

# CACFP One Week Menu

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

Month and Year April 2024

Meal Patterns	Monday 04/15/24	Tuesday 04/16/24	Wednesday 04/17/24	Thursday 04/18/24
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>• Vegetables or Fruits</li> <li>• Fluid Milk</li> <li>• Other Foods (Bonus)</li> </ul>	GM Kix Pears Milk/Soy/Lactaid*	WW English Muffin Scrambled Eggs Applesauce Milk/Soy/Lactaid*	GM Cheerios Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Blueberries Milk/Soy/Lactaid*
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits/Veg</li> <li>• Grains</li> </ul> Other Foods (Bonus)	Build Your Own Sandwich on WW Bread- Chicken Lettuce & Tomato & Cheese Cucumber & Carrots Pineapple Milk/Soy/Lactaid*	Bean & Cheese Burritos on WW Don Poncho Tortilla Green Salad w/ Ranch Sliced Oranges Milk/Soy/Lactaid* Salsa	Turkey & Cheese Pizza Snap Peas/Cucumbers Honeydew Melon Milk/Soy/Lactaid*	Spaghetti W/Beef/Lentils WW Roll Broccoli & Cauliflower Sliced Apples Milk/Soy/Lactaid* Ranch
<b>PM Snack- 6 hour class</b> (Select two of these five components) <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> </ul> Grains	Graham Crackers Mandarin Oranges Water	Cucumbers w/ Hummus & Ranch WW Pita bread Water	WW Gold Fish Crackers Carrots w/ Ranch Water	WW Pretzels & Hummus String Cheese Water
<b>PM Breakfast/Snack 4 hour class &amp; PM toddler class</b> <ul style="list-style-type: none"> <li>• Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>• Vegetables or Fruits</li> <li>• Fluid Milk</li> </ul> Other Foods (Bonus)	GM Kix Pears Milk/Soy/Lactaid*	WW English Muffin Scrambled Eggs Applesauce Milk/Soy/Lactaid*	GM Cheerios Bananas Milk/Soy/Lactaid*	Vanilla Yogurt WG Granola Blueberries 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