

Date: 4/6-4/10/2026

Menu for: Early Head Start Combo & 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 4/6	Tuesday 4/7	Wednesday 4/8	Thursday 4/9	Friday 4/10
Breakfast	Deliver Activity Cabbage				Playgroup Snack
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	Quesadilla on WG Tortilla- EHS
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Diced Cucumbers- EHS	WG General Mills Rice Chex- EHS	Thin Sliced Bell Pepper- EHS
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree Yami Lowfat Vanilla Yogurt- EHS	Ritz Crackers- EHS		See Entree
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	
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	
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	

Date: 4/13-4/17/2026

Menu for: Early Head Start Combo & No Playgroup

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	Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16
Breakfast				
Entree Name				
Fruit or Vegetable	Diced Peaches- EHS WG General Mills Cheerios-	Diced Pears-EHS	Diced Bananas- EHS	Blueberries-EHS
Grain or Meat/Meat Alt	EHS	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt-EHS	WG Pancake- 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
Lunch				
Entree Name	Hamburger on WW Bun- EHS	<u>Purple Power Wrap (Mashed Beans, Cheese, WW Tortilla)- EHS</u>	Chicken Veggie Noodle Soup- EHS	Cheese Pizza-EHS
Fruit	Diced Kiwi -EHS	Diced Frozen Mango- EHS	Applesauce - EHS	Strawberries, Fresh-EHS
Vegetable	Sweet Potato Fries- EHS	<u>Purple Cabbage- EHS</u>	Shredded Carrots- 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		Avocado Dressing		
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS

Date: 4/20-4/24/2026

Menu for: Early Head Start Combo & Friday Playgroup

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	Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24
Breakfast					Playgroup Snack
Entree Name		Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	Green Smoothie- EHS
Fruit or Vegetable	Pineapple Tidbits- EHS	Yami Lowfat Vanilla Yogurt- EHS		WG General Mills Kix Cereal- EHS	See Entree
Grain or Meat/Meat Alt	WW Mini Bagel - EHS		WG Oatmeal-EHS		Graham Crackers- 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 <u>Shredded Cabbage with Lemon Ginger Dressing - EHS</u>	Mandarin Oranges- EHS	Applesauce- EHS	
Vegetable	Green Beans- 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		Chow Mein Noodles- EHS			
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	

Date: 4/27-5/1/2026

Menu for: Early Head Start Combo & No Friday Playgroup

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Condiments delivered weekly and served based on menu item: ketchup, mustard, mayo, ranch, pickles, soy sauce, lemon/lime wedges, seasonings

	Monday 4/27	Tuesday 4/28	Wednesday 4/29	Thursday 4/30
Breakfast				
Entree Name			Breakfast Taco with WG Tortilla-EHS	Sunbutter Smoothie- EHS
Fruit or Vegetable	Canned Mandarin Oranges- EHS	Cooked Apples- EHS	Fresh Mandarin Oranges- EHS	Diced and/or Steamed Carrots- EHS
Grain or Meat/Meat Alt	WG General Mills Corn Chex- EHS	WG Oatmeal- EHS	See Entree	See Entree
Extra			Sliced 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	Fish Patty on WW Bun- EHS	WG Veggie Baked Penne - EHS	Diced Baked BBQ Chicken- EHS	Vegetarian Taco Soup-EHS
Fruit	Applesauce- EHS	Diced Kiwi-EHS	Pineapple Tidbits- EHS	Mandarin Oranges- EHS
Vegetable	Diced and/or Steamed Carrots- EHS	Spinach Salad-EHS	<u>Coleslaw - EHS</u>	Diced and/or Steamed Cauliflower- EHS
Grain	See Entree	WG Breadstick- EHS	WW Roll- EHS	WG Wheat Thins- EHS
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots- EHS		Shredded Cheddar Cheese- EHS
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS

ASK YOUR
CHILD ABOUT
CABBAGE!



CABBAGE!

This month, we are learning all about cabbage. In Oregon, cabbage is in season from late summer to early spring. Try shredded cabbage in tacos. Or, serve cabbage with cooked black beans and rice. You can also eat pickled cabbage as sauerkraut or kimchi! Add cabbage to a vegetable soup for a tasty and warming winter dish.

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose firm cabbage that is heavy for its size.
- Store cabbage in a plastic bag in the refrigerator.
- Before slicing, cut cabbage in half and remove core.
- Try green, red, Napa, and savoy cabbages!



KIDS CAN COOK: CABBAGE

Kids can help prepare cabbage and vegetable soup by:

- Using hands to tear cabbage leaves into small pieces to add to soup or another dish.
- Using scissors to cut strips of cabbage for tacos or coleslaw.
- Mixing a dressing for a coleslaw.

VEGETABLE SOUP*

SERVES 4-6

1 small onion
1 garlic clove
1 Tbs. olive oil
1 carrot, peeled
1 small potato, peeled
1 beet, peeled (optional)
½ tsp. salt
4 cups vegetable broth
1 teaspoon dried thyme or other seasoning of choice
1 16 oz. can whole tomatoes, with juice
1 cup cabbage (about ¼ small head)
1 winter squash (e.g. butternut) or sweet potato, peeled (optional)
Salt and pepper, to taste (optional)

DIRECTIONS: Chop the onion and mince garlic. Set aside. Slice the carrot into slivers. Dice the potato and the beet (if using). Slice the cabbage. Cut the squash or sweet potato into 1-inch cubes (if using). Set all vegetables aside.

Heat the olive oil in a large, wide pot. Add the onion and garlic and sauté over medium heat, until onion is soft and translucent (about 10 minutes). Add the carrot, potato, beet (if using), and salt. Sauté for 4-5 minutes. Add the broth and bring to a boil.

Once the soup boils, reduce the heat and simmer for 20 minutes. Add the tomatoes with juice, the cabbage, and the winter squash or sweet potato (if using). Simmer about 20 minutes, or until vegetables are tender.

* Adapted from Jane Kirby, <http://www.parenting.com/article/fall-vegetable-soup>

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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
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