

CACFP One Week Menu

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

Month and Year April 2024

Meal Patterns	Monday 04/8/24	Tuesday 04/9/24	Wednesday 04/10/24	Thursday 04/11/24
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 Peaches Milk/Soy/Lactaid*	WW Pita bread Pears Milk/Soy/Lactaid* Cottage Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Strawberries Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods (Bonus) 	WW Spaghetti W/ Meat Sauce WW Roll Broccoli & Carrots W/ Ranch Sliced Apples Milk/Soy/Lactaid*	Chicken Salad w/ Tostada Green Salad w/ Ranch Mangos Milk/Soy/Lactaid*	Build Your Own Sandwich on WW Bread- Turkey Lettuce & Tomato & Cheese Spinach salad W/Ranch Tropical fruit Milk/Soy/Lactaid*	Chicken Fingers WW Roll Steamed Corn Oranges 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 	Sliced Turkey WW Pita bread Water	Rice Cakes String Cheese Water	Wheat Thins Crackers Cucumbers w/ Ranch Water	Carrots w/ Ranch Pepperidge Farms WG Goldfish Crackers 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 Peaches Milk/Soy/Lactaid*	WW Pita Bread Pears Milk/Soy/Lactaid* Cottage Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Strawberries 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