

**Date:** 4/6-4/10/2026

**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

	<b>Monday 4/6</b>	<b>Tuesday 4/7</b>	<b>Wednesday 4/8</b>	<b>Thursday 4/9</b>	<b>Friday 4/10</b>
<b>Breakfast</b>	<b>Deliver Activity Cabbage</b>				
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	Cooked Diced Apples- EHS
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		WG Waffle- 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	1% or Whole Milk - EHS
<b>Lunch</b>					
Entree Name	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS	WG Chicken & Veggie Lo Mein- EHS
Fruit	Diced Kiwi -EHS	Applesauce- EHS	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	Canned Mandarin Oranges- EHS
Vegetable	Roasted Fingerling Potatoes - EHS	Diced and/or Steamed Carrots	<b>Shredded Cabbage- EHS</b>	Diced Avocado Half- EHS	See Entree
Grain	WW Roll-EHS	WG Breadstick-EHS	WG Wheat Thins-EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	See Entree
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	Chow Mein Noodles- EHS 1% or Whole Milk- EHS
<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- EHS		Quesadilla on WG Tortilla- EHS
Fruit		Raisins- EHS	See Entree		
Vegetable	Diced and/or Steamed Broccoli	Crosswise Sliced Celery- EHS		Diced and/or Steamed Carrots- EHS	Thin Sliced Bell Pepper- EHS
Grain	WG Wheat Thins- EHS		WG General Mills Kix Cereal- EHS	Pretzels - EHS	See Entree
Meat/Meat Alt	Diced Turkey- EHS		See Entree	Sliced Cheese- EHS	See Entree
Extra		Cream Cheese- EHS	Raspberries- EHS		

**Date:** 4/13-4/17/2026

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	Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16	Friday 4/17
<b>Breakfast</b>					
Entree Name					<b>Closed: Planning Day</b>
Fruit or Vegetable	Diced Peaches- EHS	Diced Pears-EHS	Diced Bananas- EHS	Blueberries-EHS	
Grain or Meat/Meat Alt	WG General Mills	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Pancake- EHS	
Extra	Cheerios- EHS	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	
<b>Lunch</b>					
Entree Name	Hamburger on WW Bun- EHS	<b><u>Purple Power Wrap (Mashed Beans, Cheese, WW Tortilla)- EHS</u></b>	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	<b><u>Purple Cabbage- EHS</u></b>	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	
<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- EHS		
Fruit		Trail Mix- EHS		Diced Fresh Pears- EHS	
Vegetable	Crosswise Sliced Celery - EHS	Raisins- EHS	<b><u>Cabbage Slaw with Lime Dressing- EHS</u></b>		
Grain	Pita-EHS	Cucumber -EHS	See Entree	Ritz Crackers- EHS	
Meat/Meat Alt	Cream Cheese- EHS	See Entree	See Entree	Tuna- EHS	
Extra					

**Date:** 4/20-4/24/2026

**Menu for:** Early Head Start Extended Day

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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 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24
<b>Breakfast</b>					
Entree Name					
Fruit or Vegetable	Pineapple Tidbits- EHS	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	Diced Cucumbers- EHS
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	Ritz Crackers- EHS
Extra	Cream Cheese-EHS				Hard Boiled Eggs- 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
<b>Lunch</b>					
Entree Name	Macaroni & Cheese- EHS	Chicken Wrap on WW Tortilla - EHS	Turkey Sandwich on WW Bread- EHS	Teriyaki Salmon -EHS	Minestrone Soup-EHS
Fruit	Diced Frozen Mango- EHS	Diced Kiwi- EHS <u>Shredded Cabbage with Lemon Ginger Dressing - EHS</u>	Mandarin Oranges- EHS	Applesauce- EHS	Diced Honeydew-EHS
Vegetable	Green Beans- EHS		Mashed Potatoes- EHS	Diced and/or Steamed Broccoli	See Entree
Grain	WW Roll -EHS	See Entree	See Entree	WG Brown Rice- EHS	WW Roll- EHS
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Chow Mein Noodles- EHS			Shredded Mozzarella -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
<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 Muffin Square - EHS			Sunbutter Smoothie-EHS	Green Smoothie- EHS
Fruit		Applesauce- EHS		See Entree	See Entree
Vegetable	Thin Sliced Bell Peppers- EHS		Diced Cucumbers- EHS	Diced and/or Steamed Carrots- EHS	See Entree
Grain		WG Wheat Thins-EHS	Ritz Crackers- EHS		Graham Crackers- EHS
Meat/Meat Alt		Tuna-EHS	Refried Beans- EHS	See Entree	See Entree
Extra					

**Date:** 4/27-5/1/2026

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	<b>Monday 4/27</b>	<b>Tuesday 4/28</b>	<b>Wednesday 4/29</b>	<b>Thursday 4/30</b>	<b>Friday 5/1</b>
<b>Breakfast</b>					
Entree Name			Breakfast Taco with WG Tortilla-EHS	Sunbutter Smoothie- EHS	<b>Closed: Planning Day</b>
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	
<b>Lunch</b>					
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	<b>Coleslaw - EHS</b>	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	
<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			Sesame Salmon Rice Bowl- EHS	Fruit Pizza	
Fruit		Marionberries- EHS		Frozen Blueberries- EHS	
Vegetable	Snap Peas- EHS		Avocado-EHS		
Grain	Ritz Crackers- EHS	WG General Mills Cheerio - EHS	See Entree	WW English Muffin- EHS	
Meat/Meat Alt	Refried Beans -EHS	Yami Lowfat Vanilla Yogurt- EHS			
Extra			<b>Kimchi- EHS</b>	Cream Cheese- 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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