

<b>Date:</b>	3/2-3/6/2026
<b>Menu for:</b>	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

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

<b>Date:</b>	3/9-3/13/2026- Nutrition Campaign Week
<b>Menu for:</b>	Head Start Full Day

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	<b>Monday 3/9</b>	<b>Tuesday 3/10</b>	<b>Wednesday 3/11</b>	<b>Thursday 3/12</b>	<b>Friday 3/13</b>
<b>Breakfast</b>	<b>Delivery Activity Beans</b>				
Entree Name					
Fruit or Vegetable	Diced Peaches	Diced Pears	Bananas	Blueberries	Frozen Diced Strawberries
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	Yami Lowfat Vanilla Yogurt	WG Pancake	WG French Toast
Extra		Egg Patty		Berry Sauce	
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Lunch</b>					
Entree Name	Hamburger on WW Bun	<u><b>Bean &amp; Cheese Burrito on WW Tortilla</b></u>	Chicken Salad	Cheese Pizza	Fish Sticks on WG Corn and Wheat Tortilla
Fruit	Strawberries	Oranges	Diced Frozen Mango	Kiwi	Blueberries
Vegetable	Tomato Slices	Carrots	Corn	Snap Peas	Shredded Purple Cabbage
Grain	See Entree	See Entree	WW Roll	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name		WG General Mills Corn Chex	Quesadilla on WG Tortilla		Cottage Cheese Smoothie
Fruit		Trail Mix		Sliced Fresh Pears	Bowl
Vegetable	Celery	Raisins	Sliced Bell Pepper	See Entree	See Entree
Grain	Pita	Cucumber	See Entree	Ritz Crackers	WG Kix Cereal
Meat/Meat Alt	Sunbutter	See Entree	See Entree	Tuna	See Entree
Extra					Raspberries

<b>Date:</b>	3/16-3/20/2026
<b>Menu for:</b>	Head Start Full Day

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	<b>Monday 3/16</b>	<b>Tuesday 3/17</b>	<b>Wednesday 3/18</b>	<b>Thursday 3/19</b>	<b>Friday 3/20</b>
<b>Breakfast</b>					
Entree Name					
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches	<b>Closed: Planning Day</b>
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix	
Extra	Cream Cheese			Cereal	
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
<b>Lunch</b>					
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 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	
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name	WG Sweet Potato Ginger			Sunbutter Smoothie	
Fruit	Muffin Square	Apple Slices	Cucumbers	See Entree	
Vegetable	Sliced Bell Peppers	WG Wheat Thins	WG Tortilla Chips	Carrots	
Grain		Tuna	<b>Refried Beans</b>	See Entree	
Meat/Meat Alt					
Extra					

<b>Date:</b>	3/30-4/3/2026
<b>Menu for:</b>	Head Start Full Day

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	<b>Monday 3/30</b>	<b>Tuesday 3/31</b>	<b>Wednesday 4/1</b>	<b>Thursday 4/2</b>	<b>Friday 4/3</b>
<b>Breakfast</b>					
Entree Name					
Fruit or Vegetable	<b>Closed: Planning Day</b>	Frozen Blueberries	Applesauce	WG Sunbutter Cereal Squares	
Grain or Meat/Meat Alt		Yami Lowfat Vanilla Yogurt	WG Waffle	Diced Frozen Strawberries	<b>Closed: Planning Day</b>
Extra					
Milk		1% Milk	1% Milk	1% Milk	
<b>Lunch</b>					
Entree Name		Chicken Patty on WW Bun	<u>Three Sisters Soup (with Pinto Beans)</u>	Chicken Meatball Bahn Mi on WW Hotdog Bun	<b>Harvest for Healthy Kids</b>
Fruit		Sliced Oranges	Kiwi	Diced Frozen Peaches	This month we are learning about:
Vegetable		Spinach Salad	See Entree	Pickled Shredded Carrot	Cabbage
Grain		WW Bun	Cornbread	See Entree	(Red, Napa, Savoy)
Meat/Meat Alt		See Entree	See Entree	See Entree	
Extra		Shredded Carrots			
Milk		1% Milk	1% Milk	1% Milk	
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name		WG General Mills Corn Chex			
Fruit		Trail Mix	Green Smoothie	Quesadilla on WG Tortilla	
Vegetable		Raisins	See Entree		
Grain		Carrots	See Entree	Celery	
Meat/Meat Alt		See Entree	Graham Crackers	See Entree	
Extra			See Entree	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!

#### 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!



#### 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

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