

Date: 8/3-8/7/2026
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

	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					
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Diced Peaches	Cucumbers
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal	Ritz Crackers
Extra	Cream Cheese				Hard Boiled Eggs
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch					
Entree Name	Macaroni & Cheese	Chicken Wrap on WW Tortilla	Turkey Sandwich on WW Bread	Teriyaki Salmon	Three Bean Salad
Fruit	Diced Frozen Mango	Fresh Blueberries	Watermelon	Sliced Apple	Diced Honeydew
Vegetable	Green Beans	Shredded Cabbage	Romaine Salad	Broccoli	See Entree
Grain	WW Roll	See Entree	See Entree	WG Brown Rice	WW Roll
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Cheese			Shredded Mozzarella
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 Sweet Potato Ginger Muffin Square			Melon Cooler Smoothie	Green Smoothie
Fruit		Apple Slices		See Entree	See Entree
Vegetable	Sliced Bell Peppers		Cucumbers	Carrots	See Entree
Grain		WG Wheat Thins	WG Tortilla Chips		Graham Crackers
Meat/Meat Alt		Tuna	Refried Beans	See Entree	See Entree
Extra					

Date: 8/10-8/14/2026
Menu for: Head Start Full 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	Strawberry Smoothie	
Fruit or Vegetable	Canned Mandarin Oranges	Cooked Apples	Tortilla	Carrots	Diced Peaches
Grain or Meat/Meat Alt	WG General Mills Corn		Fresh Mandarin Oranges		
Extra	Chex	WG Oatmeal	See Entree	See Entree	WG Biscuit
Milk	1% Milk	1% Milk	Sliced Cheese	1% Milk	1% Milk
			1% Milk		
Lunch					
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Diced Baked BBQ Chicken	Taco Seasoned Black Beans	Chickpea Curry
Fruit	Sliced Apples	Kiwi	Diced Pineapple	Diced Cantaloupe	Diced Frozen Mango
Vegetable	Carrots	Spinach Salad	Coleslaw	Cauliflower	Broccoli
Grain	See Entree	WG Breadstick	WW Roll	WG Tortilla Chips	WG Brown Rice
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots		Shredded Cheddar Cheese	
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	Watermelon with Chili		Sesame Salmon Rice Bowl	Fruit Pizza	
Fruit	Powder & Lime	Marionberries		Frozen Blueberries	Apples
Vegetable			Avocado		
Grain	WG Tortilla Chips	WG General Mills	See Entree	WW English Muffin	WG Wheat Thins
Meat/Meat Alt	Refried Beans	Cheerios			Sliced Cheese
Extra		Yami Lowfat Vanilla Yogurt		Cream Cheese	

Date: 8/17-8/21/2026
Menu for: Head Start Full Day

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	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				WG Sunbutter Cereal Squares	Closed: Planning Day
Fruit or Vegetable	Diced Frozen Strawberries*	Banana	Applesauce*	Frozen Blueberries	
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WG General Mills Cheerios*	WG Waffle		
Extra					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Lunch					
Entree Name	Chicken Patty on WW Bun	Mashed Beans*	BBQ White Beans	Chicken Meatball Bahn Mi on WW Hotdog Bun	
Fruit	Fresh Blueberries	Sliced Frozen Peaches	Fresh Nectarines or Peaches	Diced Cantaloupe	
Vegetable	Peas*	Shredded Cabbage	See Entree	Pickled Shredded Carrot	
Grain	See Entree	WG Tortilla Chips*	Cornbread	See Entree	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra					
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		Yogurt Fruit Dip	Quesadilla on WG Tortilla	
Fruit	Trail Mix		Diced Honeydew	Watermelon Sticks	
Vegetable	Craisins*	Cucumbers		Celery	
Grain	Carrots	WG Wheat Thins	WG Jungle Crackers*	See Entree	
Meat/Meat Alt	See Entree	Sliced Cheese	See Entree	See Entree	
Extra					



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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