

Date: 6/1-6/5/2026

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 6/1	Tuesday 6/2	Wednesday 6/3	Thursday 6/4	Friday 6/5
Breakfast	Deliver Activity Produce				
Entree Name	Canned Mandarin Oranges- EHS WG General Mills Corn Chex- EHS 1% or Whole Milk - EHS	Cooked Apples- EHS WG Oatmeal- EHS 1% or Whole Milk - EHS	Breakfast Taco with WG Tortilla-EHS	Strawberry Smoothie- EHS Diced and/or Steamed Carrots- EHS See Entree 1% or Whole Milk - EHS	Closed: Planning Day
Fruit or Vegetable			Fresh Mandarin Oranges- EHS		
Grain or Meat/Meat Alt			See Entree		
Extra			Sliced Cheese- EHS		
Milk			1% or Whole Milk - EHS		
Lunch					
Entree Name	Fish Patty on WW Bun- EHS	WG Veggie Baked Penne - EHS	Diced Baked BBQ Chicken- EHS	Taco Seasoned Black Beans- EHS	Harvest for Healthy Kids 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	Spinach Salad w Raspberry Dressing-EHS	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	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name	Snap Peas- EHS Ritz Crackers- EHS Refried Beans -EHS	Marionberries- EHS WG General Mills Cheerio - EHS Yami Lowfat Vanilla Yogurt- EHS	Sesame Salmon Rice Bowl- EHS	Fruit Pizza Frozen Blueberries- EHS WW English Muffin- EHS Cream Cheese- EHS	
Fruit					
Vegetable			Avocado-EHS		
Grain			See Entree		
Meat/Meat Alt					
Extra					

Date: 6/8-6/12/2026

Menu for: Early Head Start Extended Day

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	Monday 6/8	Tuesday 6/9	Wednesday 6/10	Thursday 6/11	Friday 6/12
Breakfast					
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	WG General Mills Cheerios- EHS*	WG Waffle- EHS		WG General Mills Cheerios- EHS
Extra					
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
Lunch					
Entree Name	Chicken Patty on WW Bun- EHS	Mashed Beans-EHS*	Spring Fling Chowder (w Asparagus)- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	Cranberry Chicken Salad Pita- EHS
Fruit	Fresh Blueberries- EHS	Sliced Frozen Peaches- EHS	Fresh Diced Nectarines or Peaches- EHS	Diced Cantaloupe- EHS	Applesauce - EHS
Vegetable	Peas-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
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 Trail Mix- EHS		Green Smoothie- EHS	Quesadilla on WG Tortilla- EHS	
Fruit	Craisins-EHS*		Watermelon Sticks-EHS		Marionberries- EHS
Vegetable	Diced and/or Steamed Carrots- EHS	Diced Cucumbers- EHS	See Entree	Crosswise Sliced Celery	
Grain		WG Wheat Thins- EHS	WG Jungle 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					

Date:

6/15-6/19/2026

Menu for:

Early Head Start Extended Day

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	Monday 6/15	Tuesday 6/16	Wednesday 6/17	Thursday 6/18	Friday 6/19
Breakfast					
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	Closed: Holiday
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	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	
Lunch					
Entree Name	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Taco Seasoned Diced Chicken- EHS	Southwest WG Brown Rice- EHS	
Fruit	Strawberries, Fresh- EHS	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	
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- 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:

6/22-6/26/2026

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 6/22	Tuesday 6/23	Wednesday 6/24	Thursday 6/25	Friday 6/26
Breakfast					
Entree Name					Frozen Diced Strawberries-EHS
Fruit or Vegetable	Diced Peaches- EHS	Diced Pears-EHS	Diced Bananas- EHS	Blueberries-EHS	
Grain or Meat/Meat Alt	WG General Mills Cheerios-EHS	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt-EHS	WG Pancake- EHS	WG French Toast-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	1% or Whole Milk - EHS
Lunch					
Entree Name	Hamburger on WW Bun-EHS	Bean & Cheese Burrito on WW Tortilla -EHS	Chicken Salad-EHS	Cheese Pizza-EHS	Fish Sticks on WG Corn and Wheat Tortilla- EHS
Fruit	Fresh Diced Nectarines or Peaches- EHS	Diced Fresh Strawberries-EHS	Diced Watermelon-EHS	Diced Kiwi- EHS	Mandarin Oranges, Fresh-EHS
Vegetable	Sliced Tomato -EHS	Diced Zucchini- EHS	Snap Peas- EHS	Diced and Steamed Broccoli-EHS	Shredded Lettuce -EHS
Grain	See Entree	See Entree	WW Rolls-EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	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	1% or Whole Milk- EHS
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 Trail Mix- EHS	Quesadilla on WG Tortilla-EHS		Cottage Cheese Smoothie Bowl- EHS
Fruit		Raisins- EHS		Diced Fresh Pears- EHS	See Entree
Vegetable	Crosswise Sliced Celery -EHS	Cucumber -EHS	Sliced Thin Bell Pepper- EHS		
Grain	Pita-EHS	See Entree	See Entree	Ritz Crackers- EHS	WG Kix Cereal- EHS
Meat/Meat Alt	Cream Cheese- EHS		See Entree	Tuna- EHS	See Entree
Extra					Raspberries- EHS

Date: 6/29-7/3/2026

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 6/29	Tuesday 6/30	Wednesday 7/1	Thursday 7/2	Friday 7/3
Breakfast					
Entree Name		Diced Frozen Strawberries- EHS	Diced Banana- EHS	Diced Peaches- EHS	Closed: Holiday
Fruit or Vegetable	Pineapple Tidbits- EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Extra Milk	Cream Cheese-EHS 1% or Whole Milk - EHS				
Lunch					
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	Fresh Blueberries- EHS	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 Milk	1% or Whole Milk- EHS	Shredded Cheese 1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name	WG Sweet Potato Ginger Muffin Square - EHS			Blueberry Smoothie	
Fruit	Thin Sliced Bell Peppers- EHS	Applesauce- EHS		See Entree	
Vegetable			Diced Cucumbers- EHS	Diced and/or Steamed Carrots- EHS	
Grain		WG Wheat Thins-EHS	Ritz Crackers- EHS		
Meat/Meat Alt		Tuna-EHS	Refried Beans- EHS	See Entree	
Extra					



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 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.

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Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
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