

Date: 5/4-5/8/2026
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 5/4	Tuesday 5/5	Wednesday 5/6	Thursday 5/7	Friday 5/8
Breakfast	Deliver Activity Asparagus				
Entree Name				WG Sunbutter Cereal Squares	
Fruit or Vegetable	Diced Frozen Strawberries	Banana	Applesauce	Frozen Blueberries	Canned Mandarin Oranges
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WW Mini Bagel	WG Waffle		WG General Mills Cheerios
Extra		Cream Cheese			
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch					
Entree Name	Chicken Patty on WW Bun	Taco Seasoned Baked Fish	Spring Fling Chowder (w Asparagus)	Chicken Meatball Bahn Mi on WW Hotdog Bun	Chicken Salad Pita
Fruit	Sliced Oranges	Sliced Frozen Peaches	Kiwi	Watermelon	Apples
Vegetable	Romaine Salad	Shredded Cabbage	See Entree	Pickled Shredded Carrot	Cucumbers
Grain	See Entree	WG Tortilla Chips	Cornbread	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Lime			
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 General Mills Corn Chex		Green Smoothie	Quesadilla on WG Tortilla	
Fruit	Trail Mix		See Entree		Marionberries
Vegetable	Raisins	Cucumbers	See Entree	Celery	
Grain	Carrots	WG Wheat Thins	Graham Crackers	See Entree	WG General Mills Kix Cereal
Meat/Meat Alt	See Entree	Sliced Cheese	See Entree	See Entree	Yami Lowfat Vanilla Yogurt
Extra				Pickled Asparagus	

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

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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			Closed: Conferences
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers	Diced Frozen Strawberries	
Grain or Meat/Meat Alt	WW English Muffin	See Entree	WW Mini Bagel	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	Harvest for Healthy Kids This month we are learning about: Asparagus (White, Purple Green)
Fruit	Strawberries, Fresh	Sliced Apple	Diced Frozen Peaches	Diced Cantaloupe	
Vegetable	Roasted Asparagus	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	
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		
Fruit		Raisins	See Entree		
Vegetable	Broccoli	Celery		Carrots	
Grain	WG Wheat Thins		WG General Mills Kix Cereal	Pretzels	
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese	
Extra			Raspberries		

Date: 5/18-5/22/2026
Menu for: Head Start Full Day

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	Monday 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21	Friday 5/22
Breakfast	*Please use site inventory	*Please use site inventory			
Entree Name					Closed: Planning Day
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	
Lunch					
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	Asparagus Sticks	
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	
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			
Fruit		Chex Trail Mix	Quesadilla on WG Tortilla	Sliced Fresh Pears	
Vegetable	Celery	Raisins	Sliced Bell Pepper	Ritz Crackers	
Grain	Pita	Cucumber	See Entree	Tuna	
Meat/Meat Alt	Sunbutter	See Entree	See Entree		
Extra					

Date: 5/25-5/29/2026
Menu for: Head Start Full Day

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	Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29
Breakfast					
Entree Name	Closed: Holiday				
Fruit or Vegetable		Diced Frozen Strawberries	Banana	Diced Peaches	Cucumbers
Grain or Meat/Meat Alt		Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal	Ritz Crackers
Extra Milk		1% Milk	1% Milk	1% Milk	Hard Boiled Eggs 1% Milk
Lunch					
Entree Name		Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon	Three Bean Salad (w Asparagus)
Fruit		Kiwi	Sliced Oranges	Sliced Apple	Diced Honeydew
Vegetable		Shredded Cabbage with Lemon Ginger Dressing	Romaine Salad	Broccoli	See Entree
Grain		See Entree	See Entree	WG Brown Rice	WW Roll
Meat/Meat Alt		See Entree	See Entree	See Entree	See Entree
Extra Milk		Chow Mein Noodles 1% Milk	1% Milk	1% Milk	Shredded Mozzarella 1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name				Sunbutter Smoothie	Green Smoothie
Fruit		Apple Slices		See Entree	See Entree
Vegetable			Cucumbers	Carrots	See Entree
Grain		WG Wheat Thins	WG Tortilla Chips		Graham Crackers
Meat/Meat Alt Extra		Tuna	Refried Beans	See Entree	See Entree



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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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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