

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 Smoothie Bowl</u>		Closed: Planning Day
Fruit or Vegetable	Diced Peaches- EHS WG General Mills Cheerios- EHS	Diced Pears-EHS	Diced Bananas- EHS	Blueberries-EHS	
Grain or Meat/Meat Alt		WW English Muffin- EHS	See Entree	WG Pancake- EHS	
Extra		Egg Patty-EHS		Berry Sauce-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	Hamburger on WW Bun- EHS	Bean & Cheese Burrito on WW Tortilla -EHS	Chicken Veggie Noodle Soup-EHS	Cheese Pizza-EHS	Harvest for Healthy Kids This month we are learning about: Sweet Potatoes (Orange, White, Japanese)
Fruit	Diced Kiwi -EHS	Diced Frozen Mango- EHS	Applesauce - EHS	Diced Pears, Fresh-EHS	
Vegetable	<u>Sweet Potato Fries- EHS</u>	Spinach Salad-EHS	See Entree	Peas-EHS	
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			
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	Diced Cucumbers- EHS
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	Ritz Crackers- EHS
Extra	Cream Cheese-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	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 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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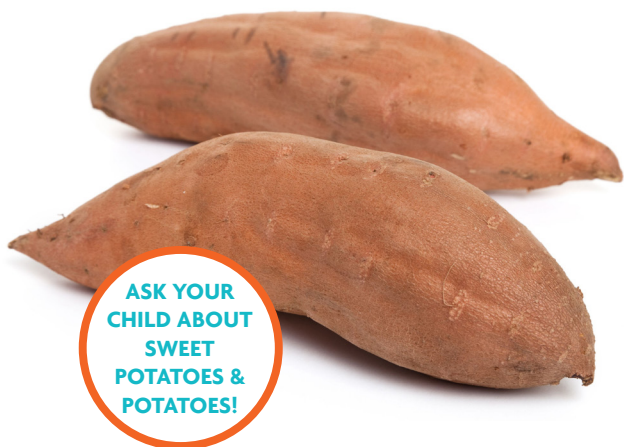
	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
Breakfast					
Entree Name	Closed: Holiday		Breakfast Taco with WG Tortilla- EHS	Sunbutter Smoothie- EHS	
Fruit or Vegetable		Cooked Apples- EHS	Fresh Mandarin Oranges- EHS	Diced and/or Steamed Carrots- EHS	Diced Peaches- EHS
Grain or Meat/Meat Alt		WG General Mills Corn Chex-	See Entree	See Entree	WG Biscuit- EHS
Extra			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	Baked Diced Chicken- EHS	Vegetarian Taco Soup-EHS	Chickpea Curry - EHS
Fruit		Applesauce- EHS	Pineapple Tidbits- EHS	Mandarin Oranges- EHS	Diced Frozen Mango- EHS
Vegetable		Diced and/or Steamed Carrots-	Peas-EHS	Baked Sweet Potato- EHS	Diced and/or Steamed
Grain		WW Bun- EHS	WW Roll- EHS	WG Wheat Thins- EHS	Broccoli - EHS
Meat/Meat Alt		See Entree	See Entree	See Entree	WG Brown Rice- EHS
Extra		Ketchup- EHS		Shredded Cheddar Cheese- EHS	See Entree
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			Sesame Salmon Rice Bowl- EHS	Fruit Pizza	Applesauce- EHS
Fruit				Frozen Blueberries- EHS	
Vegetable		Snap Peas- EHS	Avocado-EHS	WW English Muffin- EHS	
Grain		Ritz Crackers- EHS	See Entree		
Meat/Meat Alt		Refried Beans -EHS			WG Wheat Thins- EHS
Extra				Cream Cheese- EHS	Sliced Cheese- EHS

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	<u>Roasted Sweet Potatoes- EHS</u>	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			<u>Sweet Potato & Black Bean</u>	
Fruit	Trail Mix- EHS		Green Smoothie- EHS	<u>Quesadilla on WG Tortilla- EHS</u>	Marionberries- EHS
	Raisins- EHS		See Entree		
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



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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