

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 /LAF/EHS

September 6hrs

Sept 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST Sept 5-7		Kix Cereal 5 Banana	Banana Muffins 6 Applesauce	Vanilla Yogurt w Granola 7 Blueberries
LUNCH	Labor Day	WG Spaghetti w/lentil/beef Spinach salad w/ ranch Cantaloupe	Macaroni and Cheese W/chicken Steamed Broccoli Honey dew	Turkey ham Flatbread Pizza Salad w/ ranch Water melon
Snack		String cheese Tropical fruit	Animal crackers Cucumbers and ranch	Rice cakes Peaches
BREAKFAST Sept 11-14		Wheaties 11 Bananas	Cheese Quesadilla w Salsa 12 Pears	WG Cinnamon French Toast 13 Hot compos mix fruits
LUNCH	Hamburgers- WG bun Lettuce, Tomatoes, Cheese Mixed fruit	Baked Chicken Peas & Carrots Apples	Bean Tostadas lettuce, tomatoes, cheese/queso Cantaloupe	Beef/ lentil Stroganoff Mixed Vegetables Tostadas Oranges
Snack	Wheat thins Oranges	Muffins peaches	Fresh strawberries Rice cakes	Pears Pretzels
BREAKFAST Sept 18-21	Rice Chex 18 Bananas	Pancakes/raisin 19 Applesauce	Cream cheese WW Toast 20 Pears	Vanilla Yogurt w Granola 21 Fresh strawberries
LUNCH	Sloppy Joes w/bun and lentil /beef Spinach salad w/ ranch Oranges	Build your own sandwich Cucumbers& Carrots w/ ranch Cantaloupe	Arroz con pollo Spinach salad w/ ranch Pineapple	Bean & Cheese Burritos, Mixed veggies Honey dew
Snack	Animal crackers Apples	Crackers Tangerines (fresh)	Wheat thins Oranges	String cheese Pretzels
BREAKFAST Sept 25-28	Cheerios 25 Bananas	Hard boil egg WG/pita bread 26 Peaches	Banana Muffins 27 Applesauce	Vanilla Yogurt w Granola 28 Blueberries
LUNCH	Turkey ham flatbread Pizza Green Salad w/ shredded carrots Watermelon	Hamburgers- WG bun lettuce, tomatoes, cheese Tangerine	Bean Tostadas Lettuce, Salsa, Cheese Fresh Strawberries	Chicken Enchiladas Green salad with Ranch Apple Slices
Snack	Rice cakes Peaches	Fruit Chips: apple/ strawberries Carrots	String cheese Wheat thins	Rice cakes Bananas

"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.