

La Grande Menu

February 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	2	3	4	5
BREAKFAST	Egg Patties with cheese C. Peaches	English Muffin (wgr) Applesauce	Frosted Mini Spooners Bananas	French Toast Sticks (wgr) F. Strawberries
LUNCH	Chicken Nuggets WG Biscuit F. Corn Oranges	Spaghetti with meat sauce (wgr) F. Peas Apples	Teriyaki Chicken and Tofu Brown Rice (wgr) Broccoli Pineapple	BBQ Pork WW Bun (wgr) Baked Beans Pears
SNACK	Breakfast Muffins (wgr) Tropical Fruit cup	Sliced Ham and Cheese Triscuits	Corn Muffins Baby Carrots, ranch	Smoothie Graham Crackers (wgr)
	9	10	11	12
BREAKFAST	Egg Patties Potatoes	Breakfast Muffins (wgr) C. Pears	Yogurt, Granola (wgr) F. Mango	Pancakes (wgr) Applesauce
LUNCH	Sliders Slider bun Baby Carrots Apples	Mac and Cheese w/ham Green Peas Oranges	Grilled Chicken Brown Rice and Quinoa (wgr) Butternut Squash Pears	Tacos~Meat and Cheese Corn Shells Lettuce and Tomato Melon
SNACK	Bagels w/cream cheese (wgr) Craisins	Egg Salad & Triscuits Milk	Pizza cups with dip (wgr) String Cheese	Smoothie Graham Crackers (wgr)
	16	17	18	19
BREAKFAST	Holiday No School	Peachy Oatmeal Bake (wgr) F. Blueberries	WW Toast (wgr) C. Mandarins	Conferences No School
LUNCH		Grilled Cheese (wgr) Tomato Soup Grapes	Chicken Tortilla Roll-Up Flour Tortilla Cucumber slices, Ranch dip Pineapple	
SNACK		Beanie Dip SunChips (wgr)	Scooby Snacks Graham Crackers Fruit Salad	
	23	24	25	26
BREAKFAST	Egg Patties with cheese C. Peaches	English Muffin (wgr) Applesauce	Cheerios Bananas	French Toast Sticks (wgr) F. Strawberries
LUNCH	Chicken Nuggets WG Biscuit F. Corn Oranges	Spaghetti with meat sauce (wgr) F. Peas Apples	Teriyaki Chicken and Tofu Brown Rice (wgr) Broccoli Pineapple	BBQ Pork WW Bun (wgr) Baked Beans Pears
SNACK	Breakfast Muffins (wgr) Tropical Fruit cup	Sliced Ham and Cheese Triscuits	Corn Muffins Baby Carrots, ranch	Smoothie Graham Crackers (wgr)

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/>