

CACFP One Week Menu

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

Month and Year April/May 2024

Meal Patterns	Monday 04/29/24	Tuesday 04/30/24	Wednesday 05/01/24	Thursday 05/02/24
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 Apples Milk/Soy/Lactaid*	WW Toast Strawberries Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Blueberries Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods (Bonus) 	Chicken Salad Sandwich Peas & Carrots Peaches Milk/Soy/Lactaid*	Hamburger on WW bun Green Salad w/ Ranch Pears Milk/Soy/Lactaid* Salsa	Chicken Fingers WW Roll Steamed mixed Vegetables Orange Slices Milk/Soy/Lactaid*	Build your Own Sandwich on WW Bread Lettuce/Tomato/Cheese Steamed Broccoli 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	WW Pretzels Cucumbers w/ Ranch Water	WG 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 Apples Milk/Soy/Lactaid*	WW Toast Strawberries Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami 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