

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

	Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
Breakfast					Closed: Planning Day
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 Milk	1% Milk	Cinnamon Sauce 1% Milk	1% Milk	Cream Cheese 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	Served with Water
Entree Name		Marionberries	Banana	Strawberry Smoothie	
Fruit				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 Full 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	
Fruit or Vegetable	Diced Frozen Mango	Banana	Applesauce	Frozen Strawberries	Canned Mandarin Oranges
Grain or Meat/Meat Alt	Yami Lowfat Vanilla Yogurt	WW Mini Bagel	WG Waffle	See Entree	WG General Mills Cheerios
Extra Milk	1% Milk	Cream Cheese 1% Milk	1% Milk	1% Milk	1% Milk
Lunch					
Entree Name	Chicken Patty on WW Bun	Taco Seasoned Baked Fish Diced Frozen Peaches Baked Diced Butternut	Toasted Cheese Sandwich on WW Bread Diced Cantaloupe Tomato Soup	Chicken Meatball Bahn Mi on WW Hotdog Bun Fresh Pears Pickled Shredded Carrot	Ranch Chicken Salad
Fruit	Fresh Oranges				Apples
Vegetable	Romaine Salad				Cucumbers
Grain	See Entree	WG Tortilla Chips	See Entree	See Entree	Pita
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra Milk	1% Milk	Lime 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 Trail Mix		Green Smoothie	Quesadilla on WW Tortilla	
Fruit	Raisins		See Entree		Marionberries
Vegetable	Carrots	Cucumbers	See Entree	Celery	
Grain	See Entree	WG Wheat Thins	Graham Crackers	See Entree	WG General Mills Kix Cereal
Meat/Meat Alt		Sliced Cheese	See Entree	See Entree	Yami Lowfat Vanilla Yogurt
Extra	Pumpkin Seeds				

Date: 10/19-10/26/2026
Menu for: Head Start Full 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		Hard Boiled Eggs w Everything Bagel Seasoning	
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Frozen Strawberries	Fresh Mandarin Oranges	Cooked Apples
Grain or Meat/Meat Alt	WW English Muffin	See Entree	WG General Mills Rice Chex	Ritz Crackers	WG Waffle
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		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	Spaghetti Squash	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		Marinara-EHS		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			Pumpkin Smoothie		Quesadilla on WW Tortilla
Fruit		Raisins			
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: 10/26-10/30/2026
Menu for: Head Start Full 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		
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	Kiwi	Frozen Diced Mango	Sliced Apple	Fresh Pears	Fresh Oranges
Vegetable	Romaine Salad	Spinach Salad	See Entree	Maple Roasted Delicata	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	Pumpkin Seeds			Raspberries



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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