

**Date:** 6/1-6/5/2026

**Menu for:** Early Head Start Combo & No 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, seasonings

	Monday 6/1	Tuesday 6/2	Wednesday 6/3	Thursday 6/4	Friday 6/5
<b>Breakfast</b>	<b>Deliver Activity Produce</b>				
Entree Name			Breakfast Taco with WG Tortilla-EHS	<b>Strawberry Smoothie- EHS</b>	<b>Closed: Planning Day</b>
Fruit or Vegetable	Canned Mandarin Oranges-EHS	Cooked Apples- EHS	Fresh Mandarin Oranges-EHS	Diced and/or Steamed Carrots- EHS	
Grain or Meat/Meat Alt	WG General Mills Corn Chex-EHS	WG Oatmeal- EHS	See Entree	See Entree	
Extra			Sliced Cheese- 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	Fish Patty on WW Bun- EHS	WG Veggie Baked Penne - EHS	Diced Baked BBQ Chicken-EHS	Taco Seasoned Black Beans-EHS	<b>Harvest for Healthy Kids</b> This month we are learning about:  Berries (Fresh, Dried & Frozen)
Fruit	Applesauce- EHS	Diced Kiwi-EHS	Pineapple Tidbits- EHS	Diced Cantaloupe- EHS	
Vegetable	Diced and/or Steamed Carrots- EHS	<b>Spinach Salad w Raspberry Dressing-EHS</b>	Coleslaw - EHS	Diced and/or Steamed Cauliflower- EHS	
Grain	See Entree	WG Breadstick- EHS	WW Roll- EHS	WG Wheat Thins- EHS	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Shredded Carrots- EHS		Shredded Cheddar Cheese-EHS	
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	

**Date:** 6/15-6/19/2026

**Menu for:** Early Head Start Combo & No Friday Playgroup

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	Monday 6/15	Tuesday 6/16	Wednesday 6/17	Thursday 6/18	Friday 6/19
<b>Breakfast</b>					
Entree Name		WG Overnight Oats- EHS		<b>Diced Frozen Strawberries- EHS</b>	<b>Closed: Holiday</b>
Fruit or Vegetable	Diced Canned Pears- EHS	<b>Frozen Blueberries- EHS</b>	Diced Cucumbers- EHS	WG General Mills Rice	
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	WW Mini Bagel- EHS	Chex- 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	
<b>Lunch</b>					
Entree Name	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Taco Seasoned Diced Chicken- EHS	Southwest WG Brown Rice- EHS	
Fruit	<b>Strawberries, Fresh- EHS</b>	Applesauce- EHS	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	
Vegetable	Snap Peas- EHS	Diced and/or Steamed Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	
Grain	WW Roll-EHS	WG Breadstick-EHS	Ritz Crackers- EHS	See Entree	
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:** 6/8-6/12/2026

**Menu for:** Early Head Start Combo & Friday Playgroup

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	Monday 6/8	Tuesday 6/9	Wednesday 6/10	Thursday 6/11	Friday 6/12
<b>Breakfast</b>					<b>Playgroup Snack</b>
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	<b>Diced Frozen Strawberries- EHS*</b>	Diced Banana- EHS	<b>Applesauce - EHS*</b>	<b>Frozen Blueberries- EHS</b>	Marionberries- EHS
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt- EHS	<b>WG General Mills Cheerios- EHS*</b>	WG Waffle- EHS		WG General Mills Kix- EHS Yami Lowfat Vanilla Yogurt
Extra 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	Chicken Patty on WW Bun- EHS	<b>Mashed Beans-EHS*</b>	Spring Fling Chowder (w Asparagus)- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	
Fruit	<b>Fresh Blueberries- EHS</b>	Sliced Frozen Peaches- EHS	Fresh Diced Nectarines or Peaches- EHS	Diced Cantaloupe- EHS	
Vegetable	<b>Peas-EHS*</b>	Shredded Cabbage- EHS	See Entree	Pickled Shredded Carrot- EHS	
Grain	See Entree	<b>Ritz Crackers- EHS*</b>	Cornbread- EHS	See Entree	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra Milk	1% or Whole Milk- EHS	Lime- EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	

**Date:**

6/22-6/26/2026

**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, seasonings

	Monday 6/22	Tuesday 6/23	Wednesday 6/24	Thursday 6/25	Friday 6/26
<b>Breakfast</b>					<b>Playgroup Snack</b>
Entree Name					Cottage Cheese
Fruit or Vegetable	Diced Peaches- EHS	Diced Pears-EHS	Diced Bananas- EHS	<b>Blueberries-EHS</b>	Smoothie Bowl- EHS
Grain or Meat/Meat Alt	WG General Mills Cheerios- EHS	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Pancake- EHS	See Entree
Extra		Egg Patty-EHS		<b>Berry Sauce-EHS</b>	WG General Mills Kix- EHS
Milk	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	<b>Raspberries- EHS</b>
<b>Lunch</b>					
Entree Name	Hamburger on WW Bun- EHS	Bean & Cheese Burrito on WW Tortilla -EHS	Chicken Salad-EHS	Cheese Pizza-EHS	
Fruit	Fresh Diced Nectarines or Peaches- EHS	<b>Diced Fresh Strawberries- EHS</b>	Diced Watermelon-EHS	Diced Kiwi- EHS	
Vegetable	Sliced Tomato -EHS	Diced Zucchini- EHS	Snap Peas- EHS	Diced and Steamed Broccoli- EHS	
Grain	See Entree	See Entree	WW Rolls-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:** 6/29-7/3/2026

**Menu for:** Early Head Start Combo & No Friday Playgroup

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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 6/29	Tuesday 6/30	Wednesday 7/1	Thursday 7/2	Friday 7/3
<b>Breakfast</b>					
Entree Name					<b>Closed: Holiday</b>
Fruit or Vegetable	Pineapple Tidbits- EHS	<b>Diced Frozen Strawberries- EHS</b> Yami Lowfat Vanilla Yogurt- EHS	Diced Banana- EHS	Diced Peaches- EHS WG General Mills Kix Cereal- EHS	
Grain or Meat/Meat Alt	WW Mini Bagel - EHS		WG Oatmeal-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	
<b>Lunch</b>					
Entree Name	Macaroni & Cheese- EHS	Chicken Wrap on WW Tortilla - EHS	Turkey Sandwich on WW Bread- EHS	Teriyaki Salmon -EHS	
Fruit	Diced Frozen Mango- EHS	<b>Fresh Blueberries- EHS</b>	Fresh Mandarin Oranges- EHS	Applesauce- EHS	
Vegetable	Green Beans- EHS	Shredded Cabbage- EHS	Chopped Romaine Salad- EHS	Diced and/or Steamed Broccoli	
Grain	WW Roll -EHS	See Entree	See Entree	WG Brown Rice- EHS	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Shredded Cheese			
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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)

This institution is an equal opportunity provider



ASK YOUR  
CHILD ABOUT  
BERRIES!

## BERRIES!

This month, we are learning all about berries. Oregon farmers grow many kinds of berries. Strawberries, blueberries, blackberries, raspberries, marionberries, and other berries grow in Oregon. Fresh berries are delicious in the summer. In the winter, enjoy frozen berries straight from the freezer or thawed. Mix berries into oatmeal, cereal, or yogurt. Blend frozen berries, yogurt, milk, and a little honey for a delicious drink.

CLASS RECIPE - TRY IT AT HOME!

### ★ PRODUCE TIPS

- Choose berries that are not mushy or moldy.
- Eat berries within a week. Frozen berries will last for 6 months to a year in the freezer.
- Winter: Buy berries frozen, dried or in jam.
- Summer: Buy fresh berries at your local farmers market or supermarket. Or, pick your own! Visit [www.tricountyfarm.org](http://www.tricountyfarm.org) to find a u-pick berry farm near you.



### KIDS CAN COOK: BERRIES

Kids can help prepare berries by:

- Making berry yogurt treat
- Adding berries
- Rinsing fresh berries with cold water

### BERRY YOGURT TREAT (an easy breakfast or snack)

SERVES 4-6

1 bag of frozen mixed berries, thawed in the refrigerator  
1 quart of low-fat yogurt (plain, vanilla, or honey)  
Granola (optional)  
Honey (optional)

#### TO MAKE IN A GLASS:

Use a  $\frac{1}{2}$  cup of yogurt for young children. Use about a  $\frac{1}{4}$  cup of berries per serving. Place a few spoonfuls of yogurt in the bottom of a small glass. Top with a few spoonfuls of berries. If using plain yogurt, add a small amount of honey (optional). Add a few more spoonfuls of yogurt. Continue layering yogurt and berries until you the glass is almost full. Top with a little granola, if desired.

#### TO MAKE IN A BOWL:

Follow the directions above in a small bowl instead of a small glass. Use  $\frac{1}{2}$  cup of yogurt for young children. Use about  $\frac{1}{4}$  cup of berries.