

CACFP One Week Menu

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

Month and Year May 2024

Meal Patterns	Monday 05/20/2024	Tuesday 05/21/2024	Wednesday 05/22/2024	Thursday 05/23/2024
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 Cheerios Blueberries Milk/Soy/Lactaid*	Franz WW Bagels Cream Cheese Oranges Milk/Soy/Lactaid*	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) 	Turkey & Cheese Sandwich on WW bread Green Salad w/ Ranch Peaches Milk/Soy/Lactaid*	Bean Tostadas Lettuce, Cheese, Tomato Snap Peas Sliced Apples Milk/Soy/Lactaid*	Baked Chicken Leg WW Roll Carrots and Cucumbers Pears Milk/Soy/Lactaid*	Turkey Pepperoni & Cheese Pizza Green Salad w/ Ranch Honeydew Melon 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 Broccoli w/ Ranch Water	Cucumbers W/ Ranch WW Goldfish Crackers Water	Strawberries WW Pretzels Water	Graham Crackers String Cheese Orange Slices 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 Blueberries Milk/Soy/Lactaid*	Franz WW Bagels Cream Cheese Oranges Milk/Soy/Lactaid*	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Strawberries Milk/Soy/Lactaid*

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

Center: Sheridan MEC Praise EHS McMinnville Lafayette Newberg Northside