

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 /PRAISE

January 4hrs

January 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST January 1-4	1	2	3	4
LUNCH	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
BREAKFAST January 8-11	Waffles 8 Frozen Strawberries	Cheese Quesadilla w Salsa 9 Pears S S	Cereal 10 Blueberries	
LUNCH	Turkey/ Ham Pizza Mix vegetables Apples	Hamburgers- WG bun lettuce, tomatoes, cheese Peaches	Cook's Choice	Inservice day/ No classes
BREAKFAST January 15-18	15	Pancakes w/raisin 16 Applesauce	Cream cheese WW Toast 17 Pears	Vanilla Yogurt w Granola 18 Fresh strawberries
LUNCH	HOLIDAY-HSYC Closed	Build your own sandwich Cucumbers & Carrots w/ ranch Melon	Beef soup w/ red potatoes, mix vegetables Bread sticks Apples	Bean & Cheese Burritos, Corn Honey dew
BREAKFAST January 22-25	Cheerios 22 Bananas	Hard boil egg /pita bread 23 Peaches S S	Banana Muffins 24 Applesauce	Oatmeal w/ Raisins 25 Peaches
LUNCH	Turkey ham Pizza Green Salad w/carrots Oranges	Arroz con pollo Spinach salad w/ ranch Pineapple	Lentil Soup WW Rolls Peas & Carrots Pears	Macaroni and Cheese w/chicken Broccoli w/ ranch Honey dew
BREAKFAST January 29-feb1	Kix Cereal 29 Banana	English Muffin w/ cottage cheese 30 Applesauce	Cereal cheerios 31 Bananas	Chilaquiles w, Salsa 1 Pears
LUNCH	Chicken Quesadilla w/ Salsa Mix vegetables Oranges	Bean Tostadas w/ Salsa lettuce, tomatoes, cheese/queso Mixed Fruit	Chicken soup w/ red potatoes Mix vegetables Pita bread Honey dew	Build your own Sandwich of turkey ham Lettuce and tomatoes Apples

"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.