

August 2026 Menu

Eastern Oregon University Head Start Site: La Grande

	Monday	Tuesday	Wednesday	Thursday
wek 4	24	25	26	27
BREAKFAST	WG Breakfast Muffins C. Pears	WG Breakfast Muffins C. Pears	Cottage Cheese C. Peaches	Wg Waffle F. Strawberries
LUNCH	Turkey Sandwich Platters WW Bread Baby Carrots Apples	Turkey Sandwich Platters WW Bread Baby Carrots Apples	English Muffin Pizza Sauce, Cheese, Sausage Spinach Salad Pineapple	WG Chicken Nuggets WG Biscuits F. Green Beans Grapes
Snack	Graham Crackers Fruit cup	Graham Crackers Fruit cup	Tuna Salad Triscuits	Vanilla Yogurt Fruit cup
week 1	31	Sept 1	2	3
BREAKFAST	Egg Patties Sweet Potato Hash	Cereal Bananas	Sausage C. Pears	Pancakes Applesauce
LUNCH	Chicken Tortilla Roll-up Flour Tortilla F. Peas and Carrots Cantaloupe	Spaghetti w/ Meat Sauce Romaine Lettuce Apples	Diced Turkey in Gravy Dinner Roll WG Mashed Potatoes F. Green Beans	Mini Meatloaf Bread Sticks Cauliflower Oranges
Snack	String Cheese Wheat Thins	Cottage Cheese C. Peaches	Graham Crackers Fruit Smoothie	SunChips Fruit Salad

This Institution is an equal opportunity provider.

At Headstart, we strive to provide nutritious, delicious, homemade foods low in fat, sugar & salt. Eating a healthy diet supports your child's learning & development.

All milk served is unflavored whole milk and is SERVED with ALL Breakfasts and ALL Lunches. Water is served throughout the day and with snack.

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

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