December 2026 Menu

Eastern Oregon University Head Start Site: La Grande



	Monday	Tuesday	Wednesday	Thursday	Friday
week 2		1	2	3	4
BREAKFAST		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 Apples	Parmesan Chicken Rotini Pasta w/alfredo sauce F. Broccoli Pears	Refried Beans Flour Tortilla F. Cauliflower Strawberries
Snack		Uncrustables Milk	Pita, Tzatziki Sauce Baby Carrots	String Cheese Mixed Fruit Cup	Wheat Ritz Peach cup
week 3	7	8	9	10	11
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 Oranges	Macaroni and Cheese w/ham WG Elbow Pasta F. Peas Grapes	Turkey Sandwich WW Bread Baby Carrots, steamed Fruit
Snack	Refried Beans w/cheese Tortilla Chips	Scooby Snacks Fruit Smoothie	Boiled Eggs 1/2 Tropical Fruit cups	Goldfish Crackers Peach cups	Strawberry Banana Yogurt Mixed Fruit cup
week 4	14	15	16	17	18
BREAKFAST	Eggs, Tortilla, Salsa C. Mandarin Orange	WG Breakfast Muffins Applesauce	Cottage Cheese C. Peaches	Wg Waffle F. Strawberries	
LUNCH	Chili Corn Muffins Pears	English Muffin Pizza Sauce, Cheese, Sausage Spinach Salad Pineapple	Diced Turkey in Gravy Bread Stick Mashed Potatoes Baked Spiced Apples	WG Chicken Nuggets WG Biscuits F. Green Beans Melon	No School In-Service
Snack	String Cheese Wheat Ritz	Uncrustables Baby Carrots	Graham Crackers Tropical Fruit Cup	Strawberry Banana Yogurt Mixed Fruit cup	
	21	22	23	24	25
	Winter Break				

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/