

EHS La Grande Menu

December 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
week 3	1	2	3	4	
BREAKFAST	Egg Patties w/ham C. Mandarins	Peachy Oatmeal Bake (wgr) F. Blueberries	WW Toast (wgr) C. Pears	Waffles (wgr) F. Mixed Berries	Cheerios Fruit
LUNCH	Grilled Cheese (wgr) Tomato Soup Apples	Ji-Young's Beef Over Rice (wgr) F. Stir Fry Veg Pineapple	Chicken Nuggets Goldfish Crackers Baby Carrots C. Peaches	Meatloaf Patties Dinner roll (wgr) Green Beans Oranges	Chicken Breast Strips, Cottage Cheese Rice Carrots, steamed Fruit
SNACK	Vanilla Yogurt Tropical Fruit cup	Beanie Dip SunChips (wgr)	Scooby Snacks Graham Crackers (wgr) Fruit Salad	Breakfast Muffins (wgr) Applesauce cup	Wheat Ritz Fruit Cup
week 1	8	9	10	11	
BREAKFAST	Rice Chex F. Blueberries	Egg Patties with cheese C. Peaches	English Muffin Applesauce	French Toast Sticks F. Strawberries	Breakfast Muffins F. Blueberries
LUNCH	Spaghetti with meat sauce F. Peas Apples	Teriyaki Chicken and Tofu Brown Rice Broccoli Pineapple	Chili WW Tortilla Oranges	BBQ Pork WW Bun Potato Wedges Pears	Refried Beans w/cheese WW Tortilla Carrots, steamed Apples
SNACK	Breakfast Muffins Tropical Fruit cup	Sliced Ham and Cheese Triscuits	Smoothie Graham Crackers	Corn Muffins Baby Carrots, ranch	Wheat Saltines fruit or veg
week 2	15	16	17	18	
	Egg Patties Potatoes	Breakfast Muffins C. Peaches	Yogurt, Granola Blueberries	Pancakes Applesauce	Oatmeal F. Fruit
LUNCH	Tortilla Roll-Ups Cucumber Oranges	Mac and Cheese w/ham Green Peas Melon	Diced Turkey in Gravy Dinner Roll Mashed Potatoes Baked Apples	Sliders Slider bun Baby Carrots Pears	Diced Ham and Cheese WW Toast Green Beans Fruit
SNACK	Bagels w/cream cheese Craisins	Egg Salad, wheat saltines Milk	Pizza cups with dip String Cheese	Smoothie Graham Crackers	Yogurt Fruit cup

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/>