

Date: 10/5-10/9/2026
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 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
Breakfast					Closed: Planning Day
Entree Name	Canned Mandarin Oranges- EHS	Cooked Apples- EHS	Quesadilla on WW Tortilla	Fruit Pizza-EHS	
Fruit or Vegetable			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	
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		Marionberries- EHS	Diced Banana- EHS	Strawberry Smoothie	
Fruit				See Entree	
Vegetable	Crosswise Sliced Celery			Diced and/or Steamed Cauliflower	
Grain	Ritz Crackers- EHS	WG General Mills Cheerio- EHS	Cinnamon Bread-EHS		
Meat/Meat Alt	Refried Beans -EHS	Yami Lowfat Vanilla Yogurt- EHS	Sunbutter- EHS	See Entree	
Extra					

Date: 10/12-10/16/2026

Menu for: Early Head Start Extended Day

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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	Canned Mandarin Oranges-EHS
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt- EHS	WW Mini Bagel- EHS	WG Waffle- EHS	See Entree	WG General Mills Cheerios- EHS
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	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	Ranch Chicken Salad- EHS
Fruit	Canned Mandarin Oranges- EHS	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	Diced Fresh Pears- EHS	Applesauce-EHS
Vegetable	Chopped Romaine Salad- EHS	Baked Diced Butternut- EHS	Tomato Soup-EHS	Pickled Shredded Carrot- EHS	Diced Cucumbers- EHS
Grain	See Entree	Ritz Crackers- EHS	See Entree	See Entree	Pita- EHS
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
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		Green Smoothie- EHS	Quesadilla on WW Tortilla- EHS	
Fruit	Raisins-EHS		See Entree		Marionberries- EHS
Vegetable	Diced and/or Steamed Carrots- EHS	Diced Cucumbers- EHS	See Entree	Crosswise Sliced Celery- EHS	
Grain	See Entree	WG Wheat Thins- EHS	Graham Crackers- EHS	See Entree	WG General Mills Kix Cereal-EHS
Meat/Meat Alt		Sliced Cheese- EHS	See Entree	See Entree	Yami Lowfat Vanilla Yogurt- EHS
Extra	Pumpkin Seeds- EHS				

Date:

10/19-10/26/2026

Menu for:

Early Head Start Extended Day

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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	Friday 10/23
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	Cooked Diced Apples- EHS
Grain or Meat/Meat Alt	WW English Muffin -EHS	See Entree	WG General Mills Rice Chex- EHS	Ritz Crackers-EHS	WG Waffle- 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	1% or Whole Milk - EHS
Lunch					
Entree Name	Baked Salmon w Lemon- EHS		Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS	WG Chicken & Veggie Lo Mein- EHS
Fruit	Diced Frozen Peaches- EHS	Applesauce- EHS	Diced Kiwi-EHS	Diced Cantaloupe- EHS	Canned Mandarin Oranges- EHS
Vegetable	Peas- EHS	Spaghetti Squash-EHS	Shredded Cabbage- EHS	Diced Avocado Half- EHS	See Entree
Grain	WW Roll-EHS	WG Breadstick-EHS	Ritz Crackers-EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	See Entree
Extra		Marinara		Shredded Cheese- EHS	Chow Mein Noodles- 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			Pumpkin Smoothie-EHS		Quesadilla on WW Tortilla- EHS
Fruit		Raisins- EHS			
Vegetable	Diced and/or Steamed Broccoli-EHS			Diced and/or Steamed Carrots- EHS	Thin Sliced Bell Pepper- EHS
Grain	WG Wheat Thins- EHS	Cinnamon Bread-EHS	WG General Mills Kix Cereal- EHS	Pretzels - EHS	See Entree
Meat/Meat Alt	Diced Turkey- EHS		See Entree	Sliced Cheese- EHS	See Entree
Extra		Sunbutter- EHS	Raspberries- EHS		

Date: 10/26-10/30/2026
Menu for: Early Head Start Extended Day

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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	Frozen Diced Strawberries-EHS
Grain or Meat/Meat Alt	WG General Mills Cheerios- EHS	WW English Muffin- EHS	Yami Lowfat Vanilla Yogurt- EHS	WG Pancake- EHS	WG French Toast-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	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	Fish Sticks on Whole Wheat Tortilla -EHS
Fruit	Diced Kiwi- EHS	Frozen Diced Mango-EHS	Applesauce - EHS	Diced Fresh Pears- EHS	Canned Mandarin Oranges-EHS
Vegetable	Chopped Romaine Salad- EHS	Chopped Spinach Salad- EHS	See Entree	Maple Roasted Delicata-EHS	Shredded Cabbage-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
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	Quesadilla on WG Tortilla- EHS		Cottage Cheese Smoothie Bowl- EHS
Fruit		Raisins- EHS		Diced Kiwi-EHS	See Entree
Vegetable	Thin Sliced Bell Peppers-EHS	Cucumber -EHS	Diced and/or Steamed Cauliflower		
Grain	WG Breadsticks- EHS	See Entree	See Entree	Ritz Crackers- EHS	WG Kix Cereal- EHS
Meat/Meat Alt			See Entree	Tuna- EHS	See Entree
Extra	Marinara Sauce-EHS	Pumpkin Seeds-EHS			Raspberries- 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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