

Date: 5/4-5/8/2026

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

	Monday 5/4	Tuesday 5/5	Wednesday 5/6	Thursday 5/7	Friday 5/8
Breakfast	Deliver Activity Asparagus				Playgroup Snack
Entree Name	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Applesauce - EHS	WG Sunbutter Cereal Squares- EHS	Marionberries- EHS
Fruit or Vegetable	Yami Lowfat Vanilla Yogurt- EHS	WW Mini Bagel- EHS	WG Waffle- EHS	Frozen Blueberries- EHS	
Grain or Meat/Meat Alt		Cream Cheese- EHS			WG General Mills Kix Cereal-EHS
Extra		1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	Yami Lowfat Vanilla Yogurt- 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	Chicken Patty on WW Bun- EHS	Taco Seasoned Baked Fish- EHS	Spring Fling Chowder (w Asparagus)- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	
Fruit	Canned Mandarin Oranges- EHS	Sliced Frozen Peaches- EHS	Diced Kiwi-EHS	Diced Watermelon- EHS	
Vegetable	Chopped Romaine Salad- EHS	Shredded Cabbage- EHS	See Entree	Pickled Shredded Carrot- EHS	
Grain	See Entree	Ritz Crackers- EHS	Cornbread- EHS	See Entree	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Lime- EHS			
Milk	1% or Whole Milk- EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	

Date: 5/11-5/15/2026

Menu for: Early Head Start Combo & No Friday Playgroup

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	Monday 5/11	Tuesday 5/12	Wednesday 5/13	Thursday 5/14	Friday 5/15
Breakfast			*Please use site inventory		
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- 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	WW Mini Bagel- EHS		
Extra	Cream Cheese- EHS	Yami Lowfat Vanilla Yogurt- 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	
Lunch					
Entree Name	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS	Harvest for Healthy Kids
Fruit	Strawberries, Fresh- EHS	Applesauce- EHS Diced and/or Steamed	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	This month we are learning about:
Vegetable	Roasted Asparagus - EHS	Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	Asparagus
Grain	WW Roll-EHS	WG Breadstick-EHS	Ritz Crackers- EHS*	See Entree	(White, Purple Green)
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	
Extra				Shredded Cheese- EHS	
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	

Date: 5/18-5/22/2026

Menu for: Early Head Start Combo & No Friday Playgroup

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	Monday 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21
Breakfast	*Please use site inventory	*Please use site inventory		
Entree Name	Applesauce- EHS*	Diced Pears-EHS	Diced Bananas- EHS	Blueberries-EHS
Fruit or Vegetable	WG General Mills Cheerios- EHS *	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt-EHS	WG Pancake- EHS
Grain or Meat/Meat Alt		Egg Patty-EHS		Berry Sauce-EHS
Extra		1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - 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	Bean* & Cheese Burrito on WW Tortilla -EHS	Turkey Sandwich on WW Bread- EHS	Cheese Pizza-EHS
Fruit	Diced Kiwi -EHS	Dried Craisins- EHS*	Watermelon Sticks- EHS	Strawberries, Fresh-EHS
Vegetable	Peas- EHS*	Diced and/or Steamed Carrots- EHS	Snap Peas- EHS	<u>Asparagus Sticks- EHS</u>
Grain	See Entree	See Entree	WW Bread- EHS	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra				
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS

Date:

5/25-5/29/2026

Menu for:

Early Head Start Combo & Friday Playgroup

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	Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29
Breakfast					Playgroup Snack
Entree Name	Closed: Holiday	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	Green Smoothie- EHS
Fruit or Vegetable		Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	See Entree
Grain or Meat/Meat Alt		1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	Graham Crackers
Extra Milk					
Lunch					
Entree Name		Chicken Wrap on WW Tortilla - EHS	Turkey Sandwich on WW Bread- EHS	Teriyaki Salmon -EHS	
Fruit		Diced Kiwi- EHS	Mandarin Oranges- EHS	Applesauce- EHS	
Vegetable		Shredded Cabbage with Lemon Ginger Dressing - EHS	Chopped Romaine Salad- EHS	Diced and/or Steamed Broccoli	
Grain		See Entree	See Entree	WG Brown Rice- EHS	
Meat/Meat Alt		See Entree	See Entree	See Entree	
Extra Milk		Chow Mein Noodles- EHS 1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	



ASK YOUR
CHILD ABOUT
ASPARAGUS!

ASPARAGUS!

This month, we are learning all about asparagus. Asparagus can be found in green, purple and white! Asparagus is delicious raw or cooked. It's best to eat asparagus fresh, within a few days of purchase. Asparagus cooks quickly and is easy to prepare. Try roasting asparagus with olive oil and a little salt, or grill asparagus and add a squeeze of lime. You can also try tender, raw asparagus in salads with lemon and cheese.

CLASS RECIPE - TRY IT AT HOME!

ASPARAGUS TACOS

SERVES 6

2 lbs. asparagus (2 bunches)
2 Tbs. olive oil or other vegetable oil
Salt
1 package corn tortillas or homemade tortillas

Optional, to serve:

Cotija or another crumbly white cheese
Lime
Avocado, sliced

DIRECTIONS

1. Chop or snap off the tough, woody root end of each asparagus spear. Wash and pat dry.
2. Cut each asparagus spear in half.
3. Put a large, wide pan on the stove and bring to medium heat. Add the olive oil and move the pan to coat in oil.
4. Add the asparagus and cook, stirring, for 3-4 minutes. Test the asparagus (it should be a little firm).
5. Add a small sprinkling of salt for flavor.
6. Heat the corn tortillas in a microwave or one-by-one on a hot pan, if preferred.
7. Make your taco by filling a tortilla with asparagus and whatever toppings you like. Crumbled cheese, a squeeze of lime, and a slice of avocado is delicious!



PRODUCE TIPS

- Choose asparagus that is smooth and firm with tightly packed buds.
- Avoid asparagus that is brown or limp.
- Store asparagus in the refrigerator. Wrap the bottoms in a wet paper towel, to help keep the asparagus fresh.
- Eat asparagus within 2-3 days for best flavor.



KIDS CAN COOK: ASPARAGUS

Kids can help prepare asparagus by:

- Snapping off the tough ends of the asparagus
- Chopping cooked asparagus with a plastic or ceramic knife
- Using hands, toss asparagus with olive oil, salt and pepper to prepare asparagus for roasting.

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1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
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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