

Date:

7/6-7/10/2026

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 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10
Breakfast					
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	Diced Peaches- EHS
Grain or Meat/Meat Alt	WG General Mills Corn Chex- EHS	WG Oatmeal- EHS	See Entree	See Entree	WG Biscuit- EHS
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	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	Chickpea Curry - EHS
Fruit	Applesauce- EHS	Diced Kiwi-EHS	Pineapple Tidbits- EHS	Diced Cantaloupe- EHS	Diced Frozen Mango- EHS
Vegetable	Diced and/or Steamed Carrots- EHS	Spinach Salad w Raspberry Dressing-EHS	Coleslaw - EHS	Diced and/or Steamed Cauliflower- EHS	Diced and/or Steamed Broccoli - EHS
Grain	See Entree	WG Breadstick- EHS	WW Roll- EHS	WG Wheat Thins- EHS	WG Brown Rice- EHS
Meat/Meat Alt	See Entree	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	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			Sesame Salmon Rice Bowl- EHS	Fruit Pizza	
Fruit		Marionberries- EHS		Frozen Blueberries- EHS	Applesauce- EHS
Vegetable	Snap Peas- EHS		Avocado-EHS		
Grain	Ritz Crackers- EHS	WG General Mills Cheerio - EHS	See Entree	WW English Muffin- EHS	WG Wheat Thins- EHS
Meat/Meat Alt	Refried Beans -EHS	Yami Lowfat Vanilla Yogurt- EHS			Sliced Cheese- EHS
Extra				Cream Cheese- EHS	

Date:

7/13-7/17/2026

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

	Monday 7/13	Tuesday 7/14	Wednesday 7/15	Thursday 7/16	Friday 7/17
Breakfast					
Entree Name	Diced Frozen Strawberries- EHS Yami Lowfat Vanilla Yogurt- EHS 1% or Whole Milk - EHS	Diced Banana- EHS WG General Mills Cheerios- EHS 1% or Whole Milk - EHS	Applesauce - EHS WG Waffle- EHS 1% or Whole Milk - EHS	WG Sunbutter Cereal Squares- EHS	Closed: Planning Day
Fruit or Vegetable				Frozen Blueberries- EHS	
Grain or Meat/Meat Alt					
Extra Milk				1% or Whole Milk - EHS	
Lunch					
Entree Name	Chicken Patty on WW Bun- EHS	Taco Seasoned Baked Fish- EHS	BBQ White Beans Fresh Diced Nectarines or Peaches- EHS See Entree Cornbread- EHS See Entree 1% or Whole Milk - EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	
Fruit	Fresh Blueberries- EHS	Sliced Frozen Peaches- EHS		Diced Cantaloupe- EHS	
Vegetable	Snap Peas- EHS	Shredded Cabbage- EHS		Pickled Shredded Carrot- EHS	
Grain	See Entree	Ritz Crackers- EHS		See Entree	
Meat/Meat Alt	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	
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	Diced Cucumbers- EHS WG Wheat Thins- EHS Sliced Cheese- EHS	Green Smoothie- EHS See Entree Graham Crackers-EHS See Entree	Quesadilla on WG Tortilla- EHS	
Fruit	Trail Mix- EHS Raisins-EHS				
Vegetable	Diced and/or Steamed Carrots- EHS			Crosswise Sliced Celery	
Grain				See Entree	
Meat/Meat Alt				See Entree	
Extra					

Date: 7/20-7/24/2026
Menu for: Early Head Start Extended Day

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	Monday 7/20	Tuesday 7/21	Wednesday 7/22	Thursday 7/23	Friday 7/24
Breakfast					
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	Cooked Diced Apples- EHS
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	WW Mini Bagel- EHS		WG Waffle- 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	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	WG Chicken & Veggie Lo Mein- EHS
Fruit	Strawberries, Fresh- EHS	Applesauce- EHS	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	Canned Mandarin Oranges- EHS
Vegetable	Snap Peas- EHS	Diced and/or Steamed Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	See Entree
Grain	WW Roll-EHS	WG Breadstick-EHS	Ritz Crackers- EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	See Entree
Extra				Shredded Cheese- EHS	Chow Mein Noodles- 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			Cottage Cheese Smoothie Bowl- EHS		Quesadilla on WG Tortilla- EHS
Fruit		Raisins- EHS	See Entree		
Vegetable	Diced and/or Steamed Broccoli	Crosswise Sliced Celery- EHS		Diced and/or Steamed Carrots- EHS	Thin Sliced Bell Pepper- EHS
Grain	WG Wheat Thins- EHS		WG General Mills Kix Cereal- EHS	Pretzels - EHS	See Entree
Meat/Meat Alt	Diced Turkey- EHS		See Entree	Sliced Cheese- EHS	See Entree
Extra		Cream Cheese- EHS	Raspberries- EHS		

Date: 7/27-7/31/2026
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 7/27	Tuesday 7/28	Wednesday 7/29	Thursday 7/30	Friday 7/31
Breakfast					
Entree Name					Frozen Diced Strawberries-EHS
Fruit or Vegetable	Diced Peaches- EHS WG General Mills Cheerios- EHS	Diced Pears-EHS	Diced Bananas- EHS Yami Lowfat Vanilla Yogurt- EHS	Blueberries-EHS	
Grain or Meat/Meat Alt		WW English Muffin- 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



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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