

September 2026 Menu

Eastern Oregon University Head Start Site: La Grande



	Monday	Tuesday	Wednesday	Thursday	Friday
week1		1	2	3	4
BREAKFAST		Rice Krispies Bananas	Sausage Oranges	Pancakes Applesauce	No School In-Service
LUNCH		Spaghetti w/ Meat Sauce F. Broccoli Apples	Diced Turkey in Gravy Dinner Roll WG Mashed Potatoes F. Green Beans	Mini Meatloaf Bread Sticks Cauliflower Pears	
week 2	7	8	9	10	11
BREAKFAST	No School Holiday	Vanilla Yogurt C. Peaches	Turkey Sausage C. Apricots	French Toast Sticks F. Strawberries	Cheerios Apple Slices
LUNCH		Chicken & Black Bean Burritos F. Corn Oranges	Diced Ham Brown Rice Butternut Squash, roasted Pineapple	Parmesan Chicken Rotini Pasta w/alfredo sauce F. Broccoli Pears	Refried Beans WW Tortilla F. Cauliflower Fruit
week 3	14	15	16	17	18
BREAKFAST	English Muffin C. Peaches	Egg Patties C. Mandarins	Cheerios Bananas	Sausage C. Pears	Toast Applesauce
LUNCH	Tomato Soup w/beans Grilled Cheese, WW Bread Apples	Teriyaki Chicken Brown Rice Broccoli Pineapple	Tacos Tortilla Lettuce and Tomatoes Grapes	Macaroni and Cheese w/ham WG Elbow Pasta F. Peas Strawberries	Turkey Sandwich WW Bread Baby Carrots, steamed Fruit
week 4	21	22	23	24	25
BREAKFAST	Eggs, Tortilla, Salsa C. Mandarin Orange	WG Breakfast Muffins Applesauce	Cottage Cheese C. Peaches	Wg Waffle F. Strawberries	No School In-Service
LUNCH	Turkey Sandwich Platters WW Bread Cucumber & Bell Peppers Grapes	English Muffin Pizza Sauce, Cheese, Sausage Spinach Salad Pineapple	Chili Tortilla Chips Pears	WG Chicken Nuggets WG Biscuits F. Green Beans Apples	
week 1	28	29	30		
BREAKFAST	Egg Patties Sweet Potato Hash	Rice Krispies Bananas	Sausage Oranges		
LUNCH	Chicken Tortilla Roll-up F. Peas and Carrots Cantaloupe	Spaghetti w/ Meat Sauce F. Broccoli Apples	Diced Turkey in Gravy Dinner Roll WG Mashed Potatoes F. Green Beans		

This Institution is an equal opportunity provider.

At Headstart, we strive to provide nutritious, delicious, homemade foods low in fat, sugar and salt. Eating a healthy diet supports your child's learning and 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://couheadstart.org/student-nutrition/>

Snack Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
week1		1	2	3	
Snack		Cottage Cheese Peach Cup	Graham Crackers Fruit Smoothie	SunChips Fruit Salad	No School In-Service
week 2	7	8	9	10	
Snack		String Cheese Mixed Fruit Cup	Pita, Tzatziki Sauce Baby Carrots and Cucumber	Uncrustables Milk	Wheat Ritz Peach cup
week 3	14	15	16	17	
Snack	Refried Beans w/cheese Tortilla Chips	Corn Muffins Applesauce cup	Boiled Eggs 1/2 Bell Pepper Strips	Scooby Snacks Fruit Smoothie	Vanilla Yogurt Fruit cup
week 4	21	22	23	24	25
Snack	String Cheese Snap Peas	Tuna Salad Triscuits	Graham Crackers Fruit cup	Vanilla Yogurt Fruit cup	No School In-Service
week 1	28	29	30		
Snack	String Cheese Wheat Saltines	Cottage Cheese Peach Cup	Graham Crackers Fruit Smoothie		