

April 2026 Klamath Family Early Head Start Menu

				1	B: WG Banana Muffins Thin Sliced Oranges Milk B: Beef Spaghetti w/WG Pasta, Green Salad w/Ranch, Thin 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, Steamed Cauliflower, Grapes ¼ Milk	8	B: WG Pancakes Turkey Sausage Milk L: WG Noodles w/Peanut Butter Sauce, Chicken & Broccoli, Tropical Fruit in juice (Chopped), Milk	9	B: Banana Bobs w/WG Cheerios and Yogurt Milk L: Beef Taco Soup w/Veggies, WG Breadstick Thin 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, Steamed Broccoli, Thin 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, Steamed Baby Carrots, Grapes ¼ Milk	17	
20	B: Trix Yogurt Cup WG Cheerios Milk L: WG Chicken Nuggets w/Ranch, Peas (Frozen) Pineapple Rings in juice Milk	21	B: WG Life Cereal Banana Milk L: Cowboy Beans & WG Cornbread, Diced 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 ¼ 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 Cheerios Milk L: Chicken & Cheese Quesadilla on WG Tortilla Diced Cucumber, Thin 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 Cheerios Trix Yogurt Cups Water	2	WG Ritz Crackers Grapes ¼ Water	3	
6	WG Graham Crackers Milk	7	String Cheese Steamed Baby Carrots Water	8	WG Croissant 100% Apple Juice (Applesauce for under 1) Water	9	Thin 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 Tortilla 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 (Applesauce for under 1) Water		

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