

Date:

4/6-4/10/2026

Menu for:

Head Start Part 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, seasoning:

	Monday 4/6	Tuesday 4/7	Wednesday 4/8	Thursday 4/9
Breakfast	Deliver Activity Cabbage			
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
Lunch				
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	Shredded Cabbage	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

Date: 4/13-4/17/2026
Menu for: Head Start Part Day

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	Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16
Breakfast				
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
Lunch				
Entree Name	Hamburger on WW Bun	<u>Purple Power Wrap (Mashed Beans, Cheese, WW Tortilla)</u>	Chicken Veggie Noodle Soup	Cheese Pizza
Fruit	Kiwi	Diced Frozen Mango	Sliced Apple	Strawberries, Fresh
Vegetable	Sweet Potato Fries	<u>Purple Cabbage</u>	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

Date: 4/20-4/24/2026
Menu for: Head Start Part Day

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	Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23
Breakfast				
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
Lunch				
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	<u>Shredded Cabbage with Lemon</u>	Mashed Potatoes	Broccoli
Grain	WW Roll	<u>Ginger Dressing</u>	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

Date:

4/27-5/1/2026

Menu for:

Head Start Part 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 4/27	Tuesday 4/28	Wednesday 4/29	Thursday 4/30
Breakfast				
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
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	<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

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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2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
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