

October 2026 Menu



Eastern Oregon University Head Start Site: La Grande EHS

	Monday	Tuesday	Wednesday	Thursday	Friday
week 1				1	2
BREAKFAST				Pancakes Applesauce	Vanilla Yogurt F. Strawberries
LUNCH				Mini Meatloaf Bread Sticks Cauliflower Pears	Chicken Breast strips Brown Rice F. Peas Apples
week 2	5	6	7	8	9
BREAKFAST	Vanilla Yogurt C. Peaches	Egg Patties C. Pears	Turkey Sausage C. Apricots	French Toast Sticks F. Strawberries	Cheerios Apple Slices
LUNCH	Uncrustables String Cheese Baby Carrots Melon	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	12	13	14	15	16
BREAKFAST	English Muffin C. Peaches	Egg Patties C. Mandarins	Cheerios Bananas	Sausage C. Pears	No School In-Service
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	
week 4	19	20	21	22	23
BREAKFAST	Eggs, Tortilla, Salsa C. Mandarin Orange	WG Breakfast Muffins Applesauce	Cottage Cheese C. Peaches	Wg Waffle F. Strawberries	Oatmeal Fruit
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	Cheeseburger Sliders Veg Fruit
week 1	26	27	28	29	30
BREAKFAST	Egg Patties Sweet Potato Hash	Rice Krispies Bananas	Sausage Oranges	Pancakes Applesauce	No School In-Service
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	Mini Meatloaf Bread Sticks Cauliflower Pears	

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					
	Monday	Tuesday	Wednesday	Thursday	Friday
week 1				1	2
Snack				Graham Crackers Fruit Smoothie	SunChips Fruit Salad
week 2	5	6	7	8	9
Snack	Scooby Snacks Applesauce	String Cheese Mixed Fruit Cup	Pita, Tzatziki Sauce Broccoli and Cauliflower	Graham Crackers Milk	Wheat Ritz Peach cup
week 3	12	13	14	15	16
Snack	Refried Beans w/cheese Tortilla Chips	Corn Muffins Applesauce cup	Boiled Eggs 1/2 Bell Pepper Strips	Scooby Snacks Rainbow Fruit Salad Dr Yum	No School In-Service
week 4	19	20	21	22	23
Snack	String Cheese Snap Peas	Tuna or Egg Salad Triscuits	Graham Crackers Fruit cup	Vanilla Yogurt Fruit cup	Cheese Crackers
week 1	26	27	28	29	30
Snack	String Cheese Wheat Saltines	Cottage Cheese Peach Cup	Graham Crackers Fruit Smoothie	SunChips Fruit Salad	No School In-Service