

Date:

9/1/2025-9/5/2025

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Entree Name				WG Sunbutter Cereal Squares- EHS	
Fruit or Vegetable	Closed: Holiday	Closed: Planning Day	Frozen Blueberries- EHS	Diced Frozen Strawberries- EHS	Closed: Planning Day
Grain or Meat/Meat Alt			Yami Lowfat Vanilla Yogurt- EHS		
Extra					
Milk			1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name	Harvest for Healthy Kids This month we are learning about Apples.		Chicken Patty on WW Bun- EHS	Chicken Meatball Bahn Mi on WW Hotdog Bun- EHS	
Fruit			Canned Mandarin Oranges- EHS	Diced Fresh Pears- EHS	
Vegetable			Chopped Romaine Salad- EHS	Pickled Shredded Carrot- EHS	
Grain			See Entree	See Entree	
Meat/Meat Alt			See Entree	See Entree	
Extra					
Milk			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	
Fruit			Raisins- EHS	Apple Salsa- EHS	
Vegetable			Diced and/or Steamed Carrots		
Grain			See Entree	See Entree	
Meat/Meat Alt				See Entree	
Extra					