

**Date:** 6/1-6/5/2026  
**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 6/1	Tuesday 6/2	Wednesday 6/3	Thursday 6/4	Friday 6/5
<b>Breakfast</b>	<b>Deliver Activity Produce</b>				
Entree Name	Canned Mandarin		Breakfast Taco with WG Tortilla	<b>Strawberry Smoothie</b>	<b>Closed: Planning Day</b>
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	
<b>Lunch</b>					
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Diced Baked BBQ Chicken	Taco Seasoned Black Beans	<b>Harvest for Healthy Kids</b> This month we are learning about:  Berries (Fresh, Dried & Frozen)
Fruit	Sliced Apples	Kiwi	Diced Pineapple	Diced Cantaloupe	
Vegetable	Carrots	<b>Spinach Salad w Raspberry Dressing</b>	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	
<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			Sesame Salmon Rice Bowl	Fruit Pizza	
Fruit		<b>Marionberries</b>		<b>Frozen Blueberries</b>	
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  
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	<b>Monday 6/8</b>	<b>Tuesday 6/9</b>	<b>Wednesday 6/10</b>	<b>Thursday 6/11</b>	<b>Friday 6/12</b>
<b>Breakfast</b>	<b>*Please use site inventory</b>	<b>*Please use site inventory</b>	<b>*Please use site inventory</b>		
Entree Name	<b>Diced Frozen Strawberries*</b>	Banana <b>WG General Mills Cheerios*</b>	<b>Applesauce*</b>  WG Waffle	WG Sunbutter Cereal Squares  <b>Frozen Blueberries</b>	Canned Mandarin Oranges  WG General Mills Cheerios
Fruit or Vegetable					
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt				
Extra					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Lunch</b>					
Entree Name	Chicken Patty on WW Bun	<b>Mashed Beans*</b>	Spring Fling Chowder (w Asparagus)	Chicken Meatball Bahn Mi on WW Hotdog Bun	<b>Cranberry Chicken Salad Pita</b>
Fruit	<b>Fresh Blueberries</b>	Sliced Frozen Peaches	Fresh Nectarines or Peaches	Diced Cantaloupe	Apples
Vegetable	<b>Peas*</b>	Shredded Cabbage	See Entree	Pickled Shredded Carrot	Cucumbers
Grain	See Entree	<b>WG Tortilla Chips*</b>	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
<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	WG General Mills Corn Chex Trail Mix		Green Smoothie	Quesadilla on WG Tortilla	
Fruit	<b>Craisins*</b>		Watermelon Sticks		<b>Marionberries</b>
Vegetable	Carrots	Cucumbers	See Entree	Celery	
Grain	See Entree	WG Wheat Thins	<b>WG Jungle Crackers*</b>	See Entree	WG General Mills Kix Cereal
Meat/Meat Alt		Sliced Cheese	See Entree	See Entree	Yami Lowfat Vanilla Yogurt
Extra					

**Date:** 6/15-6/19/2026  
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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			<b>Closed: Holiday</b>
Fruit or Vegetable	Diced Canned Pears	<b>Frozen Blueberries</b>	Cucumbers	<b>Diced Frozen Strawberries</b>	
Grain or Meat/Meat Alt	WW English Muffin	See Entree	WW Mini Bagel	WG General Mills Rice Chex	
Extra	Cream Cheese	Yami Lowfat Vanilla Yogurt	Hard Boiled Eggs		
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
<b>Lunch</b>					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie	Taco Seasoned Diced	Southwest WG Brown Rice	
Fruit	<b>Strawberries, Fresh</b>	Sauce	Chicken	Diced Cantaloupe	
Vegetable	Snap Peas	Sliced Apple	Diced Frozen Peaches	Avocado Half	
Grain	WW Roll	Carrots	Shredded Cabbage	See Entree	
Meat/Meat Alt	See Entree	WG Breadstick	WG Tortilla Chips	Black Beans	
Extra		Chicken Meatballs	See Entree	Shredded Cheese	
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>	<b>Served with Water</b>
Entree Name			Cottage Cheese Smoothie		
Fruit		Raisins	Bowl		
Vegetable	Broccoli	Celery	See Entree	Carrots	
Grain	WG Wheat Thins		WG General Mills Kix Cereal	Pretzels	
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese	
Extra			<b>Raspberries</b>		

**Date:** 6/22-6/26/2026  
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	<b>Monday 6/22</b>	<b>Tuesday 6/23</b>	<b>Wednesday 6/24</b>	<b>Thursday 6/25</b>	<b>Friday 6/26</b>
<b>Breakfast</b>					
Entree Name					<b>Frozen Diced Strawberries</b>
Fruit or Vegetable	Diced Peaches	Diced Pears	Bananas	<b>Blueberries</b>	
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	Yami Lowfat Vanilla Yogurt	WG Pancake	WG French Toast
Extra		Egg Patty		<b>Berry Sauce</b>	
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Lunch</b>					
Entree Name	Hamburger on WW Bun	Bean & Cheese Burrito on WW Tortilla	Chicken Salad	Cheese Pizza	Fish Sticks on WG Corn and Wheat Tortilla
Fruit	Fresh Nectarines or Peaches	<b>Fresh Strawberries</b>	Diced Watermelon	Kiwi	Mandarin Oranges, Fresh
Vegetable	Sliced Tomato	Zucchini	Snap Peas	Broccoli	Shredded Lettuce
Grain	See Entree	See Entree	WW Rolls	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra					
Milk	1% 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>	<b>Served with Water</b>
Entree Name		WG General Mills Corn Chex	Quesadilla on WG Tortilla		Cottage Cheese Smoothie Bowl
Fruit		Trail Mix		Sliced Fresh Pears	See Entree
Vegetable	Celery	Raisins	Sliced Bell Pepper		
Grain	Pita	Cucumber	See Entree	Ritz Crackers	WG Kix Cereal
Meat/Meat Alt	Sunbutter	See Entree	See Entree	Tuna	See Entree
Extra					<b>Raspberries</b>

**Date:**

6/29-7/3/2026

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Head Start Full Day

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	<b>Monday 6/29</b>	<b>Tuesday 6/30</b>	<b>Wednesday 7/1</b>	<b>Thursday 7/2</b>	<b>Friday 7/3</b>
<b>Breakfast</b>					
Entree Name					<b>Closed: Holiday</b>
Fruit or Vegetable	Pineapple Tidbits	<b>Diced Frozen Strawberries</b>	Banana	Diced Peaches	
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix	
Extra Milk	Cream Cheese 1% Milk	1% Milk	1% Milk	Cereal 1% Milk	
<b>Lunch</b>					
Entree Name	Macaroni & Cheese	Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon	
Fruit	Diced Frozen Mango	<b>Fresh Blueberries</b>	Fresh Mandarin Oranges	Sliced Apple	
Vegetable	Green Beans	Shredded Cabbage	Romaine Salad	Broccoli	
Grain	WW Roll	See Entree	See Entree	WG Brown Rice	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra Milk	1% Milk	Shredded Cheese 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	WG Sweet Potato Ginger Muffin Square			<b>Blueberry Smoothie</b>	
Fruit		Apple Slices		See Entree	
Vegetable	Sliced Bell Peppers		Cucumbers	Carrots	
Grain		WG Wheat Thins	WG Tortilla Chips		
Meat/Meat Alt		Tuna	Refried Beans	See Entree	
Extra					



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.

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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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