

La Grande Menu

October 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1	2
BREAKFAST			Egg Patties w/ham C. Pears	Waffles (wgr) F. Mixed Berries
LUNCH			Chicken Tacos Flour Tortilla Cheese, lettuce, tomato, olives Apples	Meatloaf Patties Dinner roll (wgr) Green Beans Pears
SNACK			Bug Bites Graham Crackers Fruit Salad	Breakfast Muffins (wgr) Applesauce cup
	6	7	8	9
BREAKFAST	Frosted Mini Spooners Bananas	Egg Patties with cheese C. Peaches	English Muffin (wgr) Applesauce	French Toast Sticks (wgr) F. Strawberries
LUNCH	Spaghetti with meat sauce (wgr) Snap Peas Apples	Teriyaki Chicken and Tofu Brown Rice (wgr) Broccoli Pineapple	Taco Salad with black beans Tortilla Chips (wgr) Lettuce and Tomato Oranges	BBQ Pork WW Bun (wgr) Potato Wedges Pears
SNACK	Breakfast Muffins (wgr) Tropical Fruit cup	Sliced Ham and Cheese Triscuits	Smoothie Graham Crackers (wgr)	Corn Muffins Baby Carrots, ranch
	13	14	15	16
BREAKFAST	Breakfast Muffins (wgr) C. Pears	Yogurt, Granola (wgr) F. Fruit	Egg Patties Broccoli	Pancakes (wgr) Applesauce
LUNCH	Sandwich Platters: Turkey Ham (wgr) Cheese Cucumber Pineapple	Mac and Cheese w/ham Green Peas Melon	Grilled Chicken Brown Rice and Quinoa (wgr) Brussels Sprouts Fresh Berries	Sliders Slider bun Sweet Potato Tots Oranges
SNACK	Bagels w/cream cheese (wgr) Craisins	Egg Salad 1/2 sandwich (wgr) Milk	Pizza cups with dip (wgr) String Cheese	Smoothie Graham Crackers (wgr)
	20	21	22	23
BREAKFAST	WW Toast (wgr) C. Mandarins	Peachy Oatmeal Bake (wgr) F. Blueberries	Egg Patties w/ham C. Pears	Waffles (wgr) F. Mixed Berries
LUNCH	Grilled Cheese (wgr) Tomato Soup Broccoli Grapes	Ji-Young's Beef Over Rice (wgr) F. Stir Fry Veg Pineapple	Chicken Tacos Flour Tortilla Cheese, lettuce, tomato, olives Apples	Meatloaf Patties Dinner roll (wgr) Green Beans Pears
SNACK	Yogurt Dip, Pita Baby Carrots	Beanie Dip SunChips (wgr)	Bug Bites Graham Crackers Fruit Salad	Breakfast Muffins (wgr) Applesauce cup
	27	28	29	30
BREAKFAST	Frosted Mini Spooners Bananas	Egg Patties with cheese C. Peaches	English Muffin (wgr) Applesauce	French Toast Sticks (wgr) F. Strawberries
LUNCH	Spaghetti with meat sauce (wgr) Snap Peas Apples	Teriyaki Chicken and Tofu Brown Rice (wgr) Broccoli Pineapple	Taco Salad with black beans Tortilla Chips (wgr) Lettuce and Tomato Oranges	BBQ Pork WW Bun (wgr) Potato Wedges Pears
SNACK	Breakfast Muffins (wgr) Tropical Fruit cup	Sliced Ham and Cheese Triscuits	Smoothie Graham Crackers (wgr)	Corn Muffins Baby Carrots, ranch

This Institution is an equal opportunity provider.

At Headstart, we strive to provide nutritious, delicious, homemade foods low in fat, sugar and salt.

All milk served is 1% unflavored milk (whole milk for 1 year olds) and is SERVED with ALL Breakfasts and ALL Lunches. Eating a healthy diet supports your child's learning and development. Water is served throughout the day and with snack.

Cereals served include original varieties of: General Mills Cheerios; General Mills Kix original, Berry Berry, General Mills Rice Chex, Cinnamon Chex, and Post Frosted Mini Spooners

General Mills Kix; Safeway, Quaker, and Happy Day brands of old fashioned oats for Oatmeal

Yogurts served include: Tillamook Plain & Vanilla; Wholesome Farms (WF) Vanilla & Strawberry

For questions or comments about our menus, please feel free to contact the CACFP Coordinator at (541)910-5558

Grains are labeled: WG= Whole Grain, WW= Whole Wheat, WGR= Whole Grain Rich

All fruits and vegetables on menu NOT labeled c.= Canned or F.= Frozen are FRESH fruits or fresh vegetables

menus can be found online at <https://eouheadstart.org/student-nutrition/>