

CACFP One Week Menu

Sponsor Name/Site Name Head Start of Yamhill County- W/S

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 	Mandarin Oranges String Cheese Water	Apple Chips 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