

CACFP One Week Menu

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

Month and Year May 2024

Meal Patterns	Monday 05/13/2024	Tuesday 05/14/2024	Wednesday 05/15/2024	Thursday 05/16/2024
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 Kix Pears Milk/Soy/Lactaid*	WW Toast Peaches Milk/Soy/Lactaid* Cream Cheese	Yami Vanilla Yogurt WG Granola Bananas Milk/Soy/Lactaid*	GM Rice Chex Orange Slices Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods (Bonus) 	Chicken tenders Brown Rice Mixed Vegetables Apple slices Milk/Soy/Lactaid*	Spaghetti w/Lentils Spinach Salad Cantaloupe WW Rolls Milk/Soy/Lactaid*	Chicken Quesadilla Don Poncho WW Tortilla Steamed Broccoli Fresh Strawberries Milk/Soy/Lactaid* Salsa	Bean & Beef Burrito Don Poncho WW Tortilla Steamed Corn Mangos 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 	Wheat Thins Crackers Cucumbers w/ Ranch Water	Broccoli w/ Ranch WW Goldfish Crackers Water	Mandarin Oranges Graham Crackers Water	Whole Grain Animal Crackers Apples 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 Kix Pears Milk/Soy/Lactaid*	WW Toast Peaches Milk/Soy/Lactaid* Cream Cheese	Yami Vanilla Yogurt WG Granola Bananas Milk/Soy/Lactaid*	GM Rice Chex Orange Slices Milk/Soy/Lactaid*

*Milk served is unflavored low-fat 1% milk.

Center: Sheridan MEC Praise EHS McMinnville Lafayette Newberg Northside