

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

**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 5/4	Tuesday 5/5	Wednesday 5/6	Thursday 5/7
<b>Breakfast</b>	<b>Deliver Activity Asparagus</b>			
Entree Name				WG Sunbutter Cereal Squares
Fruit or Vegetable	Diced Frozen Strawberries	Banana	Applesauce	Frozen Blueberries
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WW Mini Bagel	WG Waffle	
Extra		Cream Cheese		
Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Lunch</b>				
Entree Name	Chicken Patty on WW Bun	Taco Seasoned Baked Fish	<b>Spring Fling Chowder (w Asparagus)</b>	Chicken Meatball Bahn Mi on WW Hotdog Bun
Fruit	Sliced Oranges	Sliced Frozen Peaches	Kiwi	Watermelon
Vegetable	Romaine Salad	Shredded Cabbage	See Entree	Pickled Shredded Carrot
Grain	See Entree	WG Tortilla Chips	Cornbread	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Lime		
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		Green Smoothie	Quesadilla on WG Tortilla
Fruit	Trail Mix		See Entree	
Vegetable	Raisins	Cucumbers	See Entree	Celery
Grain	Carrots	WG Wheat Thins	Graham Crackers	See Entree
Meat/Meat Alt	See Entree	Sliced Cheese	See Entree	See Entree
Extra				<b>Pickled Asparagus</b>

**Date:** 5/11-5/15/2026  
**Menu for:** Head Start Extended Day

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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		<b>Closed: Conferences</b>	<b>Closed: Conferences</b>
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers		
Grain or Meat/Meat Alt	WW English Muffin	See Entree	WW Mini Bagel		
Extra Milk	Cream Cheese 1% Milk	Yami Lowfat Vanilla Yogurt 1% Milk	Hard Boiled Eggs 1% Milk		
<b>Lunch</b>					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy Pozole		<b>Harvest for Healthy Kids</b> This month we are learning about: Asparagus (White, Purple Green)
Fruit	Strawberries, Fresh	Sliced Apple	Diced Frozen Peaches		
Vegetable	<b>Roasted Asparagus</b>	Carrots	Shredded Cabbage		
Grain	WW Roll	WG Breadstick	<b>WG Tortilla Chips*</b>		
Meat/Meat Alt	See Entree	Chicken Meatballs	See Entree		
Extra 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>	<b>Served with Water</b>
Entree Name			Cottage Cheese Smoothie Bowl		
Fruit		Raisins	See Entree		
Vegetable	Broccoli	Celery			
Grain	WG Wheat Thins		WG General Mills Kix Cereal		
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree		
Extra			Raspberries		

**Date:** 5/18-5/22/2026  
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	Monday 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21
<b>Breakfast</b>	<b>*Please use site inventory</b>	<b>*Please use site inventory</b>		
Entree Name				
Fruit or Vegetable	Applesauce*	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	Bean* & Cheese Burrito on WW Tortilla	Turkey Sandwich on WW Bread	Cheese Pizza
Fruit	Kiwi	Dried Craisins*	Watermelon Sticks	Strawberries, Fresh
Vegetable	Peas*	Carrots	Snap Peas	<b>Asparagus Sticks</b>
Grain	See Entree	See Entree	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra				
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	
Fruit		Trail Mix		Sliced Fresh Pears
Vegetable	Celery	Raisins	Sliced Bell Pepper	
Grain	Pita	Cucumber	See Entree	Ritz Crackers
Meat/Meat Alt	Sunbutter	See Entree	See Entree	Tuna
Extra				

**Date:** 5/25-5/29/2026  
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	Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28
<b>Breakfast</b>				
Entree Name				
Fruit or Vegetable	<b>Closed: Holiday</b>	Diced Frozen Strawberries	Banana	Diced Peaches
Grain or Meat/Meat Alt		Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal
Extra Milk		1% Milk	1% Milk	1% Milk
<b>Lunch</b>				
Entree Name		Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon
Fruit		Kiwi	Sliced Oranges	Sliced Apple
Vegetable		Shredded Cabbage with Lemon Ginger Dressing	Romaine Salad	Broccoli
Grain		See Entree	See Entree	WG Brown Rice
Meat/Meat Alt		See Entree	See Entree	See Entree
Extra Milk		Chow Mein Noodles 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				Sunbutter Smoothie
Fruit		Apple Slices		See Entree
Vegetable			Cucumbers	Carrots
Grain		WG Wheat Thins	WG Tortilla Chips	
Meat/Meat Alt		Tuna	Refried Beans	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!

### 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](mailto:Program.Intake@usda.gov)

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