

Date: 10/5-10/9/2026

Menu for: Early Head Start Combo & No Friday Playgroup

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 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8
Breakfast				
Entree Name			Quesadilla on WW Tortilla	Fruit Pizza-EHS
Fruit or Vegetable	Canned Mandarin Oranges- EHS	Cooked Apples- EHS	Fresh Mandarin Oranges- EHS	Frozen Blueberries- EHS
Grain or Meat/Meat Alt	WG General Mills Corn Chex- EHS	WG Oatmeal- EHS	See Entree	WW English Muffin- EHS
Extra		Cinnamon Sauce-EHS		Cream Cheese- EHS
Milk	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 Chicken- EHS	Vegetarian Taco Soup-EHS
Fruit	Applesauce- EHS	Diced Kiwi-EHS	Diced Cantaloupe- EHS	Canned Mandarin Oranges- EHS
Vegetable	Diced and/or Steamed Carrots- EHS	Green Beans-EHS	Maple Roasted Delicata-EHS	Diced Cucumbers-EHS
Grain	See Entree	WG Breadstick- EHS	WW Roll- EHS	WG Wheat Thins- EHS
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra				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

Date:

10/12-10/16/2026

Menu for:

Early Head Start Combo & Friday Playgroup

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

	Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16
Breakfast					
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	Diced Frozen Mango- EHS	Diced Banana- EHS	Applesauce - EHS	Frozen Strawberries-EHS	
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt- EHS	WW Mini Bagel- EHS	WG Waffle- EHS	See Entree	
Extra Milk	1% or Whole Milk - EHS	Cream Cheese-EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name	Chicken Patty on WW Bun- EHS	Taco Seasoned Baked Fish - EHS	Toasted Cheese Sandwich on WW Bread- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS
Fruit	Canned Mandarin Oranges- EHS	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	Diced Fresh Pears- EHS	Diced Fresh Pears- EHS
Vegetable	Chopped Romaine Salad- EHS	Baked Diced Butternut- EHS	Tomato Soup-EHS	Pickled Shredded Carrot- EHS	Pickled Shredded Carrot- EHS
Grain	See Entree	Ritz Crackers- EHS	See Entree	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra Milk	1% or Whole Milk- EHS	Lime-EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS	1% or Whole Milk - EHS

Date: 10/19-10/26/2026

Menu for: Early Head Start Combo & No Friday Playgroup

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

	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22
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
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	WG General Mills Rice Chex- EHS	Ritz Crackers-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
Lunch				
Entree Name	Baked Salmon w Lemon- EHS		Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS
Fruit	Diced Frozen Peaches- EHS	Applesauce- EHS	Diced Kiwi-EHS	Diced Cantaloupe- EHS
Vegetable	Peas- EHS	Spaghetti Squash-EHS	Shredded Cabbage- EHS	Diced Avocado Half- EHS
Grain	WW Roll-EHS	WG Breadstick-EHS	Ritz Crackers-EHS	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS
Extra		Marinara		Shredded Cheese- EHS
Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS

Date: 10/26-10/30/2026
Menu for: Early Head Start Combo & Friday Playgroup

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

	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30
Breakfast					
Entree Name			WG Oatmeal Granola- EHS		
Fruit or Vegetable	Diced Peaches- EHS	Diced Banana-EHS	Diced Canned Pears- EHS	Blueberries-EHS	
Grain or Meat/Meat Alt	WG General Mills Cheerios- EHS	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Pancake- EHS	
Extra Milk	1% or Whole Milk - EHS	Egg Patty-EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	Berry Sauce-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	Cheese Pizza-EHS
Fruit	Diced Kiwi- EHS	Frozen Diced Mango-EHS	Applesauce - EHS	Diced Fresh Pears- EHS	Diced Fresh Pears- EHS
Vegetable	Chopped Romaine Salad- EHS	Chopped Spinach Salad- EHS	See Entree	Maple Roasted Delicata-EHS	Maple Roasted Delicata-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 Milk	1% or Whole Milk- EHS	Shredded Carrots- EHS 1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS



ASK YOUR
CHILD ABOUT
WINTER
SQUASH!

WINTER SQUASH!

This month we are learning all about winter squash. Squash are gourds. Squash come in two varieties: summer and winter. Winter squash are delicious roasted, baked, boiled, sautéed or microwaved. Find winter squash at your local farmer's market or supermarket. Squash with darker yellow or orange flesh are extra nutritious!

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Winter squash have hard, inedible skins.
- Choose firm squash that are heavy for their size.
- Varieties include acorn, butternut, delicata, hubbard, kabocha, pumpkin, and spaghetti.
- You can store whole winter squash in a cool, dry place for up to three months.



KIDS CAN COOK: WINTER SQUASH

Kids can help prepare winter squash by:

- Using a fork to scrape spaghetti squash flesh from the rind.
- Toss spaghetti squash with tomato sauce, or butter and salt.
- Mashing cooked squash.
- Tossing chopped squash in olive oil and salt for roasting. This can also be done by putting a little oil, salt and spices in a zip lock bag with the squash and toss it around.

SPAGHETTI SQUASH WITH TOMATO SAUCE

SERVES 6

- 1 spaghetti squash (2-2½ lbs.)
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 1 Tbsp. vegetable oil
- 1 15 oz. can tomatoes, crushed
- 1 tsp. dried Italian seasoning (or a mix of dried basil and oregano)
- ¼ tsp. each: salt and pepper

PREPARE SAUCE: Cook onion and garlic in hot oil until tender. Do not brown. Stir in tomatoes, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat and simmer for 10-15 minutes, stirring often.

COOK SQUASH: Squash can be boiled or roasted. Boil whole for 20-30 minutes until tender (test with a fork). Let squash cool slightly, then cut in half and scoop out seeds. OR, cut squash in half lengthwise and scoop out seeds. Prick skin with fork. Bake in a 350° oven for 30-40 minutes until tender.

MAKE "SPAGHETTI": Scrape squash from shells. Use a fork to shred squash. Serve tomato sauce over squash.

**Adapted from Yvonne Nickels in What's Cookin' II*

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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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