

**Date:** 7/6-7/10/2026  
**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 7/6                 | Tuesday 7/7                | Wednesday 7/8                   | Thursday 7/9               | Friday 7/10              |
|---------------------------|----------------------------|----------------------------|---------------------------------|----------------------------|--------------------------|
| <b>Breakfast</b>          |                            |                            |                                 |                            |                          |
| Entree Name               |                            |                            | Breakfast Taco with WG Tortilla | <b>Strawberry Smoothie</b> |                          |
| Fruit or Vegetable        | Canned Mandarin Oranges    | Cooked Apples              | Fresh Mandarin Oranges          | Carrots                    | Diced Peaches            |
| Grain or Meat/Meat Alt    | WG General Mills Corn Chex | WG Oatmeal                 | See Entree                      | See Entree                 | WG Biscuit               |
| Extra                     |                            |                            | Sliced Cheese                   |                            |                          |
| Milk                      | 1% 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  | Chickpea Curry           |
| Fruit                     | Sliced Apples              | Kiwi                       | Diced Pineapple                 | Diced Cantaloupe           | Diced Frozen Mango       |
| Vegetable                 | Carrots                    | <b>Spinach Salad w</b>     | Coleslaw                        | Cauliflower                | Broccoli                 |
| Grain                     | See Entree                 | <b>Raspberry Dressing</b>  | WG Breadstick                   | WG Tortilla Chips          | WG Brown Rice            |
| Meat/Meat Alt             | See Entree                 | See Entree                 | See Entree                      | See Entree                 | See Entree               |
| Extra                     |                            | Shredded Carrots           |                                 | Shredded Cheddar Cheese    |                          |
| 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               |                            |                            | Sesame Salmon Rice Bowl         | Fruit Pizza                |                          |
| Fruit                     |                            | <b>Marionberries</b>       |                                 | <b>Frozen Blueberries</b>  | Apples                   |
| Vegetable                 | Snap Peas                  |                            | Avocado                         |                            |                          |
| Grain                     | WG Tortilla Chips          | WG General Mills Cheerios  | See Entree                      | WW English Muffin          | WG Wheat Thins           |
| Meat/Meat Alt             | Refried Beans              | Yami Lowfat Vanilla Yogurt |                                 |                            | Sliced Cheese            |
| Extra                     |                            |                            |                                 | Cream Cheese               |                          |

**Date:** 7/13-7/17/2026  
**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 7/13                      | Tuesday 7/14                           | Wednesday 7/15              | Thursday 7/16                                | Friday 7/17                 |
|---------------------------|----------------------------------|----------------------------------------|-----------------------------|----------------------------------------------|-----------------------------|
| <b>Breakfast</b>          |                                  |                                        |                             |                                              |                             |
| Entree Name               |                                  |                                        |                             | WG Sunbutter Cereal Squares                  | <b>Closed: Planning Day</b> |
| Fruit or Vegetable        | <b>Diced Frozen Strawberries</b> | Banana<br>WG General Mills<br>Cheerios | Applesauce                  | <b>Frozen Blueberries</b>                    |                             |
| Grain or Meat/Meat Alt    | Yami Lowfat Vanilla Yogurt       |                                        | WG Waffle                   |                                              |                             |
| Extra<br>Milk             | 1% Milk                          | 1% Milk                                | 1% Milk                     | 1% Milk                                      |                             |
| <b>Lunch</b>              |                                  |                                        |                             |                                              |                             |
| Entree Name               | Chicken Patty on WW Bun          | Taco Seasoned Baked Fish               | BBQ White Beans             | Chicken Meatball Bahn Mi on<br>WW Hotdog Bun |                             |
| Fruit                     | <b>Fresh Blueberries</b>         | Sliced Frozen Peaches                  | Fresh Nectarines or Peaches | Diced Cantaloupe                             |                             |
| Vegetable                 | Snap Peas                        | Shredded Cabbage                       | See Entree                  | Pickled Shredded Carrot                      |                             |
| Grain                     | See Entree                       | WG Tortilla Chips                      | Cornbread                   | See Entree                                   |                             |
| Meat/Meat Alt             | See Entree                       | See Entree                             | See Entree                  | See Entree                                   |                             |
| Extra<br>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       |                                        |                             |                                              |                             |
| Fruit                     | Trail Mix                        |                                        | Green Smoothie              | Quesadilla on WG Tortilla                    |                             |
| Vegetable                 | Raisins                          | Cucumbers                              | See Entree                  | Celery                                       |                             |
| Grain                     | Carrots                          | WG Wheat Thins                         | Graham Crackers             | See Entree                                   |                             |
| Meat/Meat Alt             | See Entree                       | Sliced Cheese                          | See Entree                  | See Entree                                   |                             |
| Extra                     |                                  |                                        |                             |                                              |                             |

**Date:** 7/20-7/24/2026  
**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 7/20                | Tuesday 7/21               | Wednesday 7/22              | Thursday 7/23                    | Friday 7/24               |
|---------------------------|----------------------------|----------------------------|-----------------------------|----------------------------------|---------------------------|
| <b>Breakfast</b>          |                            |                            |                             |                                  |                           |
| Entree Name               |                            | WG Overnight Oats          |                             |                                  |                           |
| Fruit or Vegetable        | Diced Canned Pears         | <b>Frozen Blueberries</b>  | Cucumbers                   | <b>Diced Frozen Strawberries</b> | Cooked Apples             |
| Grain or Meat/Meat Alt    | WW English Muffin          | See Entree                 | WW Mini Bagel               | WG General Mills Rice Chex       | WG Waffle                 |
| Extra                     | Cream Cheese               | Yami Lowfat Vanilla Yogurt | Hard Boiled Eggs            |                                  |                           |
| Milk                      | 1% 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          | WG Chicken & Veggie Lo    |
| Fruit                     | <b>Strawberries, Fresh</b> | Sauce                      | Chicken                     | Diced Cantaloupe                 | Mein                      |
| Vegetable                 | Snap Peas                  | Sliced Apple               | Diced Frozen Peaches        | Avocado Half                     | Sliced Oranges            |
| Grain                     | WW Roll                    | Carrots                    | Shredded Cabbage            | See Entree                       | See Entree                |
| Meat/Meat Alt             | See Entree                 | WG Breadstick              | WG Tortilla Chips           | Black Beans                      | See Entree                |
| Extra                     |                            | Chicken Meatballs          | See Entree                  | Shredded Cheese                  | Chow Mein Noodles         |
| 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               |                            |                            | Cottage Cheese Smoothie     |                                  | Quesadilla on WG Tortilla |
| Fruit                     |                            | Raisins                    | Bowl                        |                                  |                           |
| Vegetable                 | Broccoli                   | Celery                     | See Entree                  | Carrots                          | Sliced Bell Pepper        |
| Grain                     | WG Wheat Thins             |                            | WG General Mills Kix Cereal | Pretzels                         | See Entree                |
| Meat/Meat Alt             | Diced Turkey               | Sunbutter                  | See Entree                  | Sliced Cheese                    | See Entree                |
| Extra                     |                            |                            | <b>Raspberries</b>          |                                  |                           |

**Date:** 7/27-7/31/2026  
**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 7/27                 | Tuesday 7/28                         | Wednesday 7/29             | Thursday 7/30            | Friday 7/31                               |
|---------------------------|-----------------------------|--------------------------------------|----------------------------|--------------------------|-------------------------------------------|
| <b>Breakfast</b>          |                             |                                      |                            |                          |                                           |
| Entree Name               |                             |                                      |                            |                          |                                           |
| Fruit or Vegetable        | Diced Peaches               | Diced Pears                          | Bananas                    | <b>Blueberries</b>       | <b>Frozen Diced Strawberries</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           |                            |                          | Cottage Cheese Smoothie Bowl              |
| Fruit                     |                             | Trail Mix                            | Quesadilla on WG Tortilla  | 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>                        |



## 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](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

#### 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.

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](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider