

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					
Fruit or Vegetable	Diced Peaches	Diced Pears	<u>Coco-Sweet Potato Smoothie</u> <u>Bowl</u> 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 learning about: Sweet Potatoes (Orange, White, Japanese)
Vegetable	Sweet Potato Fries	Spinach Salad	See Entree	Peas	
Grain	See Entree	See Entree	WW Roll	See Entree	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
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		Ritz Crackers	
Grain	Pita	Cucumber		Tuna	
Meat/Meat Alt	Sunbutter	See Entree			
Extra					

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

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	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
	<u>WG Sweet Potato Ginger</u>			
Entree Name	<u>Muffin Square</u>			Sunbutter Smoothie
Fruit		Apple Slices		See Entree
Vegetable	Sliced Bell Peppers	WG Wheat Thins	Cucumbers	Carrots
Grain		Tuna	WG Tortilla Chips	
Meat/Meat Alt			Refried Beans	See Entree
Extra				

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

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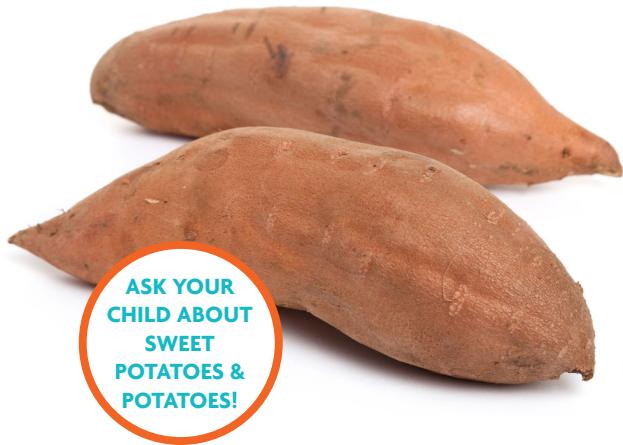
	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19
Breakfast				
Entree Name				
Fruit or Vegetable	Closed: Holiday	Cooked Apples	Breakfast Taco with WG Tortilla	Sunbutter Smoothie
Grain or Meat/Meat Alt		WG General Mills Corn Chex	Fresh Mandarin Oranges	Carrots
Extra			See Entree	See Entree
Milk		1% Milk	Sliced Cheese	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	Baked Sweet Potato
Grain		See Entree	WW Roll	WG Tortilla Chips
Meat/Meat Alt		See Entree	See Entree	See Entree
Extra		1% Milk	1% Milk	Shredded Cheddar Cheese
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	WW English Muffin
Grain		Refried Beans	See Entree	Cream Cheese
Meat/Meat Alt		WG Tortilla Chips		
Extra				

Date:	2/23-2/27/2026
Menu for:	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
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
Fruit	Sliced Oranges	Sliced Frozen Peaches	Kiwi	WW Hotdog Bun
Vegetable	<u>Roasted Sweet Potatoes</u>	Shredded Cabbage	See Entree	Diced Frozen Peaches
Grain	See Entree	WG Tortilla Chips	Cornbread	Pickled Shredded Carrot
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Lime		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
Entree Name	WG General Mills Corn Chex Trail Mix		Green Smoothie	<u>Sweet Potato & Black Bean</u>
Fruit	Raisins		See Entree	<u>Quesadilla on WG Tortilla</u>
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				



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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2. **fax:**
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