

Date: 11/2-11/6/2026
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 root vegetables

	Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6
Breakfast					Closed: Planning Day
Entree Name					
Fruit or Vegetable	Pineapple Tidbits	Diced Frozen Strawberries	Banana	Canned Diced Peaches	
Grain or Meat/Meat Alt	WW Mini Bagel	Yami Lowfat Vanilla Yogurt	WG Oatmeal	WG General Mills Kix Cereal	
Extra	Cream Cheese		Cinnamon Sauce		
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	
Fruit	Diced Frozen Mango	Fresh Oranges	Apple Slices	Diced Cantaloupe	
Vegetable	Green Beans	Shredded Cabbage	Maple Roasted Parsnips	Broccoli	
Grain	WW Roll	See Entree	See Entree	WG Brown Rice	
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	
Extra		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	Served with Water
Entree Name		WG Spiced Orange & Carrot Muffin Squares		Blueberry Smoothie	
Fruit	Fresh Pears	Applesauce		See Entree	
Vegetable			Sliced Bell Peppers	Carrots	
Grain	WG Wheat Thins	See Entree	WG Tortilla Chips		
Meat/Meat Alt	Tuna		Refried Beans	See Entree	
Extra					

Date: 11/9-11/13/2026
Menu for: Head Start Full Day

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Harvest for Healthy Kids: This month we are learning about winter root vegetables

	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13
Breakfast	Deliver Activity Produce		Closed: Holiday		
Entree Name				Fruit Pizza	
Fruit or Vegetable	Canned Mandarin Oranges	Cooked Apples		Frozen Blueberries	Diced Peaches
Grain or Meat/Meat Alt	WG General Mills Corn Chex	WG Oatmeal		WW English Muffin	WW Pancakes
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		Vegetarian Taco Soup	Chickpea Curry
Fruit	Sliced Apples	Kiwi		Sliced Oranges	Fresh Sliced Pears
Vegetable	Garlic Roasted Rutabaga	Green Beans		Diced Cucumbers	Broccoli
Grain	See Entree	WG Breadstick		WG Tortilla Chips	WG Brown Rice
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		Strawberry Smoothie	
Fruit				See Entree	Apples
Vegetable	Celery			Cauliflower	
Grain	WG Tortilla Chips	WG General Mills Cheerios			WG Wheat Thins
Meat/Meat Alt	Refried Beans	Yami Lowfat Vanilla Yogurt		See Entree	Sliced Cheese
Extra					

Date: 11/16-11/20/2026
Menu for: Head Start Full Day

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Harvest for Healthy Kids: This month we are learning about winter root vegetables

	Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20
Breakfast					Closed: Conferences
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	Broccoli	Tomato Soup	Pickled Shredded Carrots & Turnips	
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	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					

Date: 11/23-11/27/2026
Menu for: Head Start Full Day

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Harvest for Healthy Kids: This month we are learning about winter root vegetables

	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27
Breakfast				Closed: Holiday	Closed: Holiday
Entree Name		WG Oatmeal Granola			
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Frozen Strawberries		
Grain or Meat/Meat Alt	WW English Muffin	See Entree	WG General Mills Rice Chex		
Extra	Egg Patties	Yami Lowfat Vanilla Yogurt			
Milk	1% Milk	1% Milk	1% Milk		
Lunch					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Marinara Sauce	Mexican Inspired Chicken & Hominy		
Fruit	Diced Frozen Peaches	Sliced Apple	Pozole		
Vegetable	Citrus Turnips	Carrots	Kiwi		
Grain	WW Roll	WG Breadstick	Shredded Cabbage		
Meat/Meat Alt	See Entree	Chicken Meatballs	WG Tortilla Chips		
Extra			See Entree		
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			Cottage Cheese Smoothie Bowl		
Fruit		Raisins	See Entree		
Vegetable	Broccoli				
Grain	WG Wheat Thins	Cinnamon Bread	WG General Mills Kix Cereal		
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree		
Extra			Raspberries		

ASK YOUR
CHILD ABOUT
ROOT
VEGETABLES



ROOT VEGETABLES!

This month, we are learning all about root vegetables. Parsnips, rutabagas, and turnips are root vegetables. Celery root, beets, and radishes are root vegetables, too. Root vegetables are delicious wintertime treats! Try them roasted with salt and pepper, in stews, or mashed. Grate or thinly slice celery root, beets, and radishes for salads.

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose root vegetables that are free of cracks or bruises.
- Store root vegetables in a cool, dry place.
- Remove any rot before storing.
- Spring turnips are small and white. Mature winter turnips may have purple areas. Peel mature turnips before using.
- To use celery root, slice off the tough outer surface. Enjoy celery root raw or cooked.



KIDS CAN COOK: ROOT VEGETABLES

Kids can help prepare root vegetables by:

- Grating root vegetables with the help of an adult.
- Whisking eggs and spices for root vegetable pancakes.
- Forming root vegetable pancakes.
- Tossing chopped root vegetables with olive oil and salt for roasting.
- Mashing cooked root vegetables.

ROOT VEGETABLE PANCAKES*

SERVES 4-6

½ lb. parsnips, or a mix of root vegetables (like rutabaga, turnip, or beets)
2 scallions or green onions, green parts chopped
2 eggs
¼ cup of flour
½ tsp. salt
¼ tsp. pepper, or to taste
2-4 Tbs. vegetable oil

Optional, to serve:

1Tbs. soy sauce and 1 tsp. rice vinegar (dipping sauce)

OR

plain yogurt

DIRECTIONS

1. Grate root vegetables. Chop scallions/green onions.
2. Whisk eggs in a medium bowl with the salt and pepper.
3. Whisk in flour.
4. Stir in shredded root vegetables.
5. Heat oil in a medium pan or skillet.
6. Form the mixture into patties roughly three inches in size. You should be able to make about 6 patties. Place patties on pan, 2 inches apart. Not all patties will fit in one batch.
7. Cook for 2-3 minutes on the first side, then flip and cook for another 2-3 minutes until browned on both sides.
8. Continue cooking pancakes in batches. Add oil as needed.
9. Serve hot, plain or with dipping sauce or yogurt

** Adapted from Melissa D'Arabian, www.foodnetwork.com*

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2. **fax:**
(833) 256-1665 or (202) 690-7442; or
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