

# CACFP One Month Menu

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

Month and Year May 2024

Meal Patterns	Monday 05/06/2024	Tuesday 05/07/2024	Wednesday 05/08/2024	Thursday 05/09/2024
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>Vegetables or Fruits</li> <li>Fluid Milk</li> <li>Other Foods (Bonus)</li> </ul>	GM Cheerios Strawberries Milk/Soy/Lactaid*	WW Bagels Peaches Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Pears Milk/Soy/Lactaid*
<b>Lunch</b> <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits/Veg</li> <li>Grains</li> </ul> Other Foods (Bonus)	Turkey & Cheese Sandwich on WW Bread Snap Peas Orange Slices Milk/Soy/Lactaid*	Chicken Quesadilla on Don Pancho WW Tortilla Green Salad w/ Ranch Sliced Apples Milk/Soy/Lactaid*	Sloppy Jo on WW bun Steamed mixed Vegetables Tropical fruit Milk/Soy/Lactaid*	Bean & Cheese Burrito Don Poncho WW Tortilla Steamed Broccoli Honeydew Melon Milk/Soy/Lactaid*
<b>PM Snack- 6 hour class</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> </ul> Grains	String Cheese Wheat Thins Crackers Cucumbers w/ Ranch Water	Carrots w/ Ranch WW Goldfish Crackers Water	Mandarin Oranges Graham Crackers Water	Whole Grain Animal Crackers Applesauce Water
<b>PM Breakfast/Snack 4 hour class &amp; PM toddler class</b> <ul style="list-style-type: none"> <li>Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>Vegetables or Fruits</li> <li>Fluid Milk</li> </ul> Other Foods (Bonus)	GM Cheerios Strawberries Milk/Soy/Lactaid*	WW Bagels Peaches Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Pears 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