

Date:

3/2-3/6/2026

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 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Breakfast					
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	Closed: Planning Day
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Diced Cucumbers- EHS	WG General Mills Rice Chex- EHS	
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree Yami Lowfat Vanilla Yogurt- EHS	Ritz Crackers- 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: Beans (Pinto, Black, Garbanzo)
Fruit	Diced Kiwi -EHS Roasted Fingerling Potatoes - EHS	Applesauce- EHS Diced and/or Steamed Carrots	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	
Vegetable			Shredded Cabbage- EHS	Diced Avocado Half- EHS	
Grain	WW Roll-EHS	WG Breadstick-EHS	WG Wheat Thins-EHS	See Entree	
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	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			Cottage Cheese Smoothie Bowl- EHS		
Fruit		Raisins- EHS	See Entree		
Vegetable	Diced and/or Steamed Broccoli	Crosswise Sliced Celery- EHS		Diced and/or Steamed Carrots- EHS	
Grain	WG Wheat Thins- EHS		WG General Mills Kix Cereal- EHS	Pretzels - EHS	
Meat/Meat Alt	Diced Turkey- EHS		See Entree	Sliced Cheese- EHS	
Extra		Cream Cheese- EHS	Raspberries- EHS		

Date: 3/9-3/13/2026- Nutrition Campaign Week
Menu for: Early Head Start Extended Day

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	Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Breakfast	Delivery Activity Beans				
Entree Name					Frozen Diced Strawberries-EHS
Fruit or Vegetable	Diced Peaches- EHS WG General Mills Cheerios-EHS	Diced Pears-EHS	Diced Bananas- EHS Yami Lowfat Vanilla Yogurt-EHS	Blueberries-EHS	
Grain or Meat/Meat Alt		WW English Muffin- EHS		WG Pancake- EHS	WG French Toast-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	1% or Whole Milk - EHS
Lunch					
Entree Name	Hamburger on WW Bun- EHS	<u>Bean & Cheese Burrito on WW Tortilla -EHS</u>	Chicken Salad -EHS	Cheese Pizza-EHS	Fish Sticks on WG Corn and Wheat Tortilla- EHS
Fruit	Diced Strawberries -EHS	Canned Mandarin Oranges-EHS	Diced Frozen Mango-EHS	Kiwi - EHS	Blueberries- EHS
Vegetable	Tomato Slices- EHS	Diced and/or Steamed Carrots- EHS	Yellow Zucchini - EHS	Snap Peas-EHS	Shredded Purple Cabbage-EHS
Grain	See Entree	See Entree	WW Roll- EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	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	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		Cottage Cheese Smoothie Bowl- EHS
Fruit		Trail Mix- EHS Raisins- EHS		Diced Fresh Pears- EHS	See Entree
Vegetable	Crosswise Sliced Celery - EHS	Cucumber -EHS	Thin Sliced Bell Pepper- EHS		
Grain	Pita-EHS	See Entree	See Entree	Ritz Crackers- EHS	WG Kix Cereal- EHS
Meat/Meat Alt	Cream Cheese- EHS		See Entree	Tuna- EHS	See Entree
Extra					Raspberries- EHS

Date:

3/16-3/20/2026

Menu for:

Early Head Start Extended Day

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	Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20
Breakfast					
Entree Name					Closed: Planning Day
Fruit or Vegetable	Pineapple Tidbits- EHS	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	
Extra Milk	Cream Cheese-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	
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 Milk	1% or Whole Milk- EHS	Shredded Cheese 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 Sweet Potato Ginger Muffin Square - EHS			Sunbutter Smoothie-EHS	
Fruit		Applesauce- EHS		See Entree	
Vegetable	Thin Sliced Bell Peppers- EHS		Diced Cucumbers- EHS	Diced and/or Steamed Carrots- EHS	
Grain		WG Wheat Thins-EHS	Ritz Crackers- EHS		
Meat/Meat Alt		Tuna-EHS	<u>Refried Beans- EHS</u>	See Entree	
Extra					

Date:

3/30-4/3/2026

Menu for:

Early Head Start Extended Day

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	Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3
Breakfast					
Entree Name	Closed: Planning Day			WG Sunbutter Cereal Squares- EHS	Closed: Planning Day
Fruit or Vegetable		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 This month we are learning about: Cabbage (Red, Napa, Savoy)
Fruit		Canned Mandarin Oranges- EHS	Diced Kiwi-EHS	Diced Frozen Peaches- EHS	
Vegetable		Chopped Spinach Salad- EHS	See Entree	Pickled Shredded Carrot- EHS	
Grain		WW Bun- EHS	Cornbread- EHS	See Entree	
Meat/Meat Alt		See Entree	See Entree	See Entree	
Extra Milk		Shredded Carrots- 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 Trail Mix- EHS	Green Smoothie- EHS	Quesadilla on WG Tortilla- EHS	
Fruit		Raisins- EHS	See Entree		
Vegetable		Diced and/or Steamed Carrots- EHS	See Entree	Crosswise Sliced Celery	
Grain		See Entree	Graham Crackers- EHS	See Entree	
Meat/Meat Alt			See Entree	See Entree	
Extra					



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!



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

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!

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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:**
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