

**Date:** 4/6-4/10/2026  
**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 4/6	Tuesday 4/7	Wednesday 4/8	Thursday 4/9
<b>Breakfast</b>	<b>Deliver Activity Cabbage</b>			
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
<b>Lunch</b>				
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice
Fruit	Kiwi	Sliced Apple	Diced Frozen Peaches	Diced Cantaloupe
Vegetable	Roasted Fingerling Potatoes	Carrots	<b>Shredded Cabbage</b>	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
<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>
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:** 4/13-4/17/2026  
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	Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16
<b>Breakfast</b>				
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
<b>Lunch</b>				
Entree Name	Hamburger on WW Bun	<b><u>Purple Power Wrap (Mashed Beans, Cheese, WW Tortilla)</u></b>	Chicken Veggie Noodle Soup	Cheese Pizza
Fruit	Kiwi	Diced Frozen Mango	Sliced Apple	Strawberries, Fresh
Vegetable	Sweet Potato Fries	<b><u>Purple Cabbage</u></b>	See Entree	Snap Peas
Grain	See Entree	See Entree	WW Roll	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Avocado Dressing		
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>
Entree Name		WG General Mills Corn Chex	Quesadilla on WG Tortilla	Sliced Fresh Pears
Fruit		Trail Mix		
		Raisins		
Vegetable	Celery	Cucumber	<b><u>Cabbage Slaw with Lime Dressing</u></b>	
Grain	Pita	See Entree	See Entree	Ritz Crackers
Meat/Meat Alt	Sunbutter		See Entree	Tuna
Extra				

**Date:** 4/20-4/24/2026  
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	<b>Monday 4/20</b>	<b>Tuesday 4/21</b>	<b>Wednesday 4/22</b>	<b>Thursday 4/23</b>
<b>Breakfast</b>				
Entree Name				
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal
Extra	Cream Cheese			
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 <b><u>Shredded Cabbage with Lemon Ginger Dressing</u></b>	Sliced Oranges	Sliced Apple
Vegetable	Green Beans		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		Chow Mein Noodles		
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>
Entree Name	WG Sweet Potato Ginger Muffin Square			Sunbutter Smoothie
Fruit		Apple Slices		See Entree
Vegetable	Sliced Bell Peppers		Cucumbers	Carrots
Grain		WG Wheat Thins	WG Tortilla Chips	
Meat/Meat Alt		Tuna	Refried Beans	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>Breakfast</b>				
Entree Name			Breakfast Taco with WG Tortilla	Sunbutter Smoothie
Fruit or Vegetable	Canned Mandarin Oranges	Cooked Apples	Fresh Mandarin Oranges	Carrots
Grain or Meat/Meat Alt	WG General Mills Corn Chex	WG Oatmeal	See Entree	See Entree
Extra			Sliced Cheese	
Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Lunch</b>				
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Diced Baked BBQ Chicken	Vegetarian Taco Soup
Fruit	Sliced Apples	Kiwi	Diced Pineapple	Sliced Oranges
Vegetable	Carrots	Spinach Salad	<u>Coleslaw</u>	Cauliflower
Grain	See Entree	WG Breadstick	WW Roll	WG Tortilla Chips
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots		Shredded Cheddar 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>
Entree Name			Sesame Salmon Rice Bowl	Fruit Pizza
Fruit		Marionberries		Frozen Blueberries
Vegetable	Snap Peas		Avocado	
Grain	WG Tortilla Chips	WG General Mills Cheerios	See Entree	WW English Muffin
Meat/Meat Alt	Refried Beans	Yami Lowfat Vanilla Yogurt		
Extra			<u>Kimchi</u>	Cream Cheese

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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Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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