

Date: 9/7-9/11/2026
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

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		
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable			Applesauce - EHS	Frozen Strawberries-EHS	Canned Mandarin Oranges-EHS
Grain or Meat/Meat Alt			WG Waffle- EHS		WG General Mills Cheerios- EHS
Extra Milk			1% or Whole Milk - EHS	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
Snack (at least 2)			Served with Water	Served with Water	Served with Water
Entree Name			Green Smoothie- EHS	Quesadilla on WW Tortilla- EHS	
Fruit			See Entree	Apple Salsa-EHS	Marionberries- EHS
Vegetable			See Entree		
Grain			Graham Crackers- EHS	See Entree	WG General Mills Kix Cereal- EHS
Meat/Meat Alt			See Entree	See Entree	Yami Lowfat Vanilla Yogurt- EHS
Extra					

Date:

9/14-9/18/2026

Menu for:

Early Head Start Extended Day

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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	Friday 9/18
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	Cooked Diced Apples-EHS
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	WG General Mills Rice Chex- EHS	Ritz Crackers-EHS	WG Waffle- 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	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	WG Chicken & Veggie Lo Mein- EHS
Fruit	Diced Frozen Peaches- EHS	Applesauce- EHS	Diced Kiwi-EHS	Diced Cantaloupe- EHS	Canned Mandarin Oranges-EHS
Vegetable	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 WW Tortilla- EHS
Fruit		Raisins- EHS	See Entree		
Vegetable	Diced and/or Steamed Broccoli- EHS			Diced and/or Steamed Carrots- EHS	Thin Sliced Bell Pepper- EHS
Grain	WG Wheat Thins- EHS	Cinnamon Bread-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		Sunbutter- EHS	Raspberries- EHS		

Date:

9/21-9/25/2026

Menu for:

Early Head Start Extended Day

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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					
Entree Name			WG Oatmeal Granola- EHS		
Fruit or Vegetable	Diced Peaches- EHS	Diced Banana-EHS	Diced Canned Pears- EHS	Blueberries-EHS	Frozen Diced Strawberries-EHS
Grain or Meat/Meat Alt	WG General Mills Cheerios-EHS	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt-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	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
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	Quesadilla on WG Tortilla- EHS		Cottage Cheese Smoothie Bowl- EHS
Fruit		Trail Mix- EHS		Diced Kiwi-EHS	See Entree
Vegetable	Thin Sliced Bell Peppers-EHS	Raisins- EHS	Diced and/or Steamed Cauliflower		
Grain	WG Breadsticks- EHS	Cucumber -EHS		Ritz Crackers- EHS	WG Kix Cereal- EHS
Meat/Meat Alt		See Entree	See Entree	Tuna- EHS	See Entree
Extra	Marinara Sauce-EHS		See Entree		Raspberries- EHS

Date: 9/28-10/2/2026
Menu for: Early Head Start Extended Day

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

	Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	Friday 10/2
Breakfast					Closed: Planning Day
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	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		WG Spiced Orange & Carrot Muffin Squares- EHS		Blueberry Smoothie	
Fruit	Diced Fresh Pears-EHS	Applesauce- EHS		See Entree	
Vegetable			Thin Sliced Bell Peppers- EHS	Diced and/or Steamed Carrots- EHS	
Grain	WG Wheat Thins-EHS	See Entree	Ritz Crackers- EHS	See Entree	
Meat/Meat Alt	Tuna-EHS		Refried Beans- EHS		
Extra					



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.



KIDS CAN COOK: APPLES

Kids can help prepare apples by:

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

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.

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