

Date: 9/7-9/11/2026

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

Harvest for Healthy Kids: This month we are learning about apples

	Monday 9/7	Tuesday 9/8	Wednesday 9/9	Thursday 9/10	Friday 9/11
Breakfast	Closed: Holiday	Closed: Planning Day	Delivery Activity Apples		Friday Playgroup Lunch
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable			Applesauce - EHS	Frozen Strawberries-EHS	
Grain or Meat/Meat Alt			WG Waffle- EHS		
Extra Milk			1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name			Toasted Cheese Sandwich on WW Bread- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	Ranch Chicken Salad- EHS
Fruit			Diced Cantaloupe- EHS	Diced Fresh Pears- EHS	Diced Apples- EHS
Vegetable			Tomato Soup-EHS	Pickled Shredded Carrot- EHS	Diced Cucumbers- EHS
Grain			See Entree	See Entree	Pita- EHS
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

Date:

9/14-9/18/2026

Menu for:

Early Head Start Combo & No Friday Playgroup

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Harvest for Healthy Kids: This month we are learning about apples

	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17
Breakfast				
Entree Name		WG Oatmeal Granola- EHS		Hard Boiled Eggs w Everything Bagel Seasoning-EHS
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Frozen Strawberries- EHS	Fresh Mandarin Oranges-EHS
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	WG General Mills Rice Chex- EHS	Ritz Crackers-EHS
Extra	Egg Patties- EHS	Yami Lowfat Vanilla Yogurt- 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 & Marinara Sauce	Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS
Fruit	Diced Frozen Peaches- EHS	Applesauce- EHS	Diced Kiwi-EHS	Diced Cantaloupe- EHS
Vegetable	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: 9/21-9/25/2026

Menu for: Early Head Start Combo & Friday Playgroup

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Harvest for Healthy Kids: This month we are learning about apples.

	Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25
Breakfast					Playgroup Lunch
Entree Name			WG Oatmeal Granola- EHS		
Fruit or Vegetable	Diced Peaches- EHS	Diced Banana-EHS	Diced Canned Pears- 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	Pinto Bean & Cheese Burrito on WW Tortilla -EHS	Chicken Veggie Noodle Soup- EHS	Cheese Pizza-EHS	Fish Sticks on Whole Wheat Tortilla -EHS
Fruit	Apple Salad-EHS	Frozen Diced Mango-EHS	Applesauce - EHS	Diced Fresh Pears- EHS	Canned Mandarin Oranges- EHS
Vegetable	Chopped Romaine Salad- EHS	Chopped Spinach Salad- EHS	See Entree	Peas-EHS	Shredded Cabbage-EHS
Grain	See Entree	See Entree	WW Roll- EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots- 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

Date:

9/28-10/2/2026

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

Harvest for Healthy Kids: This month we are learning about apples.

	Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1
Breakfast				
Entree Name				
Fruit or Vegetable	Pineapple Tidbits- EHS	Diced Frozen Strawberries- EHS	Diced Banana- EHS	Canned Diced Peaches- EHS
Grain or Meat/Meat Alt	WW Mini Bagel - EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Oatmeal-EHS	WG General Mills Kix Cereal-EHS
Extra Milk	Cream Cheese-EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	Cinnamon Sauce- EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS
Lunch				
Entree Name	Macaroni & Cheese- EHS	Chicken Wrap on WW Tortilla - EHS	Build Your Own- Turkey Apple Cheddar Sandwich on WW	Teriyaki Salmon -EHS
Fruit	Diced Frozen Mango- EHS	Canned Mandarin Oranges- EHS	See Entree	Diced Watermelon-EHS
Vegetable	Green Beans- EHS	Shredded Cabbage- EHS	Chopped Romaine Salad-EHS	Diced and/or Steamed Broccoli
Grain	WW Roll -EHS	See Entree	See Entree	WG Brown Rice- EHS
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese		
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS



ASK YOUR
CHILD ABOUT
APPLES!

APPLES!

This month, we are learning all about apples. There are all sorts of different varieties of apples! Apples are wonderful raw, but can also be baked into muffins, cut up into a salad or made into applesauce. It's best to eat apples when fresh, within a few days of purchase. Once you cut an apple, it will quickly turn brown. Putting some lemon juice on the apple will keep it from browning!

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose apples that are smooth and firm.
- Avoid apples that are brown, have soft spots, or bruises.
- Store apples in the refrigerator for up to a week.
- Apples can keep for a few months if stored properly. Wrap the apples individually in newspaper and store them in a cool, dark spot.

EASY APPLESAUCE

SERVES 6

4 medium apples
(recommended varieties: fuji or gala)
1 cup of water
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg

DIRECTIONS

1. Peel and slice 4 apples, removing the cores.
2. Place in large pot.
3. Add 1 cup of water, 1/4 teaspoon of cinnamon and 1/8 teaspoon of nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or cold.



KIDS CAN COOK: APPLES

Kids can help prepare apples by:

- Washing apples
- Measuring cinnamon and nutmeg
- Mashing boiled apples to make applesauce

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2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
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