

Date: 2/2-2/6/2026
Menu for: Head Start Extended 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 2/2	Tuesday 2/3	Wednesday 2/4	Thursday 2/5	Friday 2/6
Breakfast					
Entree Name			Coco-Sweet Potato Smoothie		
Fruit or Vegetable	Diced Peaches	Diced Pears	Bowl Bananas	Blueberries	
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	See Entree	WG Pancake	
Extra		Egg Patty		Berry Sauce	
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Lunch					
Entree Name	Hamburger on WW Bun	Bean & Cheese Burrito on WW Tortilla	Chicken Veggie Noodle Soup	Cheese Pizza	Harvest for Healthy Kids
Fruit	Kiwi	Diced Frozen Mango	Sliced Apple	Sliced Pears, Fresh	This month we are
Vegetable	Sweet Potato Fries	Spinach Salad	See Entree	Peas	learning about:
Grain	See Entree	See Entree	WW Roll	See Entree	Sweet Potatoes
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	(Orange, White, Japanese)
Extra		Shredded Carrots			
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		WG General Mills Corn Chex	Quesadilla on WG Tortilla		
Fruit		Trail Mix		Kiwi	
Vegetable	Celery	Raisins	Sliced Bell Pepper		
Grain	Pita	Cucumber	See Entree	Ritz Crackers	
Meat/Meat Alt	Sunbutter	See Entree	See Entree	Tuna	
Extra					

Date: 2/9-2/13/2026
Menu for: Head Start Extended 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 2/9	Tuesday 2/10	Wednesday 2/11	Thursday 2/12
Breakfast	Delivery Activity Sweet Potatoes			
Entree Name				
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal
Extra	Cream Cheese			
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Macaroni & Cheese	Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon
Fruit	Diced Frozen Mango	Kiwi	Sliced Oranges	Sliced Apple
Vegetable	Green Beans	Shredded Cabbage	Mashed Sweet Potatoes	Broccoli
Grain	WW Roll	See Entree	See Entree	WG Brown Rice
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese		
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
Entree Name	<u>WG Sweet Potato Ginger Muffin Square</u>			Sunbutter Smoothie
Fruit		Apple Slices		See Entree
Vegetable	Sliced Bell Peppers		Cucumbers	Carrots
Grain		WG Wheat Thins	WG Tortilla Chips	
Meat/Meat Alt		Tuna	Refried Beans	See Entree
Extra				

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

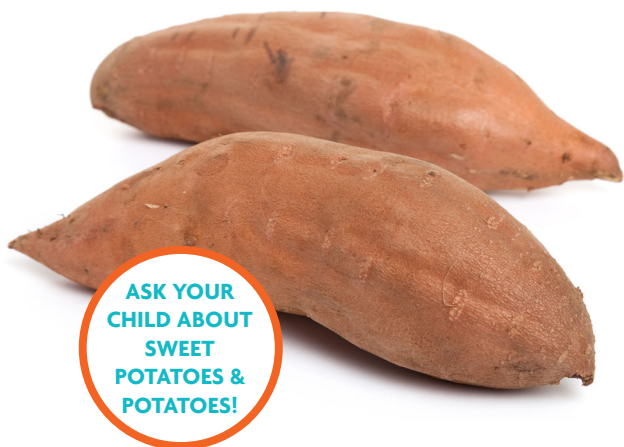
	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19
Breakfast				
Entree Name	Closed: Holiday		Breakfast Taco with WG Tortilla	Sunbutter Smoothie
Fruit or Vegetable		Cooked Apples	Fresh Mandarin Oranges	Carrots
Grain or Meat/Meat Alt		WG General Mills Corn Chex	See Entree	See Entree
Extra			Sliced Cheese	
Milk		1% Milk		1% Milk
Lunch				
Entree Name		Fish Patty on WW Bun	Baked Diced Chicken	Vegetarian Taco Soup
Fruit		Sliced Apples	Diced Pineapple	Sliced Oranges
Vegetable		Carrots	Peas	<u>Baked Sweet Potato</u>
Grain		See Entree	WW Roll	WG Tortilla Chips
Meat/Meat Alt		See Entree	See Entree	See Entree
Extra				Shredded Cheddar Cheese
Milk		1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			Sesame Salmon Rice Bowl	Fruit Pizza
Fruit				Frozen Blueberries
Vegetable		Snap Peas	Avocado	
Grain			See Entree	WW English Muffin
Meat/Meat Alt		Refried Beans		
Extra		WG Tortilla Chips		Cream Cheese

Date: 2/23-2/27/2026
Menu for: Head Start Extended 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

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



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