

Date:	3/2-3/6/2026
Menu for:	Early Head Start Combo & No Friday Playgroup

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 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Breakfast					
Entree Name		WG Overnight Oats- EHS			
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Diced Cucumbers- EHS	Diced Frozen Strawberries- EHS	
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree Yami Lowfat Vanilla Yogurt- EHS	Ritz Crackers- EHS	WG General Mills Rice Chex- EHS	
Extra Milk	Cream Cheese- EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	Hard Boiled Eggs- EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS	Harvest for Healthy Kids This month we are learning about:
Fruit	Diced Kiwi -EHS	Applesauce- EHS	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	
Vegetable	Roasted Fingerling Potatoes - EHS	Diced and/or Steamed Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	Beans
Grain	WW Roll-EHS	WG Breadstick-EHS	WG Wheat Thins-EHS	See Entree	(Pinto, Black, Garbanzo)
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	
Extra Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	Shredded Cheese- EHS	
				1% or Whole Milk- EHS	

Date:	3/9-3/13/2026- Nutrition Campaign Week
Menu for:	Early Head Start Combo & Playgroup

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	Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Breakfast	Delivery Activity Beans				Playgroup Snack
Entree Name					
Fruit or Vegetable	Diced Peaches- EHS	Diced Pears-EHS	Diced Bananas- EHS	Blueberries-EHS	Cottage Cheese Smoothie Bowl- EHS See Entree
Grain or Meat/Meat Alt	WG General Mills Cheerios- EHS	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Pancake- EHS	WG Kix Cereal- EHS
Extra		Egg Patty-EHS		Berry Sauce-EHS	Raspberries- 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 Salad -EHS	Cheese Pizza-EHS	
Fruit	Diced Strawberries -EHS	Canned Mandarin Oranges- EHS	Diced Frozen Mango-EHS	Kiwi - EHS	
Vegetable	Tomato Slices- EHS	Diced and/or Steamed Carrots- EHS	Yellow Zucchini - EHS	Snap 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	

Date:	3/16-3/20/2026
Menu for:	Early Head Start Combo & No Friday Playgroup

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	Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19
Breakfast				
Entree Name				
Fruit or Vegetable	Pineapple Tidbits- EHS	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS WG General Mills Kix Cereal- EHS
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-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
Lunch				
Entree Name	Macaroni & Cheese- EHS	Chicken Wrap on WW Tortilla - EHS	Turkey Sandwich on WW Bread- EHS	Teriyaki Salmon -EHS
Fruit	Diced Frozen Mango- EHS	Diced Kiwi- EHS	Mandarin Oranges- EHS	Applesauce- EHS
Vegetable	Green Beans- EHS	Shredded Cabbage-EHS	Mashed Potatoes- EHS	Diced and/or Steamed Broccoli
Grain	WW Roll -EHS	See Entree	See Entree	WG Brown Rice- EHS
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese		
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS

Date:	3/30-4/3/2026
Menu for:	Early Head Start Combo & No Friday Playgroup

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	Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3
Breakfast					
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	Closed: Planning Day	Frozen Blueberries- EHS	Applesauce - EHS	Diced Frozen Strawberries- EHS	
Grain or Meat/Meat Alt		Yami Lowfat Vanilla Yogurt- EHS	WG Waffle- EHS		
Extra					
Milk		1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name		Chicken Patty on WW Bun- EHS	<u>Three Sisters Soup (with Pinto Beans)- EHS</u>	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	Harvest for Healthy Kids
Fruit		Canned Mandarin Oranges- EHS	Diced Kiwi-EHS	Diced Frozen Peaches- EHS	This month we are learning about:
Vegetable		Chopped Spinach Salad- EHS	See Entree	Pickled Shredded Carrot- EHS	Cabbage
Grain		WW Bun- EHS	Cornbread- EHS	See Entree	(Red, Napa, Savoy)
Meat/Meat Alt		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	

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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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PRODUCE TIPS

- Avoid broken or shriveled beans.
- Dried beans can be stored for up to a year!



KIDS CAN COOK: BEANS

Kids can help prepare bean and corn salad by:

- Rinsing black beans.
- Measuring ingredients in measuring spoons and cups
- Adding prepared ingredients to the mixing bowl.
- Stirring salad in the mixing bowl

BEANS!

This month, we are learning all about beans. Beans come in many varieties: Pinto, Garbanzo, Kidney, Navy, Black, and more! Beans are a delicious addition to all sorts of meals. Eat beans in soup or chili, or turn into bean dip!

CLASS RECIPE - TRY IT AT HOME!

BEAN AND CORN SALAD

MAKES ABOUT 6 CUPS (6-12 SERVINGS)

Based on recipe provided by Truitt Bros. Creative Culinary Consultants

1 can black beans (12 oz.), drained and rinsed (approx. 1 3/4 cup)
1/2 bag 12 oz. frozen corn (approx. 1 2/3 cup)
1 red bell pepper, chopped (approx. 2/3 cup)
1 large fresh tomato, diced (approx. 2/3 cup)
1 Tbsp. lemon juice
1/2 bunch fresh cilantro, chopped (approx. 1/2 cup)
1 Tbsp. garlic, minced
2 Tbsp. olive oil
1 tsp. salt
1/2 tsp. ground Black Pepper

DIRECTIONS

1. Combine all ingredients in a large bowl and toss!