

Date: 9/7-9/11/2026
Menu for: Head Start Extended 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

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

	Monday 9/7	Tuesday 9/8	Wednesday 9/9	Thursday 9/10
Breakfast	Closed: Holiday	Closed: Planning Day	Delivery Activity Apples	
Entree Name			Applesauce	WG Sunbutter Cereal Squares
Fruit or Vegetable				Frozen Strawberries
Grain or Meat/Meat Alt			WG Waffle	
Extra				
Milk			1% Milk	1% Milk
Lunch				
Entree Name			Toasted Cheese Sandwich on WW Bread	Chicken Meatball Bahn Mi on WW Hotdog Bun
Fruit			Diced Cantaloupe	Fresh Pears
Vegetable			Tomato Soup	Pickled Shredded Carrot
Grain			See Entree	See Entree
Meat/Meat Alt			See Entree	See Entree
Extra				
Milk			1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			Green Smoothie	Quesadilla on WW Tortilla
Fruit			See Entree	Apple Salsa
Vegetable			See Entree	
Grain			Graham Crackers	See Entree
Meat/Meat Alt			See Entree	See Entree
Extra				

Date: 9/14-9/18/2026
Menu for: 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
Breakfast				
Entree Name		WG Oatmeal Granola		Hard Boiled Eggs w Everything Bagel Seasoning
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Frozen Strawberries	Fresh Mandarin Oranges
Grain or Meat/Meat Alt	WW English Muffin	See Entree	WG General Mills Rice Chex	Ritz Crackers
Extra	Egg Patties	Yami Lowfat Vanilla Yogurt		
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Marinara Sauce	Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice
Fruit	Diced Frozen Peaches	Sliced Apple	Kiwi	Diced Cantaloupe
Vegetable	Peas	Carrots	Shredded Cabbage	Avocado Half
Grain	WW Roll	WG Breadstick	WG Tortilla Chips	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs	See Entree	Black Beans
Extra				Shredded Cheese
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			Cottage Cheese Smoothie Bowl	
Fruit		Raisins	See Entree	
Vegetable	Broccoli			Carrots
Grain	WG Wheat Thins	Cinnamon Bread	WG General Mills Kix Cereal	Pretzels
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese
Extra			Raspberries	

Date: 9/21-9/25/2026
Menu for: 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
Breakfast				
Entree Name			WG Oatmeal Granola	
Fruit or Vegetable	Diced Peaches	Banana	Diced Canned Pears	Blueberries
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	Yami Lowfat Vanilla Yogurt	WG Pancake
Extra		Egg Patty		Berry Sauce
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Hamburger on WW Bun	Pinto Bean & Cheese Burrito on WW Tortilla	Chicken Veggie Noodle Soup	Cheese Pizza
Fruit	Apple Salad	Frozen Diced Mango	Sliced Apple	Fresh Pears
Vegetable	Romaine Salad	Spinach Salad	See Entree	Peas
Grain	See Entree	See Entree	WW Roll	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots		
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		WG General Mills Corn Chex Trail Mix	Quesadilla on WG Tortilla	
Fruit		Raisins		Kiwi
Vegetable	Sliced Bell Peppers	Cucumber	Cauliflower	
Grain	WG Breadsticks	See Entree	See Entree	Ritz Crackers
Meat/Meat Alt			See Entree	Tuna
Extra	Marinara Sauce			

Date: 9/28-10/2/2026
Menu for: 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
Breakfast				
Entree Name				
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Canned Diced Peaches
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal
Extra	Cream Cheese		Cinnamon Sauce	
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Macaroni & Cheese	Chicken Wrap on WW Tortilla	Build Your Own- Turkey Apple Cheddar Sandwich on WW Bread	Teriyaki Salmon
Fruit	Diced Frozen Mango	Fresh Oranges	See Entree	Watermelon
Vegetable	Green Beans	Shredded Cabbage	Romaine Salad	Broccoli
Grain	WW Roll	See Entree	See Entree	WG Brown Rice
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese		
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		WG Spiced Orange & Carrot Muffin Squares		Blueberry Smoothie
Fruit	Fresh Pears	Applesauce		See Entree
Vegetable			Sliced Bell Peppers	Carrots
Grain	WG Wheat Thins	See Entree	WG Tortilla Chips	
Meat/Meat Alt	Tuna		Refried Beans	See Entree
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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