

**Breakfast-** ¼ cup fruit/vegetable ½ cup or ¼ each. Grains ½ oz. **Lunch-** ¾ cup milk, Meat/Meat Alternate 1 1/2oz. Vegetable ¼ cup, fruit ¼ cup o, Grains ½ oz.  
**Snack-** Select 2 out of 5 components- Milk ½ cup, Meat/Meat Alternate ½ oz, Fruit/Vegetable ½ cup or ¼ cup each, ½oz Grains

**HEAD START OF YAMHILL COUNTY**

**MEC/ WS / NEWBERG**

**Cycle 1- May**

May 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BREAKFAST</b> May 1-4	1 Kix Cereal Banana	2 Oat meal Fresh strawberries	3 Banana Muffins Peaches	4 Vanilla Yogurt w Granola Peaches
<b>LUNCH</b>	Spaghetti w/lentil, beef Salad	Bean & Cheese Burritos, Mixed veggies	Macaroni and Cheese w/ chicken Broccoli	Turkey & Veggie Tortilla Wrap Shred Carrot, Spinach, Cream
<b>Snack</b>	Bananas Milk	String cheese Pretzels	Water melon Animal crackers	Rice cakes Peaches
<b>BREAKFAST</b> May 8-11	8 Wheaties w Bananas	9 Cheese Quesadilla w Salsa Apple Slices	10 WG Cinnamon French Toast Bananas	11 Vanilla Yogurt w Granola Blueberries
<b>LUNCH</b>	Hamburgers- WG bun lettuce, tomatoes, cheese Tater tots Tangerine	Baked Chicken Peas & Carrots Brown Rice Pilaf Peaches	Bean Tostadas lettuce, tomatoes, cheese cantaloupe	Beef/ lentil Stroganoff Green Beans Pears
<b>Snack</b>	Wheat thins Oranges	Muffins & Applesauce	Fresh Strawberries Rice cakes	Fresh Blueberries Pretzels
<b>BREAKFAST</b> May 15-18	15 Rice Chex Strawberries	16 Banana Pancakes Raisins	17 Cream cheese WW Toast Kiwi	18 Vanilla Yogurt w Granola Fresh strawberries
<b>LUNCH</b>	Sloppy Joes w/bun and lentil /beef Corn	Build your own sandwich cucumbers& carrots w/ ranch Apple Slices	WG Spaghetti w Parmesan ground beef/ lentils Broccoli	Chicken Pozole w Tostada Radish, limes, lettuce water melon
<b>Snack</b>	Vanilla Yogurt Blueberries	Animal crackers Tangerines fresh	Wheat thins Oranges	String cheese Pretzels
<b>BREAKFAST</b> May 22-25	22 Vanilla Yogurt w Granola Blueberries	23 English Muffin w/ Cream Cheese Applesauce	24 Cheerios Bananas	25 Cooks choice
<b>LUNCH</b>	Turkey ham Flatbread Pizza Salad Water melon	Chicken Enchiladas Green salad with Ranch Apple Slices	Bean Tostadas Lettuce, Salsa, Cheese Fresh Strawberries	Cooks Choice
<b>Snack</b>	Carrots w/ Ranch, Wheat Thins	String cheese Pretzels	Vanilla Yogurt w Granola	Rice cakes Apple sauces
<b>BREAKFAST</b> May 29-1	29	30 Cooks Choice	31 Kix Cereal Bananas	1 Chilaquiles w, Salsa Pears
<b>LUNCH</b>	<b>Holiday</b>	<b>HSYC Closed</b>	Chicken Taco Salad Lettuce, salsa, shred cheese Apples	Build your own Sandwich Lettuce and tomatoes Pears
<b>Snack</b>			Animal crackers Tangerines fresh	Water melon Animal crackers

"This institution is an equal opportunity provider."

\*1% Milk served with every meal. \*\*All grains served are whole grain (WG) or whole wheat (WW).  
Menus are subject to change.