

Date: 4/6-4/10/2026
Menu for: 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

	Monday 4/6	Tuesday 4/7	Wednesday 4/8	Thursday 4/9	Friday 4/10
Breakfast	Deliver Activity Cabbage				
Entree Name		WG Overnight Oats			
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers	Diced Frozen Strawberries	Cooked Apples
Grain or Meat/Meat Alt	WW English Muffin	See Entree	Ritz Crackers	WG General Mills Rice Chex	WG Waffle
Extra Milk	Cream Cheese 1% Milk	Yami Lowfat Vanilla Yogurt 1% Milk	Hard Boiled Eggs 1% Milk	1% Milk	1% Milk
Lunch					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice	WG Chicken & Veggie Lo Mein
Fruit	Kiwi	Sliced Apple	Diced Frozen Peaches	Diced Cantaloupe	Sliced Oranges
Vegetable	Roasted Fingerling Potatoes	Carrots	Shredded Cabbage	Avocado Half	See Entree
Grain	WW Roll	WG Breadstick	WG Tortilla Chips	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs	See Entree	Black Beans	See Entree
Extra Milk	1% Milk	1% Milk	1% Milk	Shredded Cheese 1% Milk	Chow Mein Noodles 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		Quesadilla on WG Tortilla
Fruit		Raisins	See Entree		
Vegetable	Broccoli	Celery		Carrots	Sliced Bell Pepper
Grain	WG Wheat Thins		WG General Mills Kix Cereal	Pretzels	See Entree
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese	See Entree
Extra			Raspberries		

Date:

4/13-4/17/2026

Menu for:

Head Start Full Day

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	Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16	Friday 4/17
Breakfast					
Entree Name					Closed: Planning Day
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>Purple Power Wrap</u> <u>(Mashed Beans, Cheese,</u>	Chicken Veggie Noodle	Cheese Pizza	
Fruit	Kiwi	<u>WW Tortilla)</u>	Soup	Strawberries, Fresh	
Vegetable	Sweet Potato Fries	Diced Frozen Mango	Sliced Apple	Snap Peas	
Grain	See Entree	<u>Purple Cabbage</u>	See Entree	See Entree	
Meat/Meat Alt	See Entree	See Entree	WW Roll	See Entree	
Extra		Avocado Dressing	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	Served with Water
Entree Name		WG General Mills Corn	Quesadilla on WG Tortilla	Sliced Fresh Pears	
Fruit		Chech Trail Mix			
Vegetable	Celery	Raisins	<u>Cabbage Slaw with Lime</u>		
Grain	Pita	Cucumber	<u>Dressing</u>	Ritz Crackers	
Meat/Meat Alt	Sunbutter	See Entree	See Entree	Tuna	
Extra			See Entree		

Date:

4/20-4/24/2026

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	Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24
Breakfast					
Entree Name					
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches WG General Mills Kix	Cucumbers
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	Cereal	Ritz Crackers
Extra	Cream Cheese				Hard Boiled Eggs
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch					
Entree Name	Macaroni & Cheese	Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon	Minestrone Soup
Fruit	Diced Frozen Mango	Kiwi Shredded Cabbage with Lemon Ginger Dressing	Sliced Oranges	Sliced Apple	Diced Honeydew
Vegetable	Green Beans		Mashed Potatoes	Broccoli	See Entree
Grain	WW Roll	See Entree	See Entree	WG Brown Rice	WW Roll
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Chow Mein Noodles			Shredded Mozzarella
Milk	1% 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	Served with Water
Entree Name	WG Sweet Potato Ginger Muffin Square			Sunbutter Smoothie	Green Smoothie
Fruit		Apple Slices		See Entree	See Entree
Vegetable	Sliced Bell Peppers		Cucumbers	Carrots	See Entree
Grain		WG Wheat Thins	WG Tortilla Chips		Graham Crackers
Meat/Meat Alt		Tuna	Refried Beans	See Entree	See Entree
Extra					

Date: 4/27-5/1/2026
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	Monday 4/27	Tuesday 4/28	Wednesday 4/29	Thursday 4/30	Friday 5/1
Breakfast					
Entree Name			Breakfast Taco with WG Tortilla	Sunbutter Smoothie	Closed: Planning Day
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 Milk	1% Milk	1% Milk	Sliced Cheese 1% Milk	1% Milk	
Lunch					
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	Coleslaw	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	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
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			Kimchi	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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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:**
Program.Intake@usda.gov

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