

Date:

7/6-7/10/2026

Menu for:

Early Head Start Combo & 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 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10
Breakfast					Playgroup Snack
Entree Name			Breakfast Taco with WG Tortilla-EHS	Strawberry Smoothie- EHS	
Fruit or Vegetable	Canned Mandarin Oranges-EHS	Cooked Apples- EHS	Fresh Mandarin Oranges-EHS	Diced and/or Steamed Carrots-EHS	Applesauce-EHS
Grain or Meat/Meat Alt	WG General Mills Corn Chex-EHS	WG Oatmeal- EHS	See Entree	See Entree	WG Wheat Thins- EHS
Extra			Sliced Cheese- EHS		Sliced Cheese- 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	Fish Patty on WW Bun- EHS	WG Veggie Baked Penne - EHS	Diced Baked BBQ Chicken-EHS	Taco Seasoned Black Beans-EHS	
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	

Date:

7/13-7/17/2026

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

	Monday 7/13	Tuesday 7/14	Wednesday 7/15	Thursday 7/16	Friday 7/17
Breakfast					
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Applesauce - EHS	Frozen Blueberries- EHS	
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt- EHS	WG General Mills Cheerios- EHS	WG Waffle- EHS		
Extra					
Milk	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	Taco Seasoned Baked Fish- EHS	BBQ White Beans	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	
Fruit	Fresh Blueberries- EHS	Sliced Frozen Peaches- EHS	Fresh Diced Nectarines or Peaches- EHS	Diced Cantaloupe- EHS	
Vegetable	Snap Peas- EHS	Shredded Cabbage- EHS	See Entree	Pickled Shredded Carrot- EHS	
Grain	See Entree	Ritz Crackers- EHS	Cornbread- 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:

7/20-7/24/2026

Menu for:

Early Head Start Combo & 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 7/20	Tuesday 7/21	Wednesday 7/22	Thursday 7/23	Friday 7/24
Breakfast					Playgroup Snack
Entree Name		WG Overnight Oats- EHS		Diced Frozen Strawberries- EHS	
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Diced Cucumbers- EHS	WG General Mills Rice Chex- EHS	Sliced Bell Peppers- EHS
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	WW Mini Bagel- EHS		Quesadilla on WG Tortilla- 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	

Date:

7/27-7/31/2026

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 7/27	Tuesday 7/28	Wednesday 7/29	Thursday 7/30	Friday 7/31
Breakfast					
Entree Name					
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	
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	
Lunch					
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	Diced Fresh Strawberries-EHS	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	



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.



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

CLASS RECIPE - TRY IT AT HOME!

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

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