pepper- EHS	Ritz Crackers- EHS	
Meat/Meat Alt	Cream Cheese- EHS	See Entree	See Entree	Tuna- EHS	
Extra			See Entree		

Date:	2/9-2/13/2026
Menu for:	Early Head Start Extended Day

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	Monday 2/9	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13
Breakfast	Delivery Activity Sweet Potatoes				
Entree Name					
Fruit or Vegetable	Pineapple Tidbits- EHS	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS WG General Mills Kix Cereal- EHS	Diced Cucumbers- EHS
Grain or Meat/Meat Alt Extra	WW Mini Bagel - EHS Cream Cheese-EHS 1% or Whole Milk- EHS	Yami Lowfat Vanilla Yogurt- EHS 1% or Whole Milk - EHS	WG Oatmeal-EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	Ritz Crackers- EHS Hard Boiled Eggs- 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	Minestrone Soup-EHS
Fruit	Diced Frozen Mango- EHS	Diced Kiwi- EHS	Mandarin Oranges- EHS	Applesauce- EHS	Diced Honeydew-EHS
Vegetable	Green Beans- EHS	Shredded Cabbage-EHS	Mashed Sweet Potatoes- EHS	Diced and/or Steamed Broccoli	See Entree
Grain	WW Roll -EHS	See Entree	See Entree	WG Brown Rice- EHS	WW Roll- EHS
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese			Shredded Mozzarella -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	<u>WG Sweet Potato Ginger</u> <u>Muffin Square - EHS</u>			Sunbutter Smoothie-EHS	Green Smoothie- EHS
Fruit		Applesauce- EHS		See Entree	See Entree
Vegetable	Thin Sliced Bell Peppers- EHS		Diced Cucumbers- EHS	Diced and/or Steamed Carrots- EHS	See Entree
Grain		WG Wheat Thins-EHS	Ritz Crackers- EHS		Graham Crackers- EHS
Meat/Meat Alt		Tuna-EHS	Refried Beans- EHS	See Entree	See Entree
Extra					

Date:	2/16-2/20/2026
Menu for:	Early Head Start Extended Day

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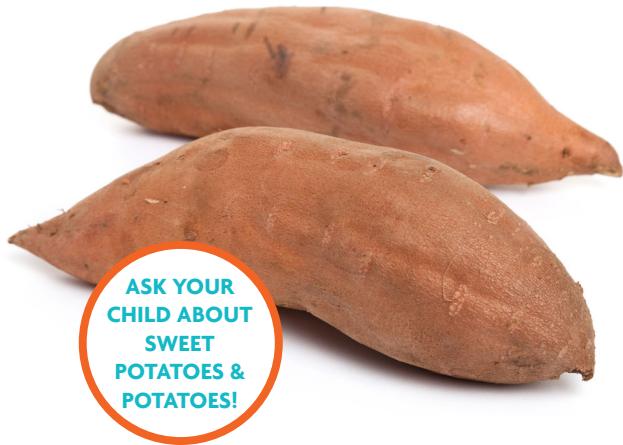
	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
Breakfast					
Entree Name			Breakfast Taco with WG Tortilla- EHS	Sunbutter Smoothie- EHS	
Fruit or Vegetable			Cooked Apples- EHS	Fresh Mandarin Oranges- EHS	Diced Peaches- EHS
Grain or Meat/Meat Alt			WG General Mills Corn Chex- 1% or Whole Milk - EHS	See Entree Sliced Cheese- EHS 1% or Whole Milk - EHS	WG Biscuit- EHS 1% or Whole Milk - EHS
Extra Milk	Closed: Holiday			1% or Whole Milk - EHS	
Lunch					
Entree Name		Fish Patty on WW Bun- EHS Applesauce- EHS	Baked Diced Chicken- EHS Pineapple Tidbits- EHS	Vegetarian Taco Soup- EHS Mandarin Oranges- EHS	Chickpea Curry - EHS Diced Frozen Mango- EHS
Fruit					Diced and/or Steamed Broccoli - EHS
Vegetable		Diced and/or Steamed Carrots- WW Bun- EHS See Entree	Peas- EHS WW Roll- EHS See Entree	Baked Sweet Potato- EHS WG Wheat Thins- EHS See Entree	WG Brown Rice- EHS See Entree
Grain					
Meat/Meat Alt					
Extra Milk		Ketchup- EHS 1% or Whole Milk- EHS	1% or Whole Milk- EHS	Shredded Cheddar Cheese- 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 Frozen Blueberries- EHS	
Fruit					Applesauce- EHS
Vegetable		Snap Peas- EHS	Avocado- EHS	WW English Muffin- EHS	WG Wheat Thins- EHS
Grain		Ritz Crackers- EHS	See Entree		Sliced Cheese- EHS
Meat/Meat Alt		Refried Beans -EHS		Cream Cheese- EHS	
Extra					

Date:	2/23-2/27/2026
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

	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Breakfast					
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	Frozen Blueberries- EHS	Diced Banana- EHS	Applesauce - EHS	Diced Frozen Strawberries- EHS	Canned Mandarin Oranges-EHS
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt- EHS	WW Mini Bagel- EHS	WG Waffle- EHS		WG General Mills Cheerios- 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	1% or Whole Milk - EHS
Lunch					
Entree Name	Chicken Patty on WW Bun- EHS	Taco Seasoned Baked Fish- EHS	Three Sisters Soup- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	Chicken Salad Pita- EHS
Fruit	Canned Mandarin Oranges- EHS	Sliced Frozen Peaches- EHS	Diced Kiwi-EHS	Diced Frozen Peaches- EHS	Applesauce - EHS
Vegetable	Roasted Sweet Potatoes- EHS	Shredded Cabbage- EHS	See Entree	Pickled Shredded Carrot- EHS	Diced Cucumbers- EHS
Grain	See Entree	Ritz Crackers- EHS	Cornbread- EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Lime- 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	WG General Mills Corn Chex		Green Smoothie- EHS	Sweet Potato & Black Bean Quesadilla on WG Tortilla- EHS	
Fruit	Trail Mix- EHS		See Entree		Marionberries- EHS
	Raisins- EHS				
Vegetable	Diced and/or Steamed Carrots- EHS	Diced Cucumbers- EHS	See Entree	Crosswise Sliced Celery	
Grain		WG Wheat Thins- EHS	Graham Crackers- EHS	See Entree	
Meat/Meat Alt		Sliced Cheese- EHS	See Entree	See Entree	Yami Lowfat Vanilla Yogurt- EHS
Extra					WG General Mills Kix Cereal-EHS



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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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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