

Date:

8/3-8/7/2026

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 8/3	Tuesday 8/4	Wednesday 8/5	Thursday 8/6	Friday 8/7
Breakfast	Deliver Activity Produce. Harvest for Health Kids: This month we are learning about melon (watermelon, cantaloupe, honeydew)				
Entree Name		Diced Frozen Strawberries- EHS			
Fruit or Vegetable	Pineapple Tidbits- EHS	Yami Lowfat Vanilla Yogurt- EHS	Diced Banana- EHS	Diced Peaches- EHS	Diced Cucumbers- EHS
Grain or Meat/Meat Alt	WW Mini Bagel - EHS		WG Oatmeal-EHS	WG General Mills Kix Cereal- EHS	Ritz Crackers- EHS
Extra	Cream Cheese-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	Macaroni & Cheese- EHS	Chicken Wrap on WW Tortilla - EHS	Turkey Sandwich on WW Bread- EHS	Teriyaki Salmon -EHS	Three Bean Salad- EHS
Fruit	Diced Frozen Mango- EHS	Fresh Blueberries- EHS	Watermelon-EHS	Applesauce- EHS	Diced Honeydew-EHS
Vegetable	Green Beans- EHS	Shredded Cabbage- EHS	Chopped Romaine Salad- EHS	Diced and/or Steamed Broccoli	See Entree
Grain	WW Roll -EHS	See Entree	See Entree	WG Brown Rice- EHS	WW Roll- EHS
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese			Shredded Mozzarella -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 Sweet Potato Ginger Muffin Square - EHS			Melon Cooler Smoothie- EHS	Green Smoothie- EHS
Fruit		Applesauce- EHS		See Entree	See Entree
Vegetable	Thin Sliced Bell Peppers- EHS		Diced Cucumbers- EHS	Diced and/or Steamed Carrots- EHS	See Entree
Grain		WG Wheat Thins-EHS	Ritz Crackers- EHS		Graham Crackers- EHS
Meat/Meat Alt		Tuna-EHS	Refried Beans- EHS	See Entree	See Entree
Extra					

Date: 8/10-8/14/2026
Menu for: Early Head Start Extended Day

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	Monday 8/10	Tuesday 8/11	Wednesday 8/12	Thursday 8/13	Friday 8/14
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 -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	Watermelon with Chili Powder & Lime-EHS		Sesame Salmon Rice Bowl- EHS	Fruit Pizza	
Fruit		Marionberries- EHS		Frozen Blueberries- EHS	Applesauce- EHS
Vegetable			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: 8/17-8/21/2026
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 8/17	Tuesday 8/18	Wednesday 8/19	Thursday 8/20	Friday 8/21
Breakfast	*Please use site inventory	*Please use site inventory	*Please use site inventory	Last Day of Program Year	
Entree Name	Diced Frozen Strawberries-EHS*	Diced Banana- EHS	Applesauce - EHS*	WG Sunbutter Cereal Squares- EHS	Closed: Planning Day
Fruit or Vegetable	Yami Lowfat Vanilla Yogurt- EHS	WG General Mills Cheerios-EHS*	WG Waffle- EHS	Frozen Blueberries- EHS	
Grain or Meat/Meat Alt	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Extra Milk					
Lunch					
Entree Name	Chicken Patty on WW Bun- EHS	Mashed Beans-EHS*	BBQ White Beans- EHS	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	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	
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		Yogurt Fruit Dip-EHS	Quesadilla on WG Tortilla- EHS	
Fruit	Craisins-EHS*		Diced Honeydew-EHS	Watermelon Sticks-EHS	
Vegetable	Diced and/or Steamed Carrots- EHS	Diced Cucumbers- EHS	WG Jungle Crackers-EHS*	Crosswise Sliced Celery	
Grain		WG Wheat Thins- EHS	See Entree	See Entree	
Meat/Meat Alt		Sliced Cheese- EHS		See Entree	
Extra					



ASK YOUR
CHILD ABOUT
MELON!

MELON!

This month, we are learning all about melons. Melons are related to squash, gourds, and cucumbers. Melons come in many different varieties, but the most common are honeydew, cantaloupe, and watermelon! Melons are delicious and refreshing. Eat melons plain, add them to salads, use them to make smoothies or even popsicles!

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose melons that are firm, symmetrical, and heavy for the size.
- Avoid melons with bruises, cuts, or dents. Watermelons should have a creamy yellow spot where they sat on the soil.
- Store melons at room temperature for 7-10 days. After cutting, they will keep for 3-4 days in the refrigerator.
- Freezing can cause the rinds break down and create a mealy, mushy texture.



KIDS CAN COOK: MELON

Kids can help prepare melon by:

- Washing the melons and strawberries.
- Measuring out ingredients.
- With adult supervision, using a melon baller or plastic knife to cut up the melon.
- Tossing the salad.

STRAWBERRY-MELON SUMMER SALAD

SERVES 6

1 cup plain or flavored yogurt (strawberry, lemon and vanilla work well)
1 teaspoon lemon juice
2 cups watermelon balls
2 cups cantaloupe balls
2 cups halved fresh strawberries

DIRECTIONS

1. Wash strawberries and remove tops. Cut them into quarters.
2. Wash and slice open the melons. Scoop out seeds and place in a separate bowl.
3. Cut melons into cubes or use a melon baller to scoop out balls of melon.
4. Combine the melons and strawberries in large bowl.
5. Pour yogurt and lemon juice over the strawberry melon mixture, allowing children to measure out the ingredients.
6. Gently, fold the yogurt into the strawberry-melon mixture.
7. Let children take turns folding the salad, being careful not to mash the fruit.
8. Serve directly after folding. The fruit salad can get a little watery if it sits out too long.

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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410; or
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(833) 256-1665 or (202) 690-7442; or
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