

April 2026 Klamath Family Head Start Menu

Duration Classes

				1	B: WG Banana Muffins Sliced Oranges Milk B: Beef Spaghetti w/WG Pasta, Green Salad w/Ranch, Sliced Fresh Apples, Milk	2	B: Scrambled Eggs WG Toast Milk L: White Chicken Chili w/Beans, WG Breadstick Pineapple Rings in juice Milk	3	
6	B: WG Waffle Sticks Applesauce Milk L: BBQ Chicken Sandwich on WW Bun, Green Beans, Diced Peaches in juice, Milk	7	B: WG Life Cereal Banana Milk L: Bean & Cheese Burrito on WG Tortilla, Cauliflower w/Ranch, Grapes Milk	8	B: WG Pancakes Turkey Sausage Milk L: WG Noodles w/Peanut Butter Sauce, Chicken & Broccoli, Tropical Fruit in juice, Milk	9	B: Banana Bobs w/WG Granola and Yogurt Milk L: Beef Taco Soup w/Veggies, WG Chips Sliced Fresh Apples Milk	10	
13	B: WG French Toast Sticks Applesauce Milk L: WG English Muffin Cheese Pizza, Green Salad w/Ranch, Diced Peaches in juice, Milk	14	B: Malt o Meal Strawberries Milk L: Charcuterie Board w/ Ham, Cheese, WG Cheese Crackers, Broccoli Trees Sliced Oranges, Milk	15	B: WG Cheerios Banana Milk L: Chicken Enchilada Bake w/WG Chips, Corn (Frozen) Pineapple Tidbits in Juice Milk	16	B: WG Overnight Oats w/Berries Milk L: Tuna Salad & WG Veggie Crackers, Baby Carrots w/Ranch, Grapes Milk	17	
20	B: Trix Yogurt Cup WG Granola Milk L: WG Chicken Nuggets w/Ranch, Peas (Frozen) Pineapple Rings in juice Milk	21	B: WG Shredded Wheat Banana Milk L: Cowboy Beans & WG Cornbread, Sliced Cucumber, Diced Peaches in juice, Milk	22	B: Scrambled Eggs WG Croissant Milk L: Chef Salad w/Ham, Cheese, HB Egg, Tomato Ranch, Saltine Crackers Mandarins in juice, Milk	23	B: Cinnamon WW Toast Canned Sliced Apples Milk L: BBQ Riblet Sandwich on WG Bun, Mashed Potatoes, Grapes Milk	24	
27	B: WG Life Cereal Strawberries Milk L: WG Chicken Patty Green Beans Diced Peaches in juice Milk	28	B: Berry Blast Off Parfait w/Yogurt & WG Granola Milk L: Chicken & Cheese Quesadilla on WG Tortilla Sliced Cucumber, Sliced Fresh Apples, Milk	29	B: Scrambled Eggs Banana Milk L: Beef Spaghetti w/WG Pasta, Green Salad w/Ranch, Pineapple Tidbits in juice, Milk	30	B: WG French Toast Sticks Blueberry Sauce Milk L: Hamburgers on WW Bun Lettuce, Tomato Sliced Oranges Milk		

***This Institution is an Equal Opportunity Provider. Menu is subject to change.**

***1% Unflavored Milk served to children Age 2 or older**

***Unflavored Whole Milk served to children Age 12 months-23 months**

Snack

				1	WG Granola Trix Yogurt Cups Water	2	WG Ritz Crackers Grapes Water	3	
6	WG Graham Crackers Milk	7	String Cheese Baby Carrots Water	8	WG Croissant 100% Apple Juice Water	9	Sliced Cucumber Ranch Dip (Greek Yogurt) Water	10	
13	WG Graham Crackers Milk	14	Pickle Spears WG Cheese Crackers Water	15	Cottage Cheese Diced Peaches in juice Water	16	WG Breadstick Applesauce Water	17	
20	WG Graham Crackers Milk	21	Cheese Cubes Cantaloupe Slices Water	22	WG Chips Salsa Water	23	Peanut Butter Yogurt Dip Banana Water	24	
27	WG Graham Crackers Milk	28	String Cheese WG Pita Bread Water	29	WG Cheerios Milk	30	WG Breadstick 100% Apple Juice Water		

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