November 2026 Menu

Eastern Oregon University Head Start Site: La Grande



	Monday	Tuesday	Wednesday	Thursday
week 2	2	3	4	5
BREAKFAST	Egg Patties C. Pears	Vanilla Yogurt C. Peaches	Turkey Sausage C. Apricots	French Toast Sticks F. Strawberries
LUNCH	Cheeseburger Sliders Potato Wedges/Squares 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
week 3	9	10	11	12
BREAKFAST	English Muffin C. Peaches	Egg Patties C. Mandarins		
LUNCH	Tomato Soup w/beans Grilled Cheese, WW Bread Apples	Teriyaki Chicken Brown Rice Broccoli Pineapple	No School Holiday	No School Conferences
week 4	16	17	18	19
BREAKFAST	Eggs, Tortilla, Salsa C. Mandarin Orange	WG Breakfast Muffins Applesauce	Cottage Cheese C. Peaches	Wg Waffle F. Strawberries
LUNCH	Turkey Sandwich Platters WW Bread Cucumber Grapes	English Muffin Pizza Sauce, Cheese, Sausage Spinach Salad Pineapple	Chili Corn Muffin Pears	WG Chicken Nuggets Corn Tortilla Chips Avocado Bean Dip - Dr. Yum Apples
week 1	23	24	25	26
BREAKFAST	Egg Patties Sweet Potato Hash	Rice Krispies Bananas		
LUNCH	Chicken Tortilla Roll-up F. Peas and Carrots Melon	Mini Meatloaf Bread Sticks Cauliflower Apples	No School Holiday	No School Holiday
week 2	30			
BREAKFAST	Egg Patties C. Pears			
LUNCH	Cheeseburger Sliders Potato Wedges/Squares Melon			

Snack				
	Monday	Tuesday	Wednesday	Thursday
week 2	2	3	4	5
Snack	Scooby Snacks Applesauce	Uncrustables Milk	Pita, Tzatziki Sauce Baby Carrots and Cucumber	String Cheese Mixed Fruit Cup
week 3	9	10	11	12
Snack	Refried Beans w/cheese Tortilla Chips	Scooby Snacks Fruit Smoothie	No School Holiday	No School Conferences
week 4	16	17	18	19
Snack	String Cheese Snap Peas	Egg Salad Triscuits	Graham Crackers Applesauce cup	Strawberry Banana Yogurt cup Peach cup
week 1	23	24	25	26
Snack	String Cheese Wheat Thins	Cottage Cheese Peach cup	No School Holiday	No School Holiday
week 2	30			
Snack	Scooby Snacks Applesauce			

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.

Yogurts served: Vanilla-Yoplait Parfait Pro; Strawberry Banana-Upstate Farms

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/