

CACFP One Week Menu

Sponsor Name/Site Name Head Start of Yamhill County- all sites

Month and Year April 2024

Meal Patterns	Monday 4/1/24	Tuesday 04/2/24	Wednesday 04/3/24	Thursday 04/4/24
Breakfast <ul style="list-style-type: none"> Grains, or Meat/meat alternate (no more than 3 times per week) Vegetables or Fruits Fluid Milk Other Foods (Bonus) 	GM Cheerios Blueberries Milk/Soy/Lactaid*	WW Toast Applesauce Milk/Soy/Lactaid* Cream Cheese	Quaker Oatmeal Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Peaches Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods (Bonus)	Build your own Sandwich on WW/ bread- Chicken Steamed mixed Vegetables Sliced Apples Milk/Soy/Lactaid*	Hamburger on WW bun Lettuce/tomato/Cheese Broccoli Tropical Fruit Milk/Soy/Lactaid*	Chicken Tenders WW Roll Green Salad w/ Ranch Sliced Oranges Milk/Soy/Lactaid*	Bean Tostada Steamed Peas & Carrots Pineapple Milk/Soy/Lactaid*
PM Snack- 6 hour class (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains	String Cheese Wheat Thins Crackers Cucumbers w/ Ranch Water	Carrots w/ Ranch WW Goldfish Crackers Water	Strawberries Graham Crackers Water	Whole Grain Animal Crackers Mandarin Oranges Water
PM Breakfast/Snack 4 hour class & PM toddler class <ul style="list-style-type: none"> Grains, or Meat/meat alternate (no more than 3 times per week) Vegetables or Fruits Fluid Milk Other Foods (Bonus)	GM Cheerios Blueberries Milk/Soy/Lactaid*	WW Toast Applesauce Milk/Soy/Lactaid* Cream Cheese	Quaker Oatmeal Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Peaches Milk/Soy/Lactaid*

*Milk served is unflavored low-fat 1% milk. Soy Milk served as Milk Substitute Preference

Center: Sheridan MEC Praise EHS McMinnville Lafayette Newberg Northside