

# CACFP One Week Menu

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

Month and Year April 2024

Meal Patterns	Monday 04/22/24	Tuesday 04/23/24	Wednesday 04/24/24	Thursday 04/25/24
<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>	<b>HSYC Closed</b>	GM Kix Strawberries Milk/Soy/Lactaid*	Quaker Oatmeal Blueberries Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Kiwi 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)	<b>HSYC Closed</b>	Chicken Quesadilla on Don Pancho WW Tortilla Green Salad w/ Ranch Sliced Apples Milk/Soy/Lactaid*	Turkey & Cheese Sandwich on WW Bread Cucumbers and Carrots Tropical fruit Milk/Soy/Lactaid*	Bean Tostadas Spinach Salad Oranges Milk/Soy/Lactaid* Salsa
<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	<b>HSYC Closed</b>	Carrots w/ Ranch WG Animal Crackers Water	Graham Crackers String Cheese Water	WG Wheat Thins Broccoli w/ Ranch 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)	<b>HSYC Closed</b>	GM Kix Strawberries Milk/Soy/Lactaid*	Quaker Oatmeal Blueberries Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Kiwi 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