

Date: 9/7-9/11/2026
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

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	
Fruit or Vegetable			Applesauce	Frozen Strawberries	Canned Mandarin Oranges
Grain or Meat/Meat Alt			WG Waffle		WG General Mills Cheerios
Extra Milk			1% Milk	1% Milk	1% Milk
Lunch					
Entree Name			Toasted Cheese Sandwich on WW Bread	Chicken Meatball Bahn Mi on WW Hotdog Bun	Ranch Chicken Salad
Fruit			Diced Cantaloupe	Fresh Pears	Apples
Vegetable			Tomato Soup	Pickled Shredded Carrot	Cucumbers
Grain			See Entree	See Entree	Pita
Meat/Meat Alt			See Entree	See Entree	See Entree
Extra Milk			1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	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	Marionberries
Vegetable			See Entree		
Grain			Graham Crackers	See Entree	WG General Mills Kix Cereal
Meat/Meat Alt			See Entree	See Entree	Yami Lowfat Vanilla Yogurt
Extra					

Date: 9/14-9/18/2026
Menu for: Head Start Full 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		Hard Boiled Eggs w Everything Bagel Seasoning	Cooked Apples WG Waffle
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	1% Milk
Lunch					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Marinara Sauce	Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice	WG Chicken & Veggie Lo Mein
Fruit	Diced Frozen Peaches	Sliced Apple	Kiwi	Diced Cantaloupe	Sliced Oranges
Vegetable	Peas	Carrots	Shredded Cabbage	Avocado Half	See Entree
Grain	WW Roll	WG Breadstick	WG Tortilla Chips	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs	See Entree	Black Beans	See Entree
Extra				Shredded Cheese	Chow Mein Noodles
Milk	1% 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	Served with Water
Entree Name			Cottage Cheese Smoothie Bowl		Quesadilla on WW Tortilla
Fruit		Raisins	See Entree		
Vegetable	Broccoli			Carrots	Sliced Bell Pepper
Grain	WG Wheat Thins	Cinnamon Bread	WG General Mills Kix Cereal	Pretzels	See Entree
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese	See Entree
Extra			Raspberries		

Date: 9/21-9/25/2026
Menu for: Head Start Full 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		
Fruit or Vegetable	Diced Peaches	Banana	Diced Canned Pears	Blueberries	Frozen Diced Strawberries
Grain or Meat/Meat Alt	WG General Mills Cheerios	WW English Muffin	Yami Lowfat Vanilla Yogurt	WG Pancake	WG French Toast
Extra		Egg Patty		Berry Sauce	
Milk	1% 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	Fish Sticks on Whole Wheat Tortilla
Fruit	Apple Salad	Frozen Diced Mango	Sliced Apple	Fresh Pears	Fresh Oranges
Vegetable	Romaine Salad	Spinach Salad	See Entree	Peas	Shredded Cabbage
Grain	See Entree	See Entree	WW Roll	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots			
Milk	1% 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	Served with Water
Entree Name		WG General Mills Corn Chex	Quesadilla on WG Tortilla		Cottage Cheese Smoothie Bowl
Fruit		Trail Mix		Kiwi	See Entree
Vegetable	Sliced Bell Peppers	Raisins	Cauliflower		
Grain	WG Breadsticks	Cucumber	See Entree	Ritz Crackers	WG Kix Cereal
Meat/Meat Alt		See Entree	See Entree	Tuna	See Entree
Extra	Marinara Sauce				Raspberries

Date: 9/28-10/2/2026
Menu for: Head Start Full 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	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	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	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.

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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