

Date: 9/8/25-9/12/25

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Entree Name		WG Overnight Oats- EHS			<u>Cooked Diced Apples- EHS</u>
Fruit or Vegetable	Diced Canned Pears- EHS	Frozen Blueberries- EHS	Diced Cucumbers- EHS	Diced Frozen Strawberries- EHS	
Grain or Meat/Meat	WW English Muffin -EHS	See Entree Yami Lowfat Vanilla	Ritz Crackers- EHS	WG General Mills Rice Chex- EHS	
Extra Milk	Cream Cheese- EHS 1% or Whole Milk - EHS	Yogurt-EHS 1% or Whole Milk - EHS	Hard Boiled Eggs- EHS 1% or Whole Milk - EHS	1% or Whole Milk - EHS	
Lunch					
Entree Name	Baked Salmon w Lemon- EHS	WG Spaghetti & Veggie Sauce- EHS	Mexican Inspired Chicken & Hominy Pozole- EHS	Southwest WG Brown Rice- EHS	WG Chicken & Veggie Lo Mein- EHS
Fruit	Diced Kiwi -EHS	<u>Applesauce- EHS</u> Diced and/or Steamed	Diced Frozen Peaches- EHS	Diced Cantaloupe- EHS	Canned Mandarin Oranges- EHS
Vegetable	Peas- EHS	Carrots	Shredded Cabbage- EHS	Diced Avocado Half- EHS	See Entree
Grain	WW Roll-EHS	WG Breadstick-EHS	WG Wheat Thins-EHS	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs- EHS	See Entree	Black Beans- EHS	See Entree
Extra Milk	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	1% or Whole Milk- EHS	Chow Mein Noodles- 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		Ants on a Log- EHS	Cottage Cheese		Quesadilla on WG Tortilla- EHS
Fruit		Raisins- EHS	Smoothie Bowl- EHS		
Vegetable	Diced and/or Steamed Broccoli	Crosswise Sliced Celery- EHS	See Entree	Diced and/or Steamed Carrots- EHS	Thin Sliced Bell Pepper- EHS
Grain			WG General Mills Kix Cereal- EHS	Pretzels - EHS	See Entree
Meat/Meat Alt	Diced Turkey- EHS	Sunbutter-EHS	See Entree	Sliced Cheese- EHS	See Entree
Extra			Raspberries- EHS		