

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 ½ 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

May 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST May 2 th – May 5 th	Vanilla Yogurt w/ Granola Blueberries	Hard-Boil Eggs, WW Toast Peaches	WG Banana Muffins Applesauce	Kix w/ Bananas
LUNCH	Turkey/Ham/Cheese Sandwich Carrots w/Ranch Pineapple	Spaghetti w/ noodles Green beans Orange Slices	WW /Egg sandwich Carrots w/Ranch Honeydew	Chicken Quesadillas /Salsa Steamed Mixed Veggies Pears
SNACK	Goldfish Crackers, Applesauce	Pretzels, Pears	WW Crackers; fresh Strawberries	String Cheese, Watermelon
BREAKFAST May 9 th -12 th	Cheerios w/ Bananas	Chilaquiles w/salsa oranges	Whole wheat waffles Frozen strawberries	Vanilla Yogurt w/ Granola Peaches
LUNCH	Hamburger w/ WW Bun Spinach/Mixed Salad w/ ranch Apples	Grill Cheese sandwich on WW bread Tomato soup Pears	Macaroni & Cheese w /chicken Broccoli w/ ranch Peaches	Beans \Cheese Burritos Steamed Mixed Veggies Honey dew
SNACK	Tangerines Animal Crackers	Pretzels, string cheese	WW/ Goldfish, Applesauce	String Cheese, Celery Sticks Wheat Thins
BREAKFAST May 16 th -19 th	Chex Bananas	French toast Applesauce	Rice Krispy w/ Bananas	Vanilla Yogurt w/ Granola Strawberries
LUNCH	Chicken fingers Carrots, cucumbers w/ ranch Wheat rolls Apples	Whole wheat Pizza w/ turkey pepperonis Spinach salad Pineapple	Sloppy joes Broccoli w/ ranch Orange Slices	Pollo con Arroz ((Chicken w/ Rice) Green salad w/ Ranch Cantaloupe
SNACK	Tangerines Animal Crackers	Pretzels, string cheese	Goldfish Crackers, Applesauce	String Cheese, Bananas
BREAKFAST May 23 th 26 th	Vanilla Yogurt w/ Granola Peaches	WG Muffins Applesauce	WW Quesadillas w/ salsa Peaches	Hard boil egg w/ toast Peaches
LUNCH	Chicken Noodle Casserole Spinach Salad w/ Ranch Apples	Breakfast burritos ww tortilla w/ salsa cheese Mix vegetables Oranges	Spaghetti w/ noodles Green beans Pineapple	Bean tostadas w/ cheese /salsa Spinach Salad w/ ranch Honey dew
SNACK	Goldfish Crackers, Pineapple cups	Pretzels, Pears	Tangerines Animal Crackers	Goldfish Crackers, Applesauce
BREAKFAST May 30 – June 2		Vanilla Yogurt w/ Granola Blueberries	Cinnamon life cereal Bananas	WW Grill Cheese sandwich Pears
LUNCH	Memorial Day HSYC Closed	Turkey/Ham/Cheese Sandwich Carrots w/Ranch Pineapple	Beans tostadas w/ cheese and salsa Green salad w/ Ranch Water melon	Chicken fingers Broccoli w/ ranch Wheat rolls Apples
SNACK		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.