

**Date:** 5/4-5/8/2026

**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

	Monday 5/4	Tuesday 5/5	Wednesday 5/6	Thursday 5/7	Friday 5/8
<b>Breakfast</b>	<b>Deliver Activity Asparagus</b>				
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Applesauce - EHS	Frozen Blueberries- EHS	Canned Mandarin Oranges-EHS
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt- EHS	WW Mini Bagel- EHS	WG Waffle- EHS		WG General Mills Cheerios- EHS
Extra		Cream Cheese- 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	Chicken Patty on WW Bun- EHS	Taco Seasoned Baked Fish- EHS	<b><u>Spring Fling Chowder (w Asparagus)- EHS</u></b>	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	Chicken Salad Pita- EHS
Fruit	Canned Mandarin Oranges- EHS	Sliced Frozen Peaches- EHS	Diced Kiwi-EHS	Diced Watermelon- EHS	Applesauce - EHS
Vegetable	Chopped Romaine Salad- EHS	Shredded Cabbage- EHS	See Entree	Pickled Shredded Carrot- EHS	Diced Cucumbers- EHS
Grain	See Entree	Ritz Crackers- EHS	Cornbread- EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	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	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		Green Smoothie- EHS		Marionberries- EHS
	Raisins- EHS		See Entree		
Vegetable	Diced and/or Steamed Carrots- EHS	Diced Cucumbers- EHS	See Entree	Crosswise Sliced Celery	
Grain		WG Wheat Thins- EHS	Graham Crackers- EHS	See Entree	WG General Mills Kix Cereal-EHS
Meat/Meat Alt		Sliced Cheese- EHS	See Entree	See Entree	Yami Lowfat Vanilla Yogurt- EHS
Extra				<b>Pickled Asparagus- EHS</b>	

**Date:** 5/11-5/15/2026

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	Monday 5/11	Tuesday 5/12	Wednesday 5/13	Thursday 5/14	Friday 5/15
<b>Breakfast</b>			<b>*Please use site inventory</b>		
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	<b>Closed: Conferences</b>
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	WW Mini Bagel- 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	
<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	<b>Harvest for Healthy Kids</b> This month we are learning about:  Asparagus (White, Purple Green)
Fruit	Strawberries, Fresh- EHS	Applesauce- EHS Diced and/or Steamed	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	
Vegetable	<b>Roasted Asparagus - EHS</b>	Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	
Grain	WW Roll-EHS	WG Breadstick-EHS	<b>Ritz Crackers- EHS*</b>	See Entree	
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	
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	
<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- EHS		
Fruit		Raisins- EHS	See Entree		
Vegetable	Diced and/or Steamed Broccoli	Crosswise Sliced Celery- EHS		Diced and/or Steamed Carrots- EHS	
Grain	WG Wheat Thins- EHS		WG General Mills Kix Cereal- EHS	Pretzels - EHS	
Meat/Meat Alt	Diced Turkey- EHS		See Entree	Sliced Cheese- EHS	
Extra		Cream Cheese- EHS	Raspberries- EHS		

**Date:**

5/18-5/22/2026

**Menu for:**

Early Head Start Extended Day

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	<b>Monday 5/18</b>	<b>Tuesday 5/19</b>	<b>Wednesday 5/20</b>	<b>Thursday 5/21</b>	<b>Friday 5/22</b>
<b>Breakfast</b>	<b>*Please use site inventory</b>	<b>*Please use site inventory</b>			
Entree Name	Applesauce- EHS*	Diced Pears-EHS	Diced Bananas- EHS	Blueberries-EHS	<b>Closed: Planning Day</b>
Fruit or Vegetable	WG General Mills Cheerios-		Yami Lowfat Vanilla Yogurt-		
Grain or Meat/Meat Alt	EHS *	WW English Muffin- EHS	EHS	WG Pancake- EHS	
Extra		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	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	<b><u>Asparagus Sticks- EHS</u></b>	
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	
<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	Sliced Thin Bell Pepper- EHS		
Grain	Pita-EHS	Cucumber -EHS	See Entree	Ritz Crackers- EHS	
Meat/Meat Alt	Cream Cheese- EHS	See Entree	See Entree	Tuna- EHS	
Extra					

**Date:** 5/25-5/29/2026

**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 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29
<b>Breakfast</b>					
Entree Name	<b>Closed: Holiday</b>	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	Diced Cucumbers- EHS
Fruit or Vegetable		Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	Ritz Crackers- EHS
Grain or Meat/Meat Alt		1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	Hard Boiled Eggs- EHS
Extra Milk					1% or Whole Milk - EHS
<b>Lunch</b>					
Entree Name		Chicken Wrap on WW Tortilla - EHS	Turkey Sandwich on WW Bread- EHS	Teriyaki Salmon -EHS	<b>Three Bean Salad (w Asparagus)- EHS</b>
Fruit		Diced Kiwi- EHS	Mandarin Oranges- EHS	Applesauce- EHS	Diced Honeydew-EHS
Vegetable		Shredded Cabbage with Lemon Ginger Dressing - EHS	Chopped Romaine Salad- EHS	Diced and/or Steamed Broccoli	See Entree
Grain		See Entree	See Entree	WG Brown Rice- EHS	WW Roll- EHS
Meat/Meat Alt		See Entree	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	Shredded Mozzarella -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		Applesauce- EHS		Sunbutter Smoothie-EHS	Green Smoothie- EHS
Fruit				See Entree	See Entree
Vegetable			Diced Cucumbers- EHS	Diced and/or Steamed Carrots-	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					



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!

### ★ 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.

### 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!

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1. **mail:**  
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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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