

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 6hrs

January 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST January 1-4	1	2	3	4
LUNCH		WINTER BREAK	WINTER BREAK	WINTER BREAK
Snack				
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
Snack	Wheat thins Mandarin Oranges	Animal crackers String cheese	Peaches Rice cakes	
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
Snack		Animal crackers Tangerines fresh	Wheat thins Oranges	Apples Pretzels
BREAKFAST January 22-25	Cheerios 22 Bananas	Hard boil egg /pita bread 23 Peaches S S	Banana Muffins 24 Applesauce	25 Oatmeal w/ Raisins 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
Snack	Rice cakes Peaches	Animal crackers Broccoli w/ ranch	Wheat thins Mandarin Oranges	Carrots w/ ranch Gold fish crackers
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
Snack	Gold fish crackers Apples slices	String cheese Pretzels	Animal crackers Tangerines fresh	Cottage cheese Rice cakes

"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.