

Date:

3/2-3/6/2026

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

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

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	Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12
Breakfast	Delivery Activity Beans			
Entree Name				
Fruit or Vegetable	Diced Peaches	Diced Pears	Bananas	Blueberries
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	Yami Lowfat Vanilla Yogurt	WG Pancake
Extra		Egg Patty		Berry Sauce
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Hamburger on WW Bun	<u>Bean & Cheese Burrito on</u>		
Fruit	Strawberries	<u>WW Tortilla</u>	Chicken Salad	Cheese Pizza
Vegetable	Tomato Slices	Oranges	Diced Frozen Mango	Kiwi
Grain	See Entree	Carrots	Corn	Snap Peas
Meat/Meat Alt	See Entree	See Entree	WW Roll	See Entree
Extra			See Entree	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		
Fruit		Trail Mix	Quesadilla on WG Tortilla	Sliced Fresh Pears
Vegetable	Celery	Raisins	Sliced Bell Pepper	
Grain	Pita	Cucumber	See Entree	Ritz Crackers
Meat/Meat Alt	Sunbutter	See Entree	See Entree	Tuna
Extra				

Date: 3/16-3/20/2026
Menu for: Head Start Extended Day

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	Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19
Breakfast				
Entree Name				
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches WG General Mills Kix
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	Cereal
Extra	Cream Cheese			
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Macaroni & Cheese	Chicken Wrap on WW	Turkey Sandwich on WW	Teriyaki Salmon
Fruit	Diced Frozen Mango	Tortilla	Bread	Sliced Apple
Vegetable	Green Beans	Kiwi	Sliced Oranges	Broccoli
Grain	WW Roll	Shredded Cabbage	Mashed Potatoes	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	WG Sweet Potato Ginger			Sunbutter Smoothie
Fruit	Muffin Square	Apple Slices		See Entree
Vegetable	Sliced Bell Peppers		Cucumbers	Carrots
Grain		WG Wheat Thins	WG Tortilla Chips	
Meat/Meat Alt		Tuna	<u>Refried Beans</u>	See Entree
Extra				

Date:

3/30-4/3/2026

Menu for:

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	Frozen Blueberries	Applesauce	WG Sunbutter Cereal Squares	
Fruit or Vegetable		Yami Lowfat Vanilla Yogurt	WG Waffle	Diced Frozen Strawberries	
Grain or Meat/Meat Alt					
Extra					
Milk		1% Milk	1% Milk	1% Milk	
Lunch					
Entree Name		Chicken Patty on WW Bun	<u>Three Sisters Soup (with Pinto Beans)</u>	Chicken Meatball Bahn Mi on WW Hotdog Bun	Harvest for Healthy Kids This month we are learning about: Cabbage (Red, Napa, Savoy)
Fruit		Sliced Oranges	Kiwi	Diced Frozen Peaches	
Vegetable		Spinach Salad	See Entree	Pickled Shredded Carrot	
Grain		WW Bun	Cornbread	See Entree	
Meat/Meat Alt		See Entree	See Entree	See Entree	
Extra		Shredded Carrots			
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	Green Smoothie		
Vegetable		Raisins	See Entree	Celery	
Grain		Carrots	See Entree	See Entree	
Meat/Meat Alt		See Entree	Graham Crackers	See Entree	
Extra			See Entree		



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)
½ 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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