

Date: 2/2-2/6/2026
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 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	Diced Pears	Bananas	Blueberries	
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	See Entree	WG Pancake	
Extra Milk	1% Milk	Egg Patty 1% Milk	1% Milk	Berry Sauce 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 This month we are learning about: Sweet Potatoes (Orange, White, Japanese)
Fruit	Kiwi	Diced Frozen Mango	Sliced Apple	Sliced Pears, Fresh	
Vegetable	<u>Sweet Potato Fries</u>	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 Milk	1% Milk	Shredded Carrots 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			
Fruit		Trail Mix	Quesadilla on WG Tortilla	Kiwi	
Vegetable	Celery	Raisins			
Grain	Pita	Cucumber	Sliced Bell Pepper	Ritz Crackers	
Meat/Meat Alt	Sunbutter	See Entree	See Entree	Tuna	
Extra					

Date: 2/9-2/13/2026
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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	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches	Cucumbers
Fruit or Vegetable	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal	Ritz Crackers
Grain or Meat/Meat Alt	Cream Cheese				Hard Boiled Eggs
Extra	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Milk					
Lunch					
Entree Name	Macaroni & Cheese	Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon	Minestrone Soup
Fruit	Diced Frozen Mango	Kiwi	Sliced Oranges	Sliced Apple	Diced Honeydew
Vegetable	Green Beans	Shredded Cabbage	<u>Mashed Sweet Potatoes</u>	Broccoli	See Entree
Grain	WW Roll	See Entree	See Entree	WG Brown Rice	WW Roll
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese			Shredded Mozzarella
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	<u>WG Sweet Potato Ginger Muffin Square</u>			Sunbutter Smoothie	Green Smoothie
Fruit		Apple Slices		See Entree	See Entree
Vegetable	Sliced Bell Peppers		Cucumbers	Carrots	See Entree
Grain		WG Wheat Thins	WG Tortilla Chips		Graham Crackers
Meat/Meat Alt		Tuna	Refried Beans	See Entree	See Entree
Extra					

Date: 2/16-2/20/2026
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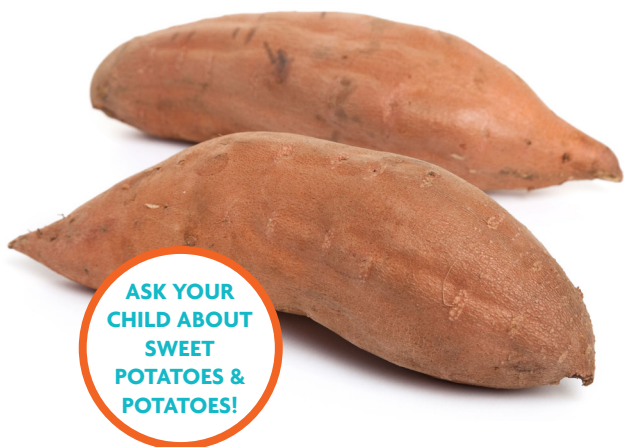
	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
Breakfast					
Entree Name	Closed: Holiday	Cooked Apples	Breakfast Taco with WG Tortilla	Sunbutter Smoothie	Diced Peaches
Fruit or Vegetable		WG General Mills Corn Chex	Fresh Mandarin Oranges	Carrots	WG Biscuit
Grain or Meat/Meat Alt			See Entree	See Entree	
Extra			Sliced Cheese		
Milk		1% Milk		1% Milk	1% Milk
Lunch					
Entree Name		Fish Patty on WW Bun	Baked Diced Chicken	Vegetarian Taco Soup	Chickpea Curry
Fruit		Sliced Apples	Diced Pineapple	Sliced Oranges	Diced Frozen Mango
Vegetable		Carrots	Peas	<u>Baked Sweet Potato</u>	Broccoli
Grain		See Entree	WW Roll	WG Tortilla Chips	WG Brown Rice
Meat/Meat Alt		See Entree	See Entree	See Entree	See Entree
Extra				Shredded Cheddar 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	Served with Water
Entree Name			Sesame Salmon Rice Bowl	Fruit Pizza	
Fruit				Frozen Blueberries	Apples
Vegetable		Snap Peas	Avocado		
Grain		Refried Beans	See Entree	WW English Muffin	WG Wheat Thins
Meat/Meat Alt		WG Tortilla Chips		Cream Cheese	Sliced Cheese
Extra					

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

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	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Breakfast					
Entree Name				WG Sunbutter Cereal Squares	
Fruit or Vegetable	Frozen Blueberries	Banana	Applesauce	Diced Frozen Strawberries	Canned Mandarin Oranges
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WW Mini Bagel	WG Waffle		WG General Mills Cheerios
Extra		Cream Cheese			
Milk	1% 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	Chicken Salad Pita
Fruit	Sliced Oranges	Sliced Frozen Peaches	Kiwi	Diced Frozen Peaches	Apples
Vegetable	<u>Roasted Sweet Potatoes</u>	Shredded Cabbage	See Entree	Pickled Shredded Carrot	Cucumbers
Grain	See Entree	WG Tortilla Chips	Cornbread	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Lime			
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	WG General Mills Corn Chex		Green Smoothie	<u>Sweet Potato & Black Bean Quesadilla on WG Tortilla</u>	
Fruit	Trail Mix		See Entree		Marionberries
Vegetable	Raisins	Cucumbers	See Entree	Celery	
Grain	Carrots	WG Wheat Thins	Graham Crackers	See Entree	
Meat/Meat Alt		Sliced Cheese	See Entree	See Entree	Yami Lowfat Vanilla Yogurt
Extra					WG General Mills Kix Cereal



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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