

Date: 10/5-10/9/2026
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 winter squash.

	Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8
Breakfast				
Entree Name			Quesadilla on WW Tortilla	Fruit Pizza
Fruit or Vegetable	Canned Mandarin Oranges	Cooked Apples	Fresh Mandarin Oranges	Frozen Blueberries
Grain or Meat/Meat Alt	WG General Mills Corn Chex	WG Oatmeal	See Entree	WW English Muffin
Extra		Cinnamon Sauce		Cream Cheese
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Diced Baked Chicken	Vegetarian Taco Soup
Fruit	Sliced Apples	Kiwi	Diced Cantaloupe	Sliced Oranges
Vegetable	Carrots	Green Beans	Maple Roasted Delicata	Diced Cucumbers
Grain	See Entree	WG Breadstick	WW Roll	WG Tortilla Chips
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra				Shredded Cheddar 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				Strawberry Smoothie
Fruit		Marionberries	Banana	See Entree
Vegetable	Celery			Cauliflower
Grain	WG Tortilla Chips	WG General Mills Cheerios	Cinnamon Bread	
Meat/Meat Alt	Refried Beans	Yami Lowfat Vanilla Yogurt	Sunbutter	See Entree
Extra				

Date: 10/12-10/16/2026
Menu for: 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
Breakfast				
Entree Name				WG Sunbutter Cereal Squares
Fruit or Vegetable	Diced Frozen Mango	Banana	Applesauce	Frozen Strawberries
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WW Mini Bagel	WG Waffle	See Entree
Extra Milk	1% Milk	Cream Cheese 1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Chicken Patty on WW Bun	Taco Seasoned Baked Fish	Toasted Cheese Sandwich on WW Bread	Chicken Meatball Bahn Mi on WW Hotdog Bun
Fruit	Fresh Oranges	Diced Frozen Peaches	Diced Cantaloupe	Fresh Pears
Vegetable	Romaine Salad	Baked Diced Butternut	Tomato Soup	Pickled Shredded Carrot
Grain	See Entree	WG Tortilla Chips	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra Milk	1% Milk	Lime 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		Green Smoothie	Quesadilla on WW Tortilla
Fruit	Raisins		See Entree	
Vegetable	Carrots	Cucumbers	See Entree	Celery
Grain	See Entree	WG Wheat Thins	Graham Crackers	See Entree
Meat/Meat Alt		Sliced Cheese	See Entree	See Entree
Extra	Pumpkin Seeds			

Date: 10/19-10/26/2026
Menu for: Head Start Extended Day

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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 winter squash.

	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22
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		Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice
Fruit	Diced Frozen Peaches	Sliced Apple	Kiwi	Diced Cantaloupe
Vegetable	Peas	Spaghetti Squash	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		Marinara-EHS		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			Pumpkin Smoothie	
Fruit		Raisins		
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: 10/26-10/30/2026
Menu for: 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
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	Kiwi	Frozen Diced Mango	Sliced Apple	Fresh Pears
Vegetable	Romaine Salad	Spinach Salad	See Entree	Maple Roasted Delicata
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	Pumpkin Seeds		



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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