

Breakfast Milk ¼ Cup, Fruits/Veggies ½ Cup or ¼ of each, Grains ½ oz. **Lunch** Milk ¼ Cup, Meat (Alternate) 1 ½ oz. Fruits ¼ Cup Veggies ¼ Cup, Grains ½ oz.
Snack Select 2 of the 5 components for snack. Milk ¼ Cup, Meat (Alternate) ½ oz. Fruits/Veggies ½ Cup ¼ of each, Grains ½ oz.

HEAD START OF YAMHILL COUNTY
MEC/SUE BUEL /YC/DAYTON/ WS / NEWBERG

January 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST Jan 3 th -6 th	Vanilla Yogurt w/ Granola Blueberries	Blueberries WG Muffins Pears	Cheerios w/ bananas	
LUNCH	Turkey/Ham/Cheese Sandwich carrots w/Ranch Pineapple	Hamburger w/ WW Bun Spinach/Mixed Salad w/ ranch Apples	Bean tostadas w/ cheese /salsa Spinach Salad w/ ranch Apples	No classes
SNACK	Tangerines Animal Crackers	Pretzels, peaches	Celery cream cheese raisins WW Crackers	String Cheese, tangerines
BREAKFAST Jan 10 th -13 th	Vanilla Yogurt w/ Granola Blueberries	Blueberries WG Muffins Pears	Kix w/ Bananas	Vanilla Yogurt w/ Granola Peaches
LUNCH	Turkey/Ham/Cheese Sandwich Cucumber/carrots w/Ranch Pineapple	Chicken Quesadillas /Salsa Steamed Mixed Veggies Orange Slices	Hamburger w/ WW Bun Spinach/Mixed Salad w/ ranch Apples	Meat\Cheese Burritos Steamed Mixed Veggies Honey dew
SNACK	Tangerines Animal Crackers	Pretzels, Raisins	Animal Crackers, Applesauce	String Cheese, Celery Sticks
BREAKFAST Jan 17 th -20 rd .		WG Banana Muffins Pears	Cheerios w/ Bananas	Vanilla Yogurt w/ Granola Blueberries
LUNCH	NO SCHOOL Monday Jan 17th	Turkey/Ham/Cheese Sandwich Cucumber/carrots w/Ranch Pineapple	Spaghetti w/ Ground Beef Green Salad w/ Ranch Cantaloupe	Grilled Cheese Sandwich Carrots ranch Oranges
SNACK		Pretzels, string cheese	Goldfish Crackers, Applesauce	Goldfish Crackers, Applesauce
BREAKFAST Jan 24 th -27 th	Rice Krispy Bananas	Whole wheat Muffins Apples	Chex w/ Bananas	Vanilla Yogurt w/ Granola Peaches
LUNCH	Turkey/Ham/Cheese Sandwich Cucumber/carrots w/Ranch Pineapple	Bean tostadas w/ cheese /salsa Spinach Salad w/ ranch Apples	Sloppy joes Steamed Mixed Veggies Orange Slices	Chicken Enchiladas Green Salad Pears
SNACK	Tangerines Animal Crackers	Pretzels, string cheese	Goldfish Crackers, Applesauce	String Cheese, bananas
Break fast Jan 31 th Feb 3	Vanilla Yogurt w/ Granola Blueberries	Blueberries WG Muffins Pears	Cheerios w/ bananas	Rice Krispy Bananas
LUNCH	Turkey/Ham/Cheese Sandwich Lettuces, tomatoes pickles Pineapple	Hamburger w/ WW Bun Spinach/Mixed Salad w/ ranch Apples	Bean tostadas w/ cheese /salsa Spinach Salad w/ ranch Apples	Enchiladas Green salad Pears
SNACK	Goldfish Crackers, Applesauce	Pretzels, peaches	Celery cream cheese raisins WW Crackers	String Cheese, bananas

“USDA and Head Start of Yamhill County are equal opportunity providers and employers.”

*1% Milk served with every meal. **All grains served are whole grain or whole wheat.

Menus are subject to change.