

Date: 6/1-6/5/2026

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 6/1	Tuesday 6/2	Wednesday 6/3	Thursday 6/4	Friday 6/5
Breakfast	Deliver Activity Produce				
Entree Name	Canned Mandarin		Breakfast Taco with WG Tortilla	Strawberry Smoothie	Closed: Planning Day
Fruit or Vegetable	Oranges	Cooked Apples	Fresh Mandarin Oranges	Carrots	
Grain or Meat/Meat Alt	WG General Mills Corn	WG Oatmeal	See Entree	See Entree	
Extra	Chex		Sliced Cheese		
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Lunch					
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Diced Baked BBQ Chicken	Taco Seasoned Black Beans	Harvest for Healthy Kids This month we are learning about: Berries (Fresh, Dried & Frozen)
Fruit	Sliced Apples	Kiwi	Diced Pineapple	Diced Cantaloupe	
Vegetable	Carrots	Spinach Salad w Raspberry Dressing	Coleslaw	Cauliflower	
Grain	See Entree	WG Breadstick	WW Roll	WG Tortilla Chips	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		Shredded Carrots		Shredded Cheddar Cheese	
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			Sesame Salmon Rice Bowl	Fruit Pizza	
Fruit		Marionberries		Frozen Blueberries	
Vegetable	Snap Peas		Avocado		
Grain	WG Tortilla Chips	WG General Mills Cheerios	See Entree	WW English Muffin	
Meat/Meat Alt	Refried Beans	Yami Lowfat Vanilla Yogurt			
Extra				Cream Cheese	

Date:

6/8-6/12/2026

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 6/8	Tuesday 6/9	Wednesday 6/10	Thursday 6/11
Breakfast	*Please use site inventory	*Please use site inventory	Last Day of Ext Day	
Entree Name				
Fruit or Vegetable	Diced Frozen Strawberries*	Banana	Applesauce*	
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WG General Mills Cheerios*	WG Waffle	
Extra				
Milk	1% Milk	1% Milk	1% Milk	
Lunch				
Entree Name	Chicken Patty on WW Bun	Mashed Beans*	Spring Fling Chowder (w Asparagus)	
Fruit	Fresh Blueberries	Sliced Frozen Peaches	Fresh Nectarines or Peaches	
Vegetable	Peas*	Shredded Cabbage	See Entree	
Grain	See Entree	WG Tortilla Chips*	Cornbread	
Meat/Meat Alt	See Entree	See Entree	See Entree	
Extra		Lime		
Milk	1% Milk	1% Milk	1% Milk	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	
Entree Name	WG General Mills Corn Chex		Green Smoothie	
Fruit	Trail Mix		Watermelon Sticks	
Vegetable	Craisins*	Cucumbers	See Entree	
Grain	Carrots			
Meat/Meat Alt	See Entree	WG Wheat Thins	WG Jungle Crackers*	
Extra		Sliced Cheese	See Entree	



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 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.

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

This institution is an equal opportunity provider