

CACFP One Week Menu

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

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 	Graham Crackers Apple Chips Water	String cheese WW Goldfish Crackers Water	Apples WW Pretzels Water	Graham Crackers String Cheese 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